

What's Inside . . .



2
Courtenay
Recreation

Fall Registration starts
Monday August 12 at 7:15 am
courtenay.ca/rec



63
CVRD Sports
& Aquatic
Centres

Registration starts
Monday August 12 at 8:00 am
comoxvalleyrd.ca/rec



90
19 Wing
Comox

Fall Registration starts
Monday August 12 at 9:00 am
cfmws.com/comox



94
Comox
Recreation

Fall Registration starts
Monday August 12 at 6:00 am
comox.ca/rec



125
Cumberland
Recreation

Fall Registration starts
Monday August 12 at 7:00 am
cumberland.ca/rec



Adapted Programs for Diverse Abilities.....	29
Volunteer Opportunities.....	133
Financial Assistance for Recreation.....	144
Community Groups	135 - 141
Community Directory	142

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

Winter Registration starts Monday November 18

Cover photo by Kim Stallknecht of Kim Stallknecht Photography



Welcome!

An important feature in the community – our playgrounds – is getting attention these days in the “Let’s Play, Courtenay!” playground design standards project. Community consultation this past spring has informed the draft standards that City staff will be presenting to Council this fall. These are the guidelines the City will use to make sure playgrounds are designed and upgraded to best meet the needs of our community, including siting, landscaping, play elements, materials, and more. Once the guidelines are finalized and adopted, first on the list will be replacing the playground at Woodcote Park and a new playground at Brookfield Park. For more information see courtenay.ca/LetsPlay



Courtenay Mayor
Bob Wells

Courtenay Recreation Table of Contents

Programs

- Early Years (Preschool)..... 5
- Children’s Programs 10
- Youth Programs 22
- Adult Programs 33
- Active Living 43
- Wellness Centre 42
- Fitness 44
- Personal Training..... 52
- Evergreen Club..... 54

Adapted Programs

- Adapted Programs for
Adults with Disabilities..... 29

General

- Cozy Corner Preschool..... 4
- Squash..... 41
- Registration..... 53

Facilities

- The LINC Youth Centre..... 28
- Wellness Centre..... 42
- Lewis Centre Facility Rentals..... 56
- Filberg Centre & Native
Sons Hall Facility Rentals..... 57
- Courtenay Parks Bookings..... 58
- Culture Groups..... 60

Legend:



*Childminding
is offered
during this
program*



*This program
incorporates
physical
literacy*



*Evergreen
Member
discounted
program*





Lewis Centre

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

Office Hours

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

Facility Hours

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



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



Florence Filberg Centre

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

Office Hours

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



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



The LINC Youth Centre & Indoor Skatepark

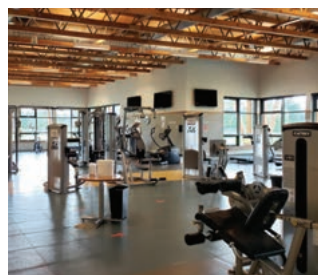
The LINC houses an indoor skateboard park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

For up to date hours please call

250-334-8138 or visit
www.courtenay.ca/linc



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



Facility Closures:

Labour Day - Monday, September 2

Thanksgiving - Monday, October 14

Remembrance Day - Monday, November 11

Christmas Day - Wednesday, December 25

Boxing Day - Thursday, December 26



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



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

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



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

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

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

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

New Fall Hours starting September 2024:

Monday, Wednesday & Friday

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

Tuesday & Thursday

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

Spaces
available.
Register now!

Monthly Fees:

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

T/Th \$125/2 days per week

Program runs September through June

Parent Participation

CHILDMINDING

Our excellent childminding service offers a safe, friendly and fun environment for your child while you attend our programs or use the Wellness Centre. **No childminding on statutory holidays.**

Monday - Thursday
8:45 - 10:30 am
Friday 10:15 - 11:45 am
Saturday 8:45 - 10:30 am
September 3 - December 31
\$3/1.75 hrs

DROP-IN

CURIOUS CRAWLERS

(18 months & under)
Drop-in to play, learn and connect with your child and other care givers. Adult participation required.

#14461 Thursdays
September 5 - December 19
9:00 - 10:00 am
Lewis MP Hall
\$3/drop-in

DROP-IN

WOBBLY WALKERS

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

#14462 Thursdays
September 5 - December 19
10:30 - 11:30 am
Lewis MP Hall
\$3/drop-in

DROP-IN

LITTLE MOVERS

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

#14463 Thursdays
September 5 - December 19
11:30 am - 12:30 pm
Lewis MP Hall
\$3/drop-in

DROP-IN

PARENT & TOT MORNING PLAYTIME

(1 - 6 years)
Drop in with your parent and friends to take part in social and active play. This program provides unstructured play time with a variety of fun equipment and toys. Adult participation is required. This program is based on weekly registration.

#14464 Sundays
September 8 - December 15
9:15 - 10:15 am
Lewis MP Hall
\$3/drop-in

DROP-IN

PARENT & TOT GO WILD

(6 years & under)
Bring your energy as you skip, hop and run to this hour of fun! Invite your friends and get ready to play. Adult participation required. This program is based on weekly registration.

#14465 Tuesdays
September 3 - December 17
10:30 - 11:30 am
Lewis MP Hall B
\$3/drop-in

DROP-IN

WINTER BREAK PARENT & TOT OPEN GYM TIME

(6 years and under)
Drop in to burn off some energy. This program consists of unstructured play time with a variety of fun equipment and toys. It's cold outside so come in and PLAY!

Mondays
December 16 & 23
10:30 - 11:30 am
Tuesdays
December 17 & 24
10:30 - 11:30 am
Lewis MP Hall
\$3/drop-in

DROP-IN

NEW YEAR'S PARENT & TOT OPEN GYM TIME

Thursday January 2
& Friday January 3
10:30 - 11:30 am
Lewis Centre Gym
\$3/drop-in

DROP-IN

*No drop-ins on stat holidays
schedule updates at
courtenay.ca/drop-in*





Meet Grandma Marg!

Coming from Tofino, Grandma Marg now calls the Comox Valley home.

As a long time, Early Childhood Educator, she will be providing opportunities for kids to explore new skills and adventures. Grandma Marg takes pride in making connections between families, their culture, the community and the world around us. We are excited to welcome her as part of the Lewis Centre Recreation family.

Find her this Fall in programs such as **Tunes & Tots Together, Family Fun with Songs, Stories & Crafts** and **Messy Masterpieces!**

TUNES & TOTS TOGETHER

(newborn - 18 months with adult)
This class is for families with infants from birth through 18 months of age. The program is presented to help connect adults with their baby through music and songs. Adult participation required.

Instructor: Grandma Marg
#14729 Wednesdays
October 9 - November 6
11:00 - 11:45 am
Lewis Craft Room B
\$35/5

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 will experience innovative ideas to create masterpieces. Be sure to wear clothes that can get messy.

Instructor: Grandma Marg
#14480 Wednesdays
October 9 - November 6
1:00 - 2:30 pm
Lewis Craft Room B
\$59/5

FAMILY FUN WITH SONGS, STORIES & CRAFTS

(1 - 5 years with adult)
We will explore stories, music and hands on arts and crafts while keeping imagination and creative expression at the heart of the program. Adult participation required.

Instructor: Grandma Marg
#14732 Saturdays
October 12 - November 9
10:00 - 11:00 am
Lewis Meeting Room
\$39/5

SANTA BABY

(1 month - 3 years with adult)
Celebrate your baby's first holiday season by making memorable keepsakes. Create fun gifts and ornaments to make long lasting memories for your friends and families.

#14479 Tuesdays
December 3 - 17
1:30 - 2:30 pm
Lewis Craft Room B
\$29/3

MUD PUDDLE MONDAYS

(3 - 5 years)
Grab your gumboots and muddy buddy and get ready for some fall fun! We'll have some fresh-air fun burning off energy playing games, doing outdoor activities and adventuring at the playground. Dress for the weather. **No class October 14.**

#14466 Mondays
October 7 - November 4
9:30 - 11:00 am
Lewis Salish Building
\$49/4

TEENY WEENY HALLOWEENY

(1 month - 3 years with adult)
Ooooooo it's time to get our spook on! Join us for creepy crafts, silly, spooky songs and plenty of ghostly activities with your little one.

#14478 Tuesdays
October 15 - 29
1:30 - 2:30 pm
Lewis Craft Room B
\$29/3

Please check receipts for important program information.

SOCCER STARS

(3 - 5 years)

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

Saturdays

September 14 - October 12

#14470 9:00 - 9:45 am

#14471 10:00 - 10:45 am

November 2 - 30

#14472 9:00 - 9:45 am

#14473 10:00 - 10:45 am

Lewis MP Hall

\$35/5

FESTIVE BAKERS

(3 - 5 years)

Cook up some festive magic with us! We'll bake delicious cookies and create other scrumptious treats as we make friends and learn along the way!

#14468 Fridays

November 15 - December 13

12:00 - 1:30 pm

Lewis Craft Room A

\$59/5

L'I' DANGLES HOCKEY

(3 - 5 years)

This program will focus on the enjoyment of the game, while teaching players the basic skills required to play. Players will play a variety of games designed to teach them how to hold the stick, make a pass, and take a shot all while having fun. For this age group, we use foam hockey sticks and balls. Parent participation as needed. **No class September 30 & October 14.**

#14467 Mondays

September 16 - October 28

3:45 - 4:30 pm

Lewis MP Hall

\$35/5

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.

#14459 Fridays

September 13 - October 11

12:00 - 1:30 pm

Lewis Craft Room A

\$59/5

ACTIVE ADVENTURES

(3 - 5 years)

A fun and dynamic sports class for preschoolers. Children will develop physical literacy through the exploration of various sport and movement activities.

Fridays

#14724 September 27 - October 25

#14725 November 8 - December 6

10:00 - 10:45 am

Lewis Centre Gym

\$35/5

MINI CHEFS

(3 - 5 years)

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

#14481 Tuesdays

November 5 - 26

12:00 - 1:30 pm

Lewis Craft Room B

\$49/4

Courtenay Recreation

Halloween Parade & Party

(11 years & younger)

Thursday October 31**4:00 - 7:00 pm****Downtown Courtenay,
Lewis Centre & The LINC**Parade, Trick or Treating,
Games & Spooky Fun!courtenay.ca/halloween

Courtenay Recreation

Children's Christmas Party

Saturday December 7
11:00 am - 1:00 pm
Florence Filberg Centre

Youth Gnarly Craft Fair
Kids pictures with Santa
Live Entertainment
and much more!

courtenay.ca/christmas



Movement

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!

Instructor: Leigha Wald

#14476 Wednesdays

September 18 - October 23

11:45 am - 12:30 pm

Lewis MP Hall A

\$59/6

TODDLER YOGA

(1 - 5 years with adult)

Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. We try to keep our expectations low on how many yoga poses the little ones actually do and focus on having fun. While the class is geared towards kids aged 18 months - 5 years, parents are welcome to join in the stretches too.

Instructor: Kelly Yaskiw

Fridays

#14469 September 20 - November 1

#14712 November 8 - December 20

9:00 - 9:45 am

Lewis Salish Building

\$69/7

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 September 30 & October 14.**

Instructor: Leigha Wald

Mondays

#14474 September 23 - November 4

#14477 November 18 - December 16

10:30 - 11:15 am

Lewis MP Hall A

\$49/5

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

#14505 September 19 - October 31

3:00 - 4:00 pm

Lewis Meeting Room

\$79/7

#14506 November 7 - December 19

3:00 - 4:00 pm

Lewis Meeting Room

\$79/7

DANCE WITH ME: INTRO TO CREATIVE DANCE

(2 - 5 years with 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. Caregivers, bring your 2 - 5 year olds out and stimulate their minds with music and movement. This is a great intro class to Preschool Creative Dance. Adult participation required.

Instructor: Leigha Wald

#14475 Wednesdays

September 18 - October 23

11:00 - 11:30 am

Lewis MP Hall A

\$35/6

PRESCHOOL ACRO

(3 - 5 years)

Build confidence and gain awareness in this 4 week series. Acro is a balance of dance and gymnastics and for children under 5, it provides 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 September 30 & October 14.**

Instructor: Leigha Wald

Mondays

#14551 September 23 - November 4

#14740 November 18 - December 16

2:15 - 3:00 pm

Lewis Centre Gym

\$49/5

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



Gymnastics

INTRO TO GYMNASTICS

(3 - 5 years)

Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with your parent as an instructor leads you through individual basic skill, moving safely around the gym. Halfway through this unique program we will start to phase parents out to help children learn to succeed on their own.

No class September 30, October 14 & November 11.

#14542 Mondays
September 9 - December 9
1:00 - 2:00 pm
Lewis Centre Gym
\$145/11

NINJA KIDS

(3 - 5 years)

Get those heart rates up in this fun, creative class using the gymnastics equipment! The gymnastics staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends! **No class September 30, October 14 or November 11.**

#14541 Mondays
September 9 - December 9
10:45 - 11:45 am
Lewis Centre Gym
\$145/11



KINDERGYM & TRAMPOLINE

(3 - 5 years)

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

Tuesdays
#14540 September 10 - December 3
1:00 - 2:00 pm
Lewis Centre Gym
\$169/13



TOT TUMBLERS & TRAMPOLINE

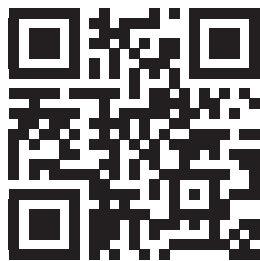
(2 years & under with an adult)
Take those first little steps into organized gymnastics guided by our fun and knowledgeable gymnastics staff! Get ready to play, run, roll and have tons of fun as you explore the gymnastics equipment and build on your strength, balance and foundational beginner gymnastics skills. Adult participation required. **No class October 15.**

Tuesdays
#14538 September 10 - October 22
#14539 October 29 - December 3
10:30 - 11:15 am
Lewis Centre Gym
\$59/6



Check out more gymnastics programs on page 21.

REGISTER ONLINE:



PARENT & TOT GYMNASTICS

(5 years & under with an adult)

This class welcomes children 0 - 5 years old along with their caregivers. Come run, jump, bounce and laugh with us as we escape the gray, wet weather! Our enthusiastic coaches will supervise this fun and safe play. Adult participation required. **No class October 12.**

#14546 Saturdays
September 7 - December 7
9:00 - 10:00 am
Lewis Centre Gym
\$6.50/drop-in



FAMILY GYMNASTICS

(all ages with an adult)

Get ready to run, jump, swing and bounce! Adult participation required. **No session September 30, October 14, & November 11.**

#14566 Mondays
September 9 - December 9
12:15 - 1:15 pm
#14568 Tuesdays
September 10 - December 10
11:30 am - 12:30 pm
#14560 Saturdays
September 7 - December 7
11:15 am - 12:15 pm
Lewis Centre Gym
\$6.50/drop-in



Gymnastics participants in independent classes (3 - 5 years) must be fully toilet trained.





Arts & Crafts

POTTERY PALS

(7 - 11 years)

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

Tuesdays

September 10 - October 29

#14380 3:00 - 4:30 pm **7 - 11 years**

#14381 5:00 - 6:30 pm **10 - 13 years**

Lewis Craft Room B

\$179/8

NATURAL INSPIRATIONS

(8 - 11 years)

Take inspiration from nature as you create a crafty project each week. Fall leaves, the rivers steady flow, the creatures who live all around us and more will help us to come up with fun and creative projects while exploring drawing, painting and more! Be sure to come ready to have fun and get your hands messy!

Wednesdays

#14784 November 13 - December 11

5:30 - 7:00 pm

Lewis Craft Room B

\$75/5

COLOURFUL CREATIONS

(K - 7 years)

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

#14294 Sundays

September 8 - October 6

10:00 - 11:30 am

Lewis Craft Room A

\$75/5

WINTER CLAY CREATIONS

(7 - 12 years)

Get into the holiday season by creating age-appropriate Christmas and winter-themed projects out of clay! Students will learn how to make fun and functional items such as snowman luminaries, plates for Santa's cookies, ornaments and more!

Tuesdays

November 5 - December 10

#14771 3:00 - 4:30 pm **7 - 10 years**

#14772 5:00 - 6:30 pm **10 - 12 years**

Lewis Craft Room B

\$135/6

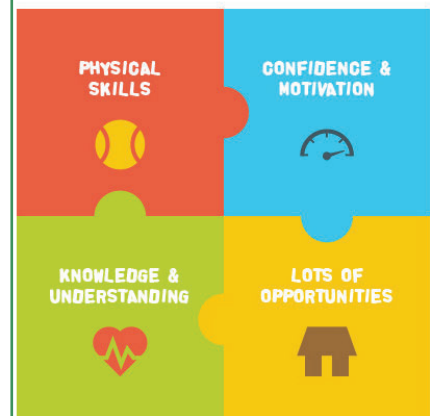
Physical Literacy at Courtenay Recreation

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

Birthday Parties

LEGO BIRTHDAY BASH

(5 - 14 years)

Let's celebrate! Create Lego masterpieces, take part in building challenges and play original Lego games with our instructor for the first half of your party; then continue your party festivities in the same room for a second hour. Host parent must be present. Maximum of 12 participants.

Saturdays starting
September 7
10:45 am - 12:45 pm
Lewis Craft Room B
\$125

BIRTHDAY PARTIES AT THE LINC

(8 years & over)

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

- **dodgeball**
- **skatepark**
- **karaoke**
- **gaming**
- **general**
- **make & take**

(tie-dye t-shirt or slime)

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

Saturdays starting Sept 7
12:30 - 2:30 pm
Sundays starting Sept 8
10:30 am - 12:30 pm **or**
1:00 - 3:00 pm **or**
3:30 - 5:30 pm
The LINC Youth Centre &
Indoor Skatepark
\$125
\$165 (incl. 3 large pizzas)
\$170 (make & take tie-dye
or slime)
\$210 (make & take & 3
large pizzas)

GYMNASTICS/ TRAMPOLINE BIRTHDAY

(3 - 14 years)

Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group in our fun-filled space while they play on the gymnastics setup. 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 participants.

Saturdays starting
September 7
10:15 - 11:15 am **or**
1:45 - 2:45 pm
Lewis Centre Gym &
Craft Room A
\$140

SPORTS SIZZLER BIRTHDAY

(3 - 14 years)

If your party is going to have a lot of energy, this option is for you! We offer an hour of instructor-lead fun in our gymnasium with structured games, free time with toys or a bit of both. It's up to you. Once we burn some of that energy, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast! Host parent must be present. Maximum of 12 participants.

Sundays starting
September 8
11:30 am - 12:30 pm
Lewis MP Hall &
Craft Room B
\$125





Special Interest

BAKERS READY

(7 - 10 years)

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

#14379 Thursdays

October 17 - November 14

4:00 - 6:00 pm

Lewis Craft Room A

\$135/5

COMIC KIDS

(8 - 11 years)

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

#14375 Wednesdays

September 11 - October 9

3:30 - 5:00 pm

Lewis Craft Room B

\$75/5

CRAFTY KITCHEN

(6 - 8 years)

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

#14377 Thursdays

September 12 - October 10

3:30 - 5:00 pm

Lewis Craft Room A

\$99/5

SEWING LEVEL 1

(8 - 12 years)

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

Wednesdays

#14799 October 16 - November 13

3:15 - 5:15 pm

Lewis Craft Room A

\$99/5

KITCHEN BASICS: SCIENCE EDITION

(9 - 12 years)

Build your confidence in the kitchen as you practice knife skills, learn to follow recipes, and how ingredients interact to create delicious dishes. Now with a scientific twist! You'll learn about the science behind the art of baking and kitchen creations.

#14378 Tuesdays

September 17 - October 15

3:45 - 5:15 pm

Lewis Craft Room A

\$99/5

SEW FUN

(8 - 12 years)

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

#14668 Wednesdays

September 11 - October 9

3:15 - 4:45 pm

Lewis Craft Room A

\$89/5

SEWING LEVEL 2

(9 - 13 years)

Be prepared to delve into the world of up-cycling and garment sewing. We'll be using commercial patterns and learning a few tricks of the trade in garment construction. Participants will sew a garment of their choice, from an assortment of patterns on hand. Supplies, including some fabric will be available but please refer to the supply list for project fabric requirements. Must have previous sewing experience.

Wednesdays

#14800 November 20 - December 18

3:15 - 5:15 pm

Lewis Craft Room A

\$119/5

MINECRAFT MAYHEM

(6 - 9 years)

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

#14376 Fridays

September 13 - October 11
3:15 - 4:45 pmLewis Craft Room B
\$75/5**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!

#14714 Wednesdays

November 6 - December 11
3:30 - 5:00 pmLewis Craft Room B
\$89/6**SUPER SCIENTISTS**

(8 - 11 years)

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

#14708 Fridays

September 20 - October 25
5:45 - 7:15 pmLewis Craft Room B
\$89/6**FANTASTIC WORLDS**

(7 - 10 years)

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

#14715 Saturdays

October 26 - November 30
1:30 - 3:00 pmLewis Craft Room B
\$89/6**ISLAND ADVENTURES
IN ART**

(K - 9 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!

#14713 Tuesdays

November 12 - December 17
3:30 - 5:00 pmLewis Craft Room A
\$89/6**TWEEN TAKE OVER**

(10 - 13 years)

Hey Tweens, make your day extra special! Join us for cool crafts, out-trips, tournaments, gym-time and more! Join us for a special planning session on October 7. **No class October 14 or November 11.**

Mondays

#14802 October 7 - December 2
3:30 - 5:00 pmLewis Meeting Room
\$105/7**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 towers challenges to mapping out your dream play space, this class will keep you busy and engaged as we learn about shapes and simple designs! **No class October 25.**

Fridays

#14786 October 4 - November 15
3:30 - 5:00 pmLewis Craft Room A
\$105/7

K: children currently attending kindergarten can attend this program



Volunteer with Us!

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

Call 250-338-5371
or text 250-650-9930
for more information.

courtenay.ca/volunteer



HOME ALONE

(10 - 12 years)

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

Saturday

#14290 September 21

#14291 October 5

#14292 November 16

#14293 December 7

9:00 am - 12:00 pm

Lewis Salish Building

\$45

PRO D PARTY

(K - 10 years)

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

#14758 Tuesday September 3

#14759 Friday October 25

#14760 Thursday November 21

9:00 am - 4:00 pm

Lewis Craft Room A

\$49

GHOUL SCHOOL

(9 years & over)

FREE

Ghosts, Ghouls, Goblins and other creatures of fright, don't miss out on helping with our Spooktacular as we get closer to Halloween night! Bring your imagination and help us create one of the scariest haunted houses in the Comox Valley! It's sure to be a howling good time! Participants should be available for at least 2 nights of Haunted House October 24 - 26, 29 - 30.

#14432 Wednesdays

September 11 - October 23

4:30 - 8:15 pm

The LINC Youth Centre

FREE

TWEEN PRO D DAY

(10 - 13 years)

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

#14390 Tuesday September 3

#14391 Friday October 25

#14392 Thursday November 21

9:00 am - 4:00 pm

LINC Multipurpose Room

\$49

HOMESCHOOLER REC

(8 - 12 years)

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

Wednesdays

#14739 September 18 - December 18

1:00 - 3:00 pm

LINC Youth Centre

\$85/14

HOMESCHOOL POTTERY PARTY

NEW

(7 - 11 years)

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

Thursdays

#14801 September 12 - October 24

1:00 - 2:30 pm

Lewis Craft Room B

\$159/7

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

Winter Break

ELF ACADEMY

(K - 8 years)

Welcome to Elf Academy, a magical workshop where creativity and holiday spirit come to life! This day of enchantment invites children to become little elves, crafting unique and heartfelt gifts to share with their loved ones. Join us as we create one-of-a-kind crafts sure to spread the joy of the season!

#14662 Monday December 23
9:00 am - 4:00 pm
Lewis Craft Room A
\$49

SK8 SCOOT SNOW

(7 - 11 years)

Ride your skateboard or scooter and get tips and tricks from our skatepark staff as you cruise the street section and bowl. Or, challenge your friends to games and activities like dodge-ball, air hockey, experiments and trips to the indoor pool and more!

We'll make sure you have an action-packed time!

#14751 Thursday & Friday
January 2 & 3
9:00 am - 4:00 pm
LINC Indoor Skatepark &
Lewis MP Hall
\$99/2

*Stay tuned for more
Winter Break options!*

EVERYTHING AND MORE

(K - 12 years)

Winter Break is here and we've got fun in store - join us for a little of everything and more! We'll bake a delicious treat, create a unique project, play fun games and explore as we make new friends and get silly. All in one day!

Monday December 30

#14663 **5 - 8 years**
Lewis Craft Room A

#14664 **8 - 12 years**
Lewis MP Hall
9:00 am - 4:00 pm
\$49

#14665 Thursday - Friday
January 2 - 3

#14665 **5 - 8 years**
Lewis Craft Room B

#14861 **8 - 12 years**
Lewis Craft Room A
9:00 am - 4:00 pm
\$99/2

SPORTS & MORE

(K - 10 years)

Let's play the day away! School's out, so grab your friends and come play a variety of games throughout the day. We'll explore games like tag, dodgeball, soccer, kickball and more. When we're not playing, we'll do lots of fun activities in our downtime. Bring your water and be ready to move!

#14755 Tuesday December 24
9:00 am - 12:00 pm
Lewis Centre Gym
\$25

#14754 Friday December 27
9:00 am - 4:00 pm
Lewis MP Hall
\$49

NEW YEAR'S BAKE OFF JR.

(6 - 10 years)

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

#14753 Tuesday December 31
9:00 am - 2:00 pm
Lewis Craft Room A
\$45

WINTER BREAK ARCHERY

(7 - 12 years)

We'll combine the fun and skills of indoor archery, with creativity and fun as we create our own targets and break up the day with games. You'll have so much fun, you'll almost forget what day tomorrow is!

#14750 Tuesday December 24
9:00 am - 12:00 pm
Lewis MP Hall
\$25





Sports

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!

Fridays

#14741 September 13 - October 25

#14742 November 1 - December 13
3:15 - 4:15 pm

Saturdays

#14618 September 14 - October 26

#14619 November 2 - December 14
11:30 am - 12:30 pm
\$69/7

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! **No class November 11.**

Instructor: Emily Bailey

Wednesdays

#14710 September 11 - October 16

#14711 November 6 - December 11
3:45 pm - 4:30 pm
Lewis Meeting Room
\$90/6

INTERMEDIATE ARCHERY

(11 - 14 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.

Saturdays

#14737 September 14 - October 26

#14738 November 2 - December 14
12:45 - 1:45 pm
Lewis MP Hall
\$69/7

SCHOOL'S OUT BASKETBALL SKILLS & GAMES

(8 - 14 years)

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

Wednesdays

(8 - 11 years)



#14639 September 11 - October 23

#14640 October 30 - December 11
3:30 - 4:30 pm

(11 - 14 years)

#14641 September 11 - October 23

#14642 October 30 - December 11
4:30 - 5:30 pm

Lewis MP Hall

\$69/7

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.

Fridays

#14620 September 13 - October 25

#14736 November 1 - December 13
2:00 - 3:00 pm

Lewis MP Hall

\$69/7

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



FLOOR HOCKEY

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

No class September 30 & October 14.

Mondays

September 16 - October 28

#14761 4:30 - 5:30 pm **K - 7 years**

#14762 5:45 - 6:45 pm **8 - 11 years**

#14763 6:45 - 7:45 pm **12 - 15 years**

November 18 - December 16

#14764 4:30 - 5:30 pm **5 - 7 years**

#14765 5:45 - 6:45 pm **8 - 11 years**

#14766 6:45 - 7:45 pm **12 - 15 years**

Lewis MP Hall

\$49/5



GIRLS ON THE MOVE

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

Tuesdays

September 10 - October 8

#14767 3:45 - 4:45 pm **7 - 10 years**

\$50/5

#14768 4:45 - 6:15 pm **11 - 15 years**

\$75/5

Lewis Meeting Room



SOCCER KIDS

(K - 13 years)

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

Thursdays

(5 - 8 years)

#14643 September 12 - October 24

#14644 November 7 - December 19

4:45 - 5:45 pm

(9 - 13 years)

#14645 September 12 - October 24

#14646 November 7 - December 19

5:45 - 6:45 pm

Lewis MP Hall

\$69/7



FIRST TEE GOLF

(7 - 12 years)

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

Sundays

7 - 9 years

#14806 September 8 - October 27

10 - 12 years

#14807 November 3 - December 15

12:45 - 1:45 pm

Lewis MP Hall

\$69/7



Financial Access Programs:

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

1. Recreation Access Program

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

2. LEAP

Regional program open to anyone in the Comox Valley.

Provides 52 free admissions to drop-in activities.

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

Please check receipts for important program information.

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





Martial Arts

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 the Tigers/Juniors class. **No class October 31.**

Instructor: Richard Dobbs

#14437 Thursdays

September 12 - November 7

4:00 - 4:30 pm

Lewis MP Hall

\$89/8

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



WOO KIM TAEKWONDO TIGERS

(5 - 7 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 September 30, October 14, 31, November 11.**

Instructor: Caleb Orrego

#14438 Mondays & Wednesdays

September 9 - December 11

3:45 - 4:30 pm

Native Sons Grand Hall

Native Sons Lower Lodge

\$250/25

#14433 Tuesdays & Thursdays

September 10 - December 12

3:45 - 4:30 pm

Native Sons Grand Hall

\$270/27



WOO KIM TAEKWONDO JUNIORS

(8 - 14 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class September 30, October 14, 31, November 11.**

Instructor: Caleb Orrego

White - Green

Mondays & Wednesdays

#14439 September 9 - December 11

4:40 - 5:30 pm

Native Sons Grand Hall

Native Sons Lower Lodge

\$250/25

Tuesdays & Thursdays

#14434 September 10 - December 12

4:40 - 5:30 pm

Native Sons Grand Hall

\$270/27

Blue Stripe & Higher

Tuesdays & Thursdays

#14435 September 10 - December 12

5:40 - 6:30 pm

Native Sons Grand Hall

\$270/27

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



7 Story Circus

AERIAL ARTS: BASICS

(10 - 18 years)

Discover the basics of aerial fabric. This class is for students new to aerial fabric or those needing a refresher. With a focus on skill & strength, you'll start close the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in the last class. **No class October 31.**

#14457 Thursdays

September 19 - December 5
4:00 - 5:30 pm
Lewis Centre Gym
\$450/12

AERIAL ARTS: INTERMEDIATE

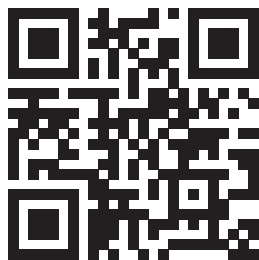
(10 - 18 years)

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

#14458 Wednesdays

September 18 - December 4
4:00 - 5:30 pm
Lewis Centre Gym
\$450/12

REGISTER ONLINE:



AERIAL ARTS: ADVANCED

(10 - 17 years)

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

No class October 31.

#14456 Thursdays

September 19 - December 5
6:00 - 7:30 pm
Lewis Centre Gym
\$450/12

COMMUNITY CIRCUS 1

(6 - 12 years)

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, flower-sticks and plates. Balance on stilts, rola-bola, and partner acrobatics. Play improvisation and performance games. Be inspired and amazed by your own abilities!

Fridays

September 20 - November 8

#14621 4:00 - 5:00 pm (6 - 9 years)

#14622 5:00 - 6:00 pm (8 - 12 years)

Lewis Centre Gym
\$200/8

7 Story Circus Notes:

A separate \$25 7 Story Circus membership fee must be paid to the instructor at the first class





ACRO BASICS

(8 - 11 years)

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

Instructor: Leigha Wald
Saturdays

#14606 September 14 - October 26

#14607 November 2 - December 14
12:45 - 1:45 pm
Lewis Centre Gym
\$105/7



TRAMPOLINE

(8 years & over)

Develop your skills in our structured trampoline program. Based on the BC Trampoline Acrosport Federation and CanGym program, you will progress through each coloured level learning new skills and a routine for each colour. Best of all, you'll have a whole lot of fun!

Tuesdays
September 10 - December 10

#14574 3:30 - 4:30 pm

#14575 4:30 - 5:30 pm

Lewis Centre Gym
\$169/14



FAMILY GYMNASTICS

(all ages with an adult)

Get ready to run, jump, swing and bounce! Adult participation required. **No session September 30, October 14 & November 11.**

#14566 Mondays

September 9 - December 9
12:15 - 1:15 pm

#14568 Tuesdays

September 10 - December 10
11:30 am - 12:30 pm

Saturdays

September 7 - December 7

#14560 11:15 am - 12:15 pm (all ages)

#14565 2:45 - 3:45 pm (6+ years)

Lewis Centre Gym
\$6.50/drop-in



PARKOUR KIDZ

(7 - 10 years)

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

#14608 Sundays

September 8 - December 8
9:30 - 10:30 am

Lewis Centre Gym
\$239/14



Our gymnastics & trampoline coaches Sheri, Breanne, Carla, Leigha, Zach & Chloe are excited to welcome you to class!

Financial Access Programs:

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

1. Recreation Access Program

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

2. LEAP

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

Ask us how to apply for either program!

250-338-5371 or 250-338-1000

Gymnastics

BOYS & GIRLS MIXED GYMNASTICS

(5 - 7 years)

We base our gymnastics CanGym Program around the 3 F's: Fun, Fitness & Fundamentals. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina. **No class September 30, October 14 & November 11.**

Sundays

September 8 - December 8

#14647 10:45 - 11:45 am

#14611 12:30 - 1:30 pm

\$239/14

#14612 Mondays

September 9 - December 9

3:30 - 4:30 pm

Lewis Centre Gym

\$189/11



BOYS & GIRLS INTERMEDIATE GYMNASTICS

(8 years & over)

Boys and girls will progress in these programs once base skills are strong and when you are physically and mentally ready to advance. Registrants must be invited by Sheri; kids will be assessed in their 8+ classes in order to move up or given a golden ticket! We recommend 2 classes per week to develop and maintain your skill level. **No class September 30, October 14 & November 11.**

#14609 Sundays

September 8 - December 8

2:30 - 4:00 pm

\$359/14

#14610 Mondays

September 9 - December 9

5:45 - 7:15 pm

Lewis Centre Gym

\$279/11



BOYS GYMNASTICS

(8 years & over)

Boys classes allow for dynamic energy to be channeled in creative ways. Learn the basics, then develop your skills, strength and stamina on a variety of apparatus. **No class September 30, October 14 & November 11.**

#14615 Sundays

September 8 - December 8

1:30 - 2:30 pm

\$239/14

#14616 Mondays

September 9 - December 9

4:30 - 5:30 pm

Lewis Centre Gym

\$189/11



GIRLS GYMNASTICS

(8 years & over)

Learn new skills from fun and knowledgeable coaches! We'll work on basics, develop new skills, build strength and explore a variety of apparatus. **No class September 30, October 14 & November 11.**

#14613 Sundays

September 8 - December 8

1:30 - 2:30 pm

\$239/14

#14614 Mondays

September 9 - December 9

4:30 - 5:30 pm

Lewis Centre Gym

\$189/11



GYMNASTICS FOR HOME LEARNERS



(5 - 13 years)

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. Depending on interest, additional opportunities may be explored for the winter session!

Tuesday December 10

#14272 10:15 - 11:15 am **5 - 10 years**

#14273 1:00 - 2:00 pm **10 - 13 years**

Lewis Centre Gym

\$15



Check out more gymnastics programs on page 9





Skatepark

JR SK8 STARS

(5 - 8 years)

Have you ever wanted to try out skateboarding? This introductory class will get your wheels spinning! You'll learn the basics of balance and pushing and have fun exploring the street and bowl sections of the indoor park. Skateboards and safety equipment included. **No class September 30, October 14 & November 11.**

Mondays

#14386 September 9 - October 21

#14387 November 4 - December 9

3:30 - 4:15 pm

LINC Indoor Skatepark

\$55/5

SKATEBOARD FUNDAMENTALS

(7 - 12 years)

Build confidence in learning the sport of skateboarding. We'll review the basics to get you cruising and then try a trick or two! This class is geared toward beginner-novice skaters. **No class September 30, October 14 or November 11.**

Mondays

#14384 September 9 - October 21

#14385 November 4 - December 9

4:30 - 5:30 pm

LINC Indoor Skatepark

\$75/5

SCOOTER TRICKS 101

(6 - 10 years)

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

Wednesdays

#14733 September 11 - October 9

#14734 October 16 - November 13

#14735 November 20 - December 18

4:00 - 5:00 pm

LINC Indoor Skatepark

\$75/5

SK8 SCOOT SNOW

(7 - 12 years)

Let's change up your winter break routine! Ride your skateboard or scooter and get tips and tricks from our skatepark staff as you cruise the street section and bowl. Or, challenge your friends to games and activities like dodge-ball, air hockey, experiments, trip to the indoor pool and more! We'll make sure you have an action-packed time!

#14751 Thursday & Friday

January 2 & 3

9:00 am - 4:00 pm

LINC Indoor Skatepark &

Lewis MP Hall

\$99/2

SK8 LIKE A GIRL

(7 - 12 years)

While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment are included. **No class September 30, October 14 & November 11.**

Mondays

#14429 September 9 - October 21

#14430 November 4 - December 9

5:45 - 6:45 pm

LINC Indoor Skatepark

\$75/5

PRIVATE SKATEBOARD LESSONS

(6 years & over)

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

Tuesdays starting

September 10

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$25/lesson

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



Leadership

FOOD SAFE LEVEL 1

(13 years & over)

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

Instructor: Gaetane Palardy

#14770 Saturday October 26

9:00 am - 4:00 pm

Native Sons Hall

Lower Lodge

\$98

Please check receipts for important program information.

VOLUNTEER

INFORMATION NIGHT

(12 years & over)

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

#14785 Wednesday November 20

4:00 - 5:00 pm

LINC Multipurpose Room

FREE

LEADERS IN TRAINING (LIT)

(12 - 16 years)

Have fun, get involved, gain work experience and build your resume as you become an awesome leader! You'll learn to plan and lead games and help plan the children's Halloween or Christmas parties! Learn behaviour management, leadership and teamwork. Then you can test out your new skills as a volunteer! **No class September 30 & October 14.**

Mondays

#14814 September 20 - October 28
Lewis Salish Building

#14815 November 18 - December 16
LINC Multipurpose Room
4:30 - 6:00 pm
\$45/5

BABYSITTER TRAINING

(11 - 18 years)

Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! 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

#14286 September 15

#14287 October 6

#14288 November 17

#14289 December 8

9:00 am - 4:00 pm

Lewis Meeting Room

\$85

Register ONLINE at
courtenay.ca/reconline

Courtenay Recreation's

Ghoul School

(9 years & over)

Ghosts, Ghouls, Goblins and other creatures of fright, don't miss out on helping with our Spooktacular as we get closer to Halloween night! Bring your imagination and help us create one of the scariest haunted houses in the Comox Valley! It's sure to be a howling good time!

Participants should be available for at least 2 nights of Haunted House October 24 - 26, 29 - 30.

#14432 Wednesdays

September 11 - October 23

4:30 - 8:15 pm

LINC Multipurpose Room

FREE

THE LINC
youth centre



Birthday Parties at the LINC Youth Centre

(8 years & over)

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

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

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

Saturdays starting September 7 12:30 - 2:30 pm

Sundays starting September 8 10:30 am - 12:30 pm

or 1:00 - 3:00 pm or 3:30 - 5:30 pm

The LINC Youth Centre & Indoor Skatepark

\$125, \$165 (3 large pizzas)

\$170 (make & take - slime or tie dye t-shirts)

\$210 (make & take and 3 large pizzas)



School's Out

PRIVATE SKATEBOARD LESSONS

(6 years & over)

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

Tuesdays starting

September 10

4:00 - 4:45 pm

5:00 - 5:45 pm

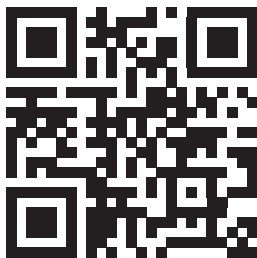
6:00 - 6:45 pm

LINC Indoor Skatepark

\$25/lesson



REGISTER ONLINE:



SUNDAY BADMINTON

(13 - 21 years)

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

Sundays

#14527 September 15 - October 27

#14783 November 3 - December 15

2:30 - 3:30 pm

Lewis MP Hall

\$69/7



TWEEN TAKEOVER WINTER BREAK STYLE

(10 - 13 years)

Hey Tweens make your day off at The LINC extra special! Join us for cool crafts, cooking, baking, and more seasonal surprises!

#14756 Monday December 23

#14757 Friday December 27

9:00 am - 4:00 pm

LINC Multipurpose Room

\$49

NEW YEAR'S BAKE OFF

(12 - 16 years)

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

#14752 Tuesday December 31

9:00 am - 2:00 pm

LINC Youth Centre

Kitchen

\$45

CHRISTMAS CHAOS

(12 - 16 years)

The holiday season is upon us. Do you want to make something special for your loved ones? Join us in this special workshop series and you'll leave with some special art, crafts, baking and more to share. All supplies and wrapping included.

Saturdays

#14822 December 7 - 21

10:00 am - 12:00 pm

LINC Multipurpose Room

\$85/3





**Courtenay
Recreation**



The LINC Haunted House

October

Tuesday	Wednesday	Thursday	Friday	Saturday
22 CLOSED	23 CLOSED	24 6 - 8 pm	25 6 - 9 pm	26 6 - 9 pm
29 6 - 8 pm	30 6 - 8 pm	31 5 - 7 pm ½ the Fright Night		

**\$2/person or
\$5/family**

½ the Fright Night is geared to our younger ghouls & visitors

courtenay.ca/haunted





GIRLS ON THE MOVE

(12 - 15 years)

Bring your friends and get in on the fun with this try-everything recreation program just for girls! Move, sweat and build confidence while trying new ways to stay active! Activities may include yoga, movement games, archery, dance, Zumba, racquet sports, field sports, and more!

Tuesdays

#14768 September 10 - October 8
4:45 - 6:15 pm
Lewis Meeting Room
\$75/4

FIRST TEE GOLF

(12 - 15 years)

Let us introduce you to the sport of golf through a variety of games and sports, with a golf twist! See how the values of sport can be applied to everyday life - pursue goals, grow through challenges, collaborate, build a positive self-identity and use good judgement. Gear up to hit the greens!

Thursdays

#14805 November 7 - December 12
7:00 - 8:00 pm
Lewis MP Hall B
\$42/6

FLOOR HOCKEY

(12 - 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. **No class September 30 & October 14.**

Mondays

#14763 September 16 - October 28
#14766 November 18 - December 16
6:45 - 7:45 pm
Lewis MP Hall
\$49/5

BIRDING 101

(12 - 15 years)

Explore the fascinating world of birds and nature observation. You'll learn how to identify common local and migratory birds, how to use binoculars and an identification guide, some bird folklore and some plant identification. Dress for the weather and get ready to fly with us this fall!

#14808 Thursday September 26
4:00 - 6:00 pm
LINC Multipurpose Room
\$12

ARCHERY

(13 - 16 years)

NEW

Join the fun on Saturday afternoons learning and practicing the basics of archery, including stance, aiming techniques and bow handling to get you shooting. Our instructors will guide you through target practice and provide individualized feedback to keep your skills developing and improving.

Saturdays

#14803 September 14 - October 26
#14804 November 2 - December 14
2:00 - 3:00 pm
Lewis MP Hall
\$69/7

GURLZ SK8

(13 - 16 years)

NEW

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.

Instructor: Charlie Daignault
Saturday

#14810 September 21
#14811 October 19
#14812 November 23
10:15 am - 12:15 pm
LINC Indoor Skatepark
\$20



Please check receipts for important program information.

Creative Pursuits

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.

#14382 Thursdays

September 12 - October 24

4:00 - 5:30 pm

Lewis Craft Room B

\$159/7

NEW

HOLIDAY BAKING

(12 - 16 years)

Let's learn some tasty recipes for the holiday season. We'll be hands on testing out sweet and savory recipes sure to satiate your friends and loved ones.

Mondays

#14816 November 18 - December 16

5:30 - 7:00 pm

LINC Multipurpose Room

\$99/5

NEW

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

WINTER CLAY CREATIONS

(12 - 15 years)

Get into the holiday season by creating age-appropriate Christmas and winter-themed projects out of clay! Students will learn how to make fun and functional items such as snowman luminaries, plates for holiday treats, ornaments and more!

Thursdays

#14773 November 7 - December 12

4:00 - 5:30 pm

Lewis Craft Room B

\$135/6

NEW

UPCYCLED ART

(12 - 16 years)

Learn to design new and unique art and décor pieces using recycled or re-purposed materials. This hands-on class will not only teach you practical crafting skills but also raise awareness about the importance of sustainability and reducing waste. Let's explore the potential of an item before its discarded! Lantern jars, t-shirt tote bags, magazine bowls, mixed media sculpture and collage will have you exploring your creative side and turning trash into treasure!

Saturdays

#14824 November 9 - 30

10:00 am - 12:00 pm

LINC Multipurpose Room

\$59/4

NEW

MIXED MEDIA CRAFT NIGHTS

(12 - 16 years)

Get ready to explore your creative side. Each week you'll learn about a different medium - acrylic and watercolour paint, collaging, charcoal, chalk, and more! Then practice your new skills as you create cool projects. **No class November 11.**

Mondays

#14823 October 21 - November 18

5:30 - 7:00 pm

LINC Games Room

\$59/4

**Oh no, you had to
cancel the class?**

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

16th Annual

Gnarly Little Christmas Craft Fair

(9 - 19 years)

Be a part of Courtenay's biggest Christmas Party and make extra cash this Christmas while showcasing your talents. Painting, photography, jewelry, art-cards, crafts, baking and more are all welcome in the 16th annual 'just-for-youth' craft fair!

#14431 Saturday December 7

10:00 am - 2:00 pm

Filberg Conference Hall

\$10

courtenay.ca/gnarly

THE LINC
youth 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
- pool
- harm reduction resources
- video games
- concession
- kitchen
- big screen TV
- basketball court
- special events
- private rentals
- drum set & guitars
- free food frenzy
- youth lounge

FALL HOURS

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

FEES

- Youth (8 - 18 years):**
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership
 - Adult Wednesday - Saturday Skatepark ONLY (19 & over):**
\$4 drop-in
\$20/month membership
\$40/11 punch pass
- *Monday Nights - Adults only!*

The skatepark is open for all-ages Wednesday - Saturday.

*hours are subject to change

ADULT NIGHT

(16 years & over)



Come enjoy the skatepark, play pool, ping pong & more!

Mondays
starting September 9
7:00 - 9:00 pm
\$4/drop-in
or get a punchcard!

FALL CONTESTS

We will be running fantastic monthly contests throughout the fall including karaoke, Xbox, ping pong, best skateboard tricks and more! Check our Facebook page & QR code for the featured contest starting in September!



Check our social media or scan the QR code for more info on events & how to sign up!

Scan the QR code & check out our monthly calendar for more info and special events!

MENTAL HEALTH & HARM REDUCTION WORKSHOPS

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

BATTLE OF THE BANDS

The LINC will be hosting its third Battle of the Bands this fall. Free food, drop-in and prizes! Watch for more info.



Adapted Sports

ADAPTED ARCHERY

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve.

#14277 Fridays

September 13 - December 13

12:15 - 1:30 pm

Lewis MP Hall

\$45/14

ADAPTED INDOOR

SOCCER

(14 years & over)

Dribble, pass, and shoot your way to the goal of having fun while playing Soccer. Begin every session with some basic skills work, and end every session sliding into game play and showcasing your ability! **No program October 31.**

#14281 Thursdays

September 12 - December 5

10:00 - 11:00 am

Lewis Centre Gym

\$40/12

ADAPTED BASKETBALL

(14 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! **No program October 31.**

#14356 Thursdays

September 12 - December 12

12:45 - 1:45 pm

Lewis Centre Gym

\$35/13

ADAPTED DIVERSE SPORTS: YOUTH

(12 - 18 years)

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!

#14795 Tuesdays

September 10 - December 3

4:30 - 5:30 pm

Lewis MP Hall

\$50/13

DIVERSE SPORTS

(16 years & over)

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

#14350 Wednesdays

September 11 - December 18

10:00 - 11:15 am

Lewis Centre Gym

\$40/15

ADAPTED CREATIVE ADVENTURES

(11 - 15 years)

Have you got a creative side, and always wanted to explore? Felt the desire to express yourself through art? This adapted program is opening up the space for you to try new things, and learn a little about how we express ourselves through art. **No class September 30, October 14 & November 11.**

#14796 Mondays

September 16 - December 9

4:30 - 6:00 pm

Lewis Craft Room B

\$45/10

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





Adapted Movement

ADAPTED FALL 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)?!

#14352 Wednesdays
September 11 - December 4
3:00 - 4:00 pm
Codes Country Bowling
\$5/13

Registration for Fall Adapted Programs starts Monday August 19 at 8:30 am

All Adapted Programs Proudly Sponsored by:



ADAPTED DANCE CLASS

(16 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!

#14348 Thursdays
September 12 - December 19
1:10 - 2:00 pm
Lewis Activity Room
\$45/15

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.

#14354 Tuesdays
September 10 - December 10
1:30 - 2:15 pm
Lewis Activity Room
\$65/14

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.

#14347 Fridays
September 13 - December 13
10:30 - 11:30 am
Lewis MP Hall
\$85/14

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.

#14349 Wednesdays
September 11 - December 11
1:15 - 2:00 pm
Lewis MP Hall
\$50/14

TEEN ODYSSEY - CHRISTMAS BREAK

(11 - 17 years)
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. Interactive games, crafts, out trips, and much more!

#14747 Friday December 27
Lewis Craft Room A
#14748 Friday January 3
LINC Multipurpose Room
\$20/each

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

Adapted Special Interest

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. **No class September 30, October 14 & November 11.**

Mondays

September 9 - December 16

#14279 10:00 - 11:00 am

#14278 1:00 - 2:00 pm

Lewis Craft Room A

Free

KITCHEN CREW

(14 years & over)

Join the kitchen crew! Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in the LINC's games room. **No class September 30 & October 14.**

Mondays

#14283 September 16 - October 28

#14346 November 18 - December 16

10:30 am - 12:00 pm

The LINC Kitchen

\$35/5

ADAPTED YOUNG ADULT 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 September 10.

#14355 Tuesdays

September 10 - December 17

6:00 - 8:00 pm

Lewis Craft Room A

\$30/15

ADAPTED ART IN THE AFTERNOON

(14 years & over)

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

#14280 Wednesdays

September 11 - December 11

2:30 - 4:00 pm

Lewis Salish Building

\$45/14

\$5/drop-in

ADAPTED SING-ALONG

(18 years & over)

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

#14351 Wednesdays

September 11 - December 18

10:00 - 11:00 am

Lewis Craft Room A

\$45/15

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.

#14282 Tuesdays

September 10 - December 10

10:30 - 11:30 am

Lewis Craft Room A

\$35/14

\$3/drop-in

ADAPTED BOARD GAME CAFE

(13 years & over)

Ever find yourself 'board'? Well do we have the cafe for you! Welcome to this new social, full of fun games and activities.

#14746 Fridays

October 18 - December 6

1:30 - 3:00 pm

Lewis Craft Room B

\$24/8

Please check receipts for important program information.





Adapted Special Events

ADAPTED HALLOWEEN BINGO

(18 years & over)
Dress up and get ready for a spooooooky game of bingo with all your friends! Tricks & Treats for all!

#14361 Tuesday October 29
1:00 - 2:15 pm
Lewis MP Hall
\$3

ADAPTED HALLOWEEN DANCE

(18 years & over)
Dress up and get ready for a spooooooky take on the Monster Mash with all your friends!

#14362 Thursday October 31
12:30 - 3:00 pm
Lewis MP Hall
\$3

ADAPTED HARVEST DANCE

Come together with the Adapted Crew to get down to some sick 'beets'. There will be music, dancing, and treats!

#14360 Friday September 6
1:00 - 2:30 pm
Lewis MP Hall
\$3

ADAPTED PUMPKIN CARVING

(18 years & over)
Back by popular demand - pumpkin carving at the Lewis Centre! Join the crew for carving, treats, and singing along to Halloween tunes. Pumpkins provided!

#14359 Wednesday October 30
11:15 am - 1:30 pm
Lewis Craft Room A
\$4

ADAPTED BINGO WITH SANTA

(18 years & over)
Pull out your holiday sweater and get ready for some festive fun! Bingo with Santa is sure to be a merry treat. Prizes for all participants.

#14357 Wednesday December 18
10:00 - 11:00 am
Lewis MP Hall
\$3

ADAPTED WINTER WONDERLAND

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

#14358 Friday December 20
12:30 - 2:30 pm
Filberg Conference Hall
\$3

ADAPTED CHRISTMAS ART CARDS

It's a Christmas Miracle! This specific Art Card session is open for individuals to create their own Christmas Card for a family member. Limit 1 card per participant.

#14745 Monday December 2
2:00 - 3:30 pm
Lewis Craft Room A
Free

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

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

LEAP

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

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

Creative Pursuits

BEGINNER POTTERY

(16 years & over)

Build a fundamental skill set to create functional and decorative pieces with clay. Students will learn hand building techniques, the basics of the potter's wheel and different surface decoration methods through guided projects and self-exploration. Registration includes 1 bag of clay. Additional bags may be purchased. **No class October 31.**

Instructor: Bobbie Hammersly
Thursdays

#14637 September 12 - November 7
6:30 - 8:30 pm
Lewis Craft Room B

#14669 Tuesdays
September 10 - October 29
7:00 - 9:00 pm
\$399/8

FESTIVE POTTERY

Guided by our ceramics instructor, you'll embark on a creative journey crafting unique functional hand built pieces of pottery inspired by the holiday season. Learn different fundamental skills while building beautiful pieces such as luminaries and ornaments to gift or keep for yourself. Suitable for beginners and those looking to practice pottery in a friendly environment. Registration includes 1 bag of clay. Additional bags may be purchased.

Instructor: Bobbie Hammersly

#14672 Tuesdays
November 5 - 26
7:00 - 9:00 pm

#14671 Thursdays
November 14 - December 5
6:30 - 8:30 pm
Lewis Craft Room B
\$199/4

BEGINNER OIL PAINTING

We will work with traditional oils and also newer non-toxic oil paints so you can explore and determine what is right for you. Learn old masters' methods of under painting, glazing, grisaille, and alla prima and ways to get the most out of the newer paints. We will learn while creating our own Oil paintings in class.

Instructor: Teresa Knight

#14626 Thursdays
November 14 - December 19
6:00 - 8:00 pm
Filberg Craft Room
\$109/6

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.

Instructor: Teresa Knight

#14625 Thursdays
September 19 - October 24
6:00 - 8:00 pm
Filberg Craft Room
\$109/6

BEGINNER WATERCOLOUR PAINTING

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

Instructor: Teresa Knight

#14623 Tuesdays
September 24 - October 29
6:00 - 8:00 pm
Filberg Craft Room
\$109/6

WATERCOLOURS CONTINUED

This class is for those who have dabbled in watercolour and are looking to take your skills to the next level.

Instructor: Teresa Knight

#14624 Tuesdays
November 5 - December 10
6:00 - 8:00 pm
Filberg Craft Room
\$109/6





Special Interest

WRITER'S WORKSHOP

Discover your voice and refine your craft. Designed for adults, this interactive course offers a supportive environment to brainstorm, draft and revise your work. Through guided peer feedback, expert instruction and practical exercises, you'll transform your ideas into polished pieces, ready to share with the world.

Instructor: Leah Rempel

#14709 Wednesdays

September 25 - November 13

7:00 - 8:30 pm

Lewis Craft Room A

\$75/8

BEGINNER KNITTING

(16 years & over)

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

Instructor: Sarah Thornton

Thursdays

#14635 October 3 - 24

6:30 - 8:30 pm

Lewis Craft Room A

\$149/4

AROMATHERAPY & YOUR IMMUNE SYSTEM

Join Deanna for an informative aromatherapy class to learn about essential oils and how to assist in boosting your immune system. We will look at plant chemistry and how that interacts with our body systems and create a personal inhaler.

Instructor: Deanna Papineau

#14731 Tuesday October 8

6:00 - 8:00 pm

Lewis Meeting Room

\$49

Please check receipts for important program information.

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. Children must be in carrier or stroller.

Instructor: Linda Bartholme

#14787 Thursdays

September 19 - November 7

10:00 - 11:30 am

Lewis Outdoor Stage

\$120/8

END PARENT EXHAUSTION NOW

Dive into transformative practices in our FREE workshop to boost energy, productivity, and connection! From identity creation to targeted thinking and habit formation, join to unleash your best self and thrive as parents!

Instructor: Linda Bartholme

#14788 Thursday September 19

7:00 - 9:00 pm

Soroptomist Lounge

FREE

END PARENT EXHAUSTION NOW SERIES

For more guidance, accountability & real results dive deeper into transformative practices in our 4-week follow-up series, building upon the content presented in our FREE workshop. From identity creation to targeted thinking and habit formation, join us to make lasting change for you and your family!

Instructor: Linda Bartholme

#14789 Thursdays

September 26 - October 17

8:00 - 9:00 pm

Filberg Soroptomist

Lounge

\$55/4

VEGGIE BURGERS CLASS 2

These are great alternatives to beef burgers. The recipes include a Seedy White Bean Burger, Ryan's Moroccan Yam burger and Black-eye pea patties with a roasted tomato salsa. There will be some hands on in this class and you'll enjoy a meal after the lesson. Bring to go containers!

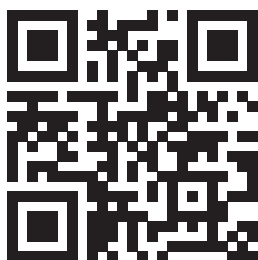
Instructor: Sonja Limberger
#14628 Wednesday November 13
6:00 - 9:00 pm
Upper Native Sons
Hall Kitchen
\$85

CUISINE FROM INDIA

Come and learn more about North Indian cuisine. Sonja shares some culinary secrets from Indian chefs she worked with at the Naam restaurant in Vancouver. The menu will include carrot, green bean and potato Subji, Palek Paneer curry (spinach and Indian cheese), a Mung Bean Dahl and either a Cucumber Riata or a Chutney. Bring your appetite, we will enjoy a delicious meal after the lesson.

Instructor: Sonja Limberger
#14627 Wednesday October 23
6:00 - 9:00 pm
Filberg Centre Kitchen
\$85

REGISTER ONLINE:



FERMENTATION 101

This class will be an introduction to fermenting. You will learn how to make sauerkraut and take home a jar to ferment in your home with instructions. There will also be a demo of how to make Kimchi. Chef Sonja will also talk about other fermented foods and drinks like Kefir and Kombucha.

Instructor: Sonja Limberger
#14630 Wednesday October 9
6:00 - 9:00 pm
Lewis Craft Room A
\$85

BASIC CANNING AND FOOD PREPARATION

If you missed learning from your ancestors, then this call is a chance to experience canning. We will choose fruits and vegetables from this bountiful harvest season. Prepare for a hands on class and bring your apron and a small knife. Also, we will make a couple of simple appetizers for snacking. You will go home with two or three different canned items, jars provided.

Instructor: Sonja Limberger
#14629 Wednesday September 18
6:00 - 9:00 pm
Filberg Kitchen
\$85

Financial Access Programs:

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

1. Recreation Access Program

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

2. LEAP

Regional program open to anyone in the Comox Valley.

Provides 52 free admissions to drop-in activities.

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





Music & Dance

BEGINNER'S BLUES GUITAR

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

Instructor: Larry Ayre

#14443 Tuesdays

October 22 - November 26
7:15 - 8:30 pm
Lewis Meeting Room
\$89/6

BEGINNER'S BLUES HARMONICA

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

Instructor: Larry Ayre

#14634 Tuesdays

October 22 - November 26
6:00 - 7:00 pm
Lewis Meeting Room
\$89/6

BEGINNERS AFRICAN DRUMMING

Learn proper hand drumming technique and simpler West African rhythms for djembe and dundun (bass drum). This introductory course is intended for those wanting to explore drumming lays the foundation for higher level courses; participants should be able to replicate basic rhythmic patterns. Participants must provide their own djembe

Instructor: Monica Hofer

#14444 Fridays

October 11 - December 13
10:15 - 11:15 am
Lewis Tsolum Building
\$145/10

DRUMS ALIVE POWER BEATS

Get your groove on as we beat on fitness balls and move to high energy music! Great for EVERY body, you can dial it up or down as you need. Fabulous for stress release but the focus is really on fun!

Instructor: Laura Forgie

#14447 Wednesdays

September 11 - December 11
5:30 - 6:30 pm
Native Sons Grand Hall
\$126/14

BEYOND BEGINNERS AFRICAN DRUMMING

Looking for a place to enhance your drumming skills? Not a beginner but not quite ready to jump to intermediate level? This is the class for you - we will continue to improve on technique while learning exciting new West African rhythms. Please contact instructor if unsure of level; participants must provide their own djembe.

Instructor: Monica Hofer

#14445 Fridays

October 4 - December 13
1:30 - 2:30 pm
Native Sons Grand Hall
\$159/11

INTERMEDIATE AFRICAN DRUMMING

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. Great for the mind, body and spirit! This class is intended for those with previous experience.

Instructor: Monica Hofer

#14450 Fridays

October 4 - December 13
12:00 - 1:00 pm
Native Sons Grand Hall
\$159/11

DRUMS ALIVE FOR EVERY-BODY

The most fun you will ever have drumming and moving to the beat! No experience necessary - you can work at your own pace! Suited to any-body who is looking for a fun, get active routine, from a slower pace to injury recovery to just powering out.

No class November 11.

Instructor: Monica Hofer

#14448 Mondays

October 21 - December 16
12:15 - 1:15 pm
Native Sons Grand Hall
\$72/8

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 September 30, October 14 & November 11.**

Instructor: Laura Forgie
Mondays

#14441 September 9 - October 28

#14442 November 4 - December 16
7:00 - 8:00 pm
Native Sons Grand Hall
\$59/6

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. **No class September 30, October 14 & November 11.**

Instructor: Laura Forgie
Mondays

#14451 September 9 - October 28

#14452 November 4 - December 16
5:30 - 6:30 pm
Native Sons Grand Hall
\$59/6

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 October 31.**

Instructor: Darlene Birtwistle

#14455 Thursdays

September 19 - December 12
7:00 - 8:15 pm
Lewis MP Hall A
\$85/12

FUN FOR ALL! LINE DANCE SOCIAL!

Join us for a monthly afternoon of dancing, socializing and sharing. This is an opportunity to perfect the dances we've been learning as well as coming together to share the dances of our line dance community. Open to anyone who loves to line dance and just can't get enough! Dances for all levels of experience! Hosted by instructors Darlene Birtwistle and Joan Wydenes. Must pre-register.

#14631 Sunday October 20

#14632 Sunday November 17

#14633 Sunday December 15
1:00 - 3:30 pm
Native Sons Grand Hall
\$10

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

#14453 Wednesdays

September 11 - December 11
1:05 - 2:05 pm
Lewis Activity Room
\$95/14

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.

Instructor: Joan Wydenes

#14454 Tuesdays

September 10 - December 10
12:00 - 1:00 pm
Native Sons Grand Hall
\$95/14

LINE DANCE BOOGIE

This drop-in class is geared towards dancers looking for a bit more energetic and challenging footwork beyond the beginner level. Must be comfortable with the basic steps and a faster pace. Come charge up your Saturday with some invigorating moves and music!

Instructor: Darlene Birtwistle

#14650 Saturdays

September 21 - December 7
10:45 am - 12:00 pm
Lewis Activity Room
\$6.75/drop-in





Martial Arts

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 recognized 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 October 31.**

#14436 Tuesdays & Thursdays
September 10 - December 12
6:40 - 7:40 pm
Native Sons Grand Hall
\$324/27

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

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. Classes will be in Grand Hall November 7 & December 12.

Instructor: Tom Haber
#14511 Thursdays
September 19 - December 19
12:00 - 1:00 pm
Native Sons Lodge &
Dining Room
\$140/14

KUNG FU

(13 years & over)

Develop whole body fitness through a set of controlled movements and sequences. This fast-paced introductory class 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. Class in Grand Hall November 6.

Instructor: Tom Haber
#14515 Wednesdays
September 18 - December 18
7:00 - 8:15 pm
Native Sons Lodge &
Dining Room
\$150/14

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
Thursdays
September 19 - December 19
#14507 6:45 - 7:45 pm (**Beginner**)
#14504 8:00 - 9:00 pm (**Advanced**)
Lewis Activity Room
\$140/14

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
#14528 Tuesdays
September 17 - December 17
7:00 - 8:00 pm
Lewis MP Hall
\$140/14

7 STORY CIRCUS AERIAL ARTS: MIXED LEVELS (BASICS TO ADVANCED)

In this mixed-level (basics to advanced) class we will focus on skills, technique, strength, endurance, creative movement and much more. Students will have the option to work towards creating acts to present in the last class.

Instructor: 7 Story Circus

#14440 Wednesdays

September 18 - December 4

6:00 - 7:30 pm

Lewis Centre Gym

\$450/12

7 STORY CIRCUS COMMUNITY CIRCUS 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts!

Instructor: 7 Story Circus

#14446 Fridays

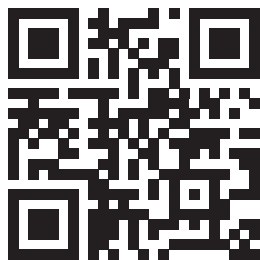
September 20 - November 8

6:30 - 8:00 pm

Lewis Centre Gym

\$300/8

REGISTER ONLINE:



HISTORICAL FENCING (INTRO)

(11 years & over)

Join us in restoring this medieval martial art. Learn and drill basic footwork, cuts, thrusts, grappling and slow, free-play. This is a great introduction to HEMA (Historical European Martial Arts) and a great way to prepare for joining your local historical fencing club! September 24 class held in Lower Native Sons Hall. **No class October 1, 15 & 29, November 19 & December 3.**

Instructor: Chad Herbert

#14779 Tuesdays

September 10 - December 17

5:30 - 6:30 pm

Filberg Conference Hall

\$99/10

HISTORICAL FENCING (CORE)

(11 years & over)

The Core Curriculum is designed to take you from the Intro program to competitive HEMA fencer, long-term. Expect to work on building coordination, focus, and fitness, with opportunities to spar with Padded, Synthetic, and Steel. Expect to sweat during solo and partner drills. September 24 class held in Lower Native Sons Hall. **No class October 1, 15 & 29, November 19 & December 3.**

Instructor: Chad Herbert

#14780 Tuesdays

September 10 - December 17

6:30 - 8:30 pm

Filberg Conference Hall

\$145/10

THE MINDFULNESS RETREAT: GENTLE MOVEMENT AND MEDITATION

Immerse yourself in an afternoon of mindfulness and guided meditation. This retreat incorporates supportive guided meditations, the power of silence and mindful movements. During the movement portion, you will have a choice between gentle chair yoga or an intermediate level flow yoga. Join us in a calm and peaceful environment and find inner peace through stillness and gentle movement.

Instructor: Susan Obieglo & Julie Blais

#14775 Saturday October 26

12:30 - 3:30 pm

Lewis Activity Room

\$65

Please check receipts for important program information.





PICKLEBALL

(16 years & over)

Join in and have fun playing this exciting paddle game! Pickleball is played by 2 or 4 people on a badminton sized court using wood paddle racquets and a plastic style baseball. Must pre-register for drop in, no drop ins accepted on site. **No pickleball December 12.**

#14652 Tuesdays & Thursdays
September 3 - December 19
1:15 - 3:15 pm
Native Sons Grand Hall
\$4/drop-in

BADMINTON

(16 years & over)

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

#14648 Wednesdays & Fridays
September 4 - December 20
1:15 - 3:15 pm
Lewis Centre Gym
\$4/drop-in

SUNDAY BADMINTON

(13 - 21 years)

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

Sundays
#14527 September 15 - October 27
#14783 November 3 - December 15
2:30 - 3:30 pm
Lewis MP Hall
\$70/7

BASKETBALL

(16 years & over)

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

#14776 Tuesdays
September 3 - December 17
7:00 - 8:30 pm
Lewis Centre Gym
\$4/drop-in

INTRODUCTION TO NORDIC POLE WALKING

(55 years & over)

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

Instructor: Catherine Egan

#14513 Fridays
September 13 - October 18
11:00 am - 12:00 pm
Wellness Centre
Entrance Outside
\$72/6

INTERMEDIATE NORDIC POLE WALKING

(55 years & over)

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

Instructor: Catherine Egan

#14514 Fridays
September 13 - October 18
12:30 - 1:30 pm
Wellness Centre
Entrance Outside
\$72/6

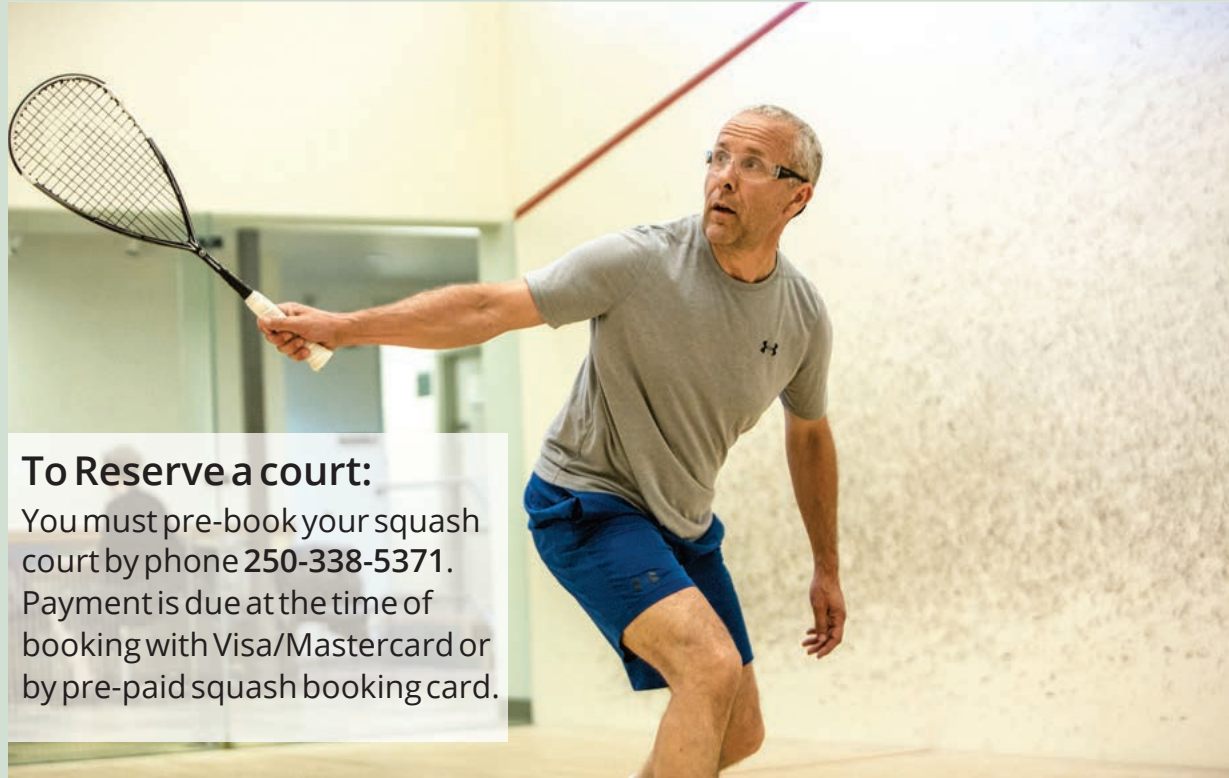
ADULT SK8 NIGHT

(16 years & over)

Come enjoy the Skatepark and Games room, only for adult!

Mondays
7:00 - 9:00 pm
LINC Youth Centre
\$4/drop-in

Lewis Centre Squash Courts



To Reserve a court:

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

All court bookings are 45 minutes in duration.

Non-Prime Time:

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

Prime Time:

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

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

Court Fees (per person) includes 5% GST

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



Lewis Centre Wellness Centre



Ages 13 & Over

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

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

Services Include:

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

Pass Suspensions

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

Equipment

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

Wellness Centre Hours

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

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

**closed on statutory holidays*

Fees (includes 5% GST)

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

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

Childminding Available

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

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

\$3/Drop-in



Wellness Centre Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Hours:	5:30 am - 9:00 pm					8:30 am - 4:00 pm	
5 am	<div style="background-color: #c8e6c9; padding: 5px; text-align: center;"> <i>Supervised</i> 5:30 - 10:30 am </div> <div style="background-color: #fff9c4; padding: 5px; text-align: center;"> <i>Unsupervised</i> 10:30 am - 3:30 pm </div> <div style="background-color: #c8e6c9; padding: 5px; text-align: center;"> <i>Supervised</i> 3:30 - 7:30 pm </div> <div style="background-color: #fff9c4; padding: 5px; text-align: center;"> <i>Unsupervised</i> 7:30 - 9:00 pm </div>					CLOSED	
6 am							
7 am							
8 am							
9 am							
10 am						<div style="background-color: #c8e6c9; padding: 5px; text-align: center;"> <i>Supervised</i> 8:30 am - 4:00 pm </div>	
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm	CLOSED						
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
Schedule may be subject to change. Please check website for most up to date info. Ages 13 - 15 must be accompanied by an adult (19+) or attend during supervised times.							

55+ STRENGTH TRAINING

(55 years & over)

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. This Wellness Centre class will provide personal instruction with various strength training equipment providing a well-rounded exercise routine with personalized workouts to address your needs. Our qualified instructor will be giving you instruction, support and guidance throughout your sessions in a fun, non intimidating atmosphere. **No class September 30, October 14 & November 11.**

Instructor: Juan Blancas

Tuesdays & Thursdays September 3 - December 17 #14494 12:30 - 1:30 pm #14495 2:00 - 3:00 pm  Lewis Wellness Centre \$372/31	Mondays & Wednesdays September 4 - December 18 #14496 12:30 - 1:30 pm #14497 2:00 - 3:00 pm  Lewis Wellness Centre \$336/28	Fridays September 6 - December 20 #14498 12:30 - 1:30 pm #14499 2:00 - 3:00 pm  Lewis Wellness Centre \$192/16
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Fall Drop-in Fitness

effective Sept 3 - Dec 21, 2024

	MON	TUES	WED	THURS	FRI	SAT	
Morning	9:00 am	STRONG Nation	Step & Strength	Zumba w/ Milena	BootCamp Blast		Pedal N' Sculpt++
	10:30 am		BootCamp Blast		Dancefit Silver		
Mid-day	12:05 pm	Monday Motivator	Spin Express Flow Yoga NSH	Crossfit HIIT	Dynamic Fusion	Kettle Bell	
	3:30 pm	Yoga Sculpt		Yoga Sculpt			
Evening	5:15 pm	Zumba Toning 5:30 pm	Athletic Barre 5:00 pm (start Sept 10)	Strength Stretch & Mobility	Power Spin & Core		
	6:15 pm		Zumba w/ Stacie				
	7:30 pm		Yin Yoga w/ Susan+				

Class Levels
 Beginner/Intermediate
 Intermediate/Challenging
 Challenging
 + 75 minute class
 ++ 90 minute class

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

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

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

No classes on stat holidays

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

Children in fitness classes:

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

Fees (includes 5% GST)

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



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

STRONG NATION

Mondays 9:00 - 10:00 am

Push your limits with music-driven full-body workouts. Enjoy muscle conditioning, cardio, plyometrics, and martial arts. Bodyweight only, with levels for everyone.

Instructor: Alana Hoever



SPIN EXPRESS

Tuesday 12:05 - 12:55 pm

Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down & stretch.

Instructor: Fiona McQuillan

FLOW YOGA

Tuesdays 12:05 - 12:55 pm

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

Instructor: Susan Obieglo

ATHLETIC BARRE

Tuesdays 5:00 - 6:00 pm

The barre is used for balance and posture, incorporating weights, tubing and the bender ball. This is an intermediate to challenging class that optimizes your strength.

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 WITH MILENA

Wednesdays 9:00 - 10:00 am

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest!

Instructor: Milena Spratt



CROSSFIT HIIT

Wednesdays 12:05 - 12:55 pm

Experience CrossFit HIIT, 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 SILVER

Thursdays 10:30 - 11:30 am

Get happy and fit in this lower intensity dance-style class. Features easy to follow dance moves and fun, upbeat music from around the world.

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

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



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, agility as well as improved heart and lungs.

Instructor: Susan Obieglo

YOGA SCULPT

Mondays 3:30 - 4:30 pm &

Wednesdays 3:30 - 4:30 pm

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

Instructor: Wendie Matte



ZUMBA TONING

Mondays 5:30 - 6:30 pm

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves.

Instructor: Milena Spratt

STEP & STRENGTH

Tuesdays 9:00 - 10:00 am

Step and Strength combines step aerobics with strength training for a full-body workout that boosts cardio, builds muscle, and tones.

Instructor: Leah Partidge



BOOTCAMP BLAST

Tuesdays 10:30 - 11:30 am

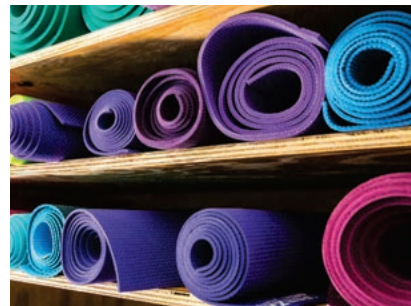
& Thursdays 9:00 - 10:00 am

You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

Instructor: Steve Thomson



No classes on stat holidays





55+ 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!

Instructor: Nancy Victoria

#14536 Tuesdays & Fridays

September 10 - December 20

9:00 - 10:00 am

Filberg Rotary Hall

\$6.75/drop-in



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 December 6.**

Instructor: Sheron Jutila

#14503 Fridays

EG September 6 - December 20

10:00 - 11:30 am

Native Sons Grand Hall

\$225/15

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 September 30.**

Instructor: Kim Hamilton

#14500 Mondays & Wednesdays

September 9 - October 9

EG 10:30 - 11:30 am

Lewis Activity Room

\$117/9

55+ TRX & 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

#14530 Fridays

EG September 13 - October 11

1:15 - 2:15 pm

Lewis Activity Room

\$65/5

55+ YOGA - GENTLE

A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice. **No class September 30, October 14 & November 11.**

Instructor: Sheron Jutila

#14501 Mondays

EG September 9 - December 16

2:00 - 3:15 pm

Native Sons Grand Hall

\$162/12

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 October 17.**

Instructor: Sheron Jutila

#14502 Thursdays

EG September 5 - December 19

10:15 - 11:45 am

Native Sons Grand Hall

\$225/15

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.

Instructor: Juan Blancas

#14553 Mondays & Wednesdays
September 4 - December 18
10:30 - 11:30 am
Native Sons Grand Hall
\$6.75/drop-in



55+ SIMPLY STRENGTH 2

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

September 30 & November 11.

Instructor: Steve Thomson

Mondays & Wednesdays
#14526 September 9 - October 9
\$90/9

#14843 November 6 - December 18

EG 9:00 - 10:00 am
Native Sons Grand Hall
\$120/12

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

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.

Instructor: Nancy Victoria

#14534 Mondays
September 9 - December 16
Filberg Conference Hall

#14534 Thursdays
September 12 - December 19
Native Sons Grand Hall
9:00 - 10:00 am
\$6.75/drop-in



55+ CHAIR YOGA

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

#14508 Tuesdays
EG September 10 - December 17
10:30 - 11:30 am
Native Sons Grand Hall
\$180/15

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

#14296 September 11 - October 16

#14297 October 30 - December 4
1:00 - 3:00 pm
Native Sons Lodge &
Dining Room
\$60/6

Look for the Evergreen
symbol for 55+ classes.
More information
on page 54. EG



Winter Hustle!

December 22 - January 4

Join us for some cardio blasting, power lifting, strength training classes over the winter season.

Come attend a one hour class whenever you can fit it in and blast those blues away.

Each day will showcase at least one fitness class to help you keep up your goals, even during the busiest of times.

Don't wait until the new year!

Check out courtenay.ca/fitness for a full holiday schedule!



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 September 30.**

Instructor: Kim Hamilton

#14529 Mondays

September 9 - October 10

6:45 - 7:45 pm

Lewis Activity Room

\$52/4

DRYLAND TRAINING

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

Fridays

#14839 September 20 - November 1

#14840 November 8 - December 20

5:00 - 6:00 pm

Lewis Activity Room

\$99/7

WOMEN'S STRICTLY STRENGTH

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

Instructor: Leah Partridge

#14531 Fridays

September 13 - December 20

10:30 - 11:30 am

Lewis Activity Room

\$195/15

ATHLETIC BARRE

Athletic Barre uses the barre for balance and posture, incorporating heavier weights, tubing, and a bender ball to activate your core. Power moves are included, with options for non-power moves. This intermediate to challenging class optimizes your strength without ballet or yoga moves.

Instructor: Nancy Victoria

#14537 Tuesdays

September 10 - December 17

5:00 - 6:00 pm

Lewis Activity Room

\$6.75/drop-in

DROP-IN

STRONG NATION

Push your limits with music-driven full-body workouts. Enjoy muscle conditioning, cardio, plyometrics, and martial arts. Bodyweight only, with levels for everyone.

Instructor: Alana Hoever

Mondays

9:00 - 10:00 am

Lewis Activity Room

\$6.75/drop-in

DROP-IN

+PLAY: TOTAL CIRCUIT

Experience a dynamic circuit training class designed specifically for caregivers who want to stay active while keeping their little ones close. This innovative program allows you to get a comprehensive workout without needing separate childcare, seamlessly blending fitness with caregiving. **No classes September 30, October 14 and November 11.**

Instructor: Susan Obieglo
Mondays

#14829 September 16 - October 28

#14830 November 4 - December 9
1:15 - 2:15 pm
Lewis Activity Room
\$84/5

+PLAY: HARMONY HATHA YOGA

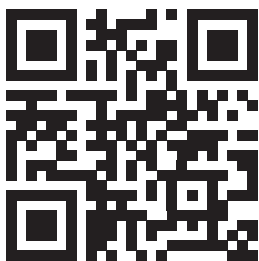
Experience a fun Hatha style Yoga class specifically designed for caregivers who wish to maintain their yoga practice while keeping their little ones close. This unique program ensures you can focus on various yoga poses all while blending the tranquility of yoga with the demands of caregiving. **No class November 21.**

Instructor: Susan Obieglo
Thursdays

#14831 September 19 - October 24

#14832 November 7 - December 19
1:15 - 2:15 pm
Lewis MP Hall
\$99/6

REGISTER ONLINE:

**DYNAMIC FUSION**

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

Instructor: Susan Obieglo

#14520 Tuesdays

October 15 - December 17
5:45 - 6:45 pm
Lewis MP Hall
\$120/10

*Please check receipts
for important
program information.*

EXCEL

Exercise for Cancer to Enhance Living Well (EXCEL) is an exercise research intervention developed by and delivered on behalf of the University of Calgary. This program is designed specifically for individuals undergoing or recovering from cancer treatment. A pre-requisite for this program must be completed prior to registration.

Instructor: Nancy Victoria

#14833 Tuesdays & Thursdays
September 17 - December 3
2:30 - 3:30 pm
Lewis Activity Room

Instructor: Susan Obieglo

#14834 Wednesdays & Fridays
October 2 - December 20
1:00 - 2:00 pm
ZOOM
FREE

+PLAY

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

- +PLAY: Total Circuit
- +PLAY: Harmony Hatha Yoga

What to expect:

A child-friendly environment where kids play near by and you can focus on your fitness. Because your well-being is just as important as theirs. Please bring any snacks and toys your child may need during the class.





Mindfulness

WORKSHOP: INTRODUCTION TO MEDITATION

(12 years & over)
Mindfulness calms the mind, decreases stress, anxiety and inner critic. It fosters clarity of the mind and increases resilience, better sleep and self-regulation, nurtures wisdom and compassion. This workshop provides basic instructions practicing mindfulness of breathing and body.

Instructor: Julie Blais
#14570 Wednesday October 2
6:30 - 8:00 pm
Lewis Salish Building
\$30

FOREST THERAPY: SHINRINYOKU

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

#14841 Wednesdays
September 11 - October 16
9:30 - 10:45 am
Various Locations
\$99/6

INTEGRATING MEDITATION INTO DAILY LIFE

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

Instructor: Julie Blais
#14572 Wednesdays
October 2 - November 20
3:30 - 4:30 pm
Bill Moore Park
\$96/8

THE MINDFULNESS RETREAT: GENTLE MOVEMENT AND MEDITATION

Immerse yourself in an afternoon of mindfulness and guided meditation. This retreat incorporates supportive guided meditations, the power of silence and mindful movements. During the movement portion, you will have a choice between gentle chair yoga or an intermediate level flow yoga. Join us in a calm and peaceful environment and find inner peace through stillness and gentle movement.

Instructor: Susan Obieglo & Julie Blais

#14775 Saturday October 26
12:30 - 3:30 pm
Lewis Activity Room
\$65

MINDFULNESS AS A TOOL: ANXIETY & STRESS MANAGEMENT

(12 years & over)
Mindfulness calms the mind and helps manage stress through moment-to-moment observation, fostering clear, non-judgmental awareness. It not only supports the alleviation of daily pressures but also nurtures wisdom and compassion. This course provides basic instructions sequentially starting with mindfulness of breathing, then body as an anchor, working with emotions and thoughts.

Instructor: Julie Blais
#14571 Wednesdays
October 9 - 30
6:30 - 8:00 pm
Lewis Salish Building
\$60/4

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

Yoga

THERAPEUTIC YOGA

At the end of your day, if you are seeking relaxation, this class is for you! Working on your breathing and gentle somatic movements will help you to improve your sleep and relieve discomfort. **No class September 30, October 14 & November 11.**

Instructor: Akiko Shima

#14523 Mondays

September 16 - December 16
5:30 - 7:00 pm
Lewis Meeting Room
\$165/11

MENS YOGA

This Men's Yoga class is specifically designed for targeting the muscles and joints which will increase your range of motion. The sessions will include poses that improve posture and balance and decrease soreness due to tight muscles. This class will include seated and standing postures. **No classes September 30, October 14 & November 11.**

Instructor: Susan Obieglo

#14518 Mondays

September 16 - December 16
7:15 - 8:30 pm
Native Sons Lodge
& Dining Room
\$143/11

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

#14521 September 18 - October 30

#14522 November 6 - December 18

6:30 - 7:45 pm
Lewis Meeting Room
\$99/7

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 can create strong sensations for you to navigate; Restorative Yoga is just deeply relaxing. In this series, we will alternate between them: one-week Yin, the next, Restorative - best of both worlds. Prerequisite: at least one year of yoga experience. Class located at Lewis Centre on November 8 & 15.

Instructor: Catherine Reid

#14532 Fridays

September 13 - December 20
10:00 - 11:30 am
Native Sons Lodge &
Dining Room
\$225/15

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

#14505 September 19 - October 31

#14506 November 7 - December 19

3:00 - 4:00 pm
Lewis Meeting Room
\$79/7

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. Class on November 7 located at Lewis Centre.

Instructor: Akiko Shima

#14510 Thursdays

September 19 - December 19
9:30 - 10:30 am
Native Sons Lodge &
Dining Room
\$168/14

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

#14512 Fridays

September 20 - December 20
10:30 - 11:30 am
Lewis Salish building
\$168/14



Personal Training Team



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



Jeramie Auchterlonie
 Training Specialties:
 - Weight Training
 - Olympic Lifting
 - Resistance Training in Adolescence
 - Teen Fitness



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



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



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



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

Personal Training Prices

Private

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

Semi Private (2 people)

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

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

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

Benefits of Personal Training

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

CORPORATE WELLNESS

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

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

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

Please contact Courtenay Recreation for more info.



Fall Registration starts Monday August 12 at 7:15 am

How to Register

3 easy ways to register for Courtenay Recreation programs!

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

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

3 Online Registration
courtenay.ca/reonline

No email registrations accepted.



SCAN REGISTER ONLINE:



Registration Policy & Guidelines

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

Refunds may be issued under the following circumstances:

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

OPT IN!

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

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





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

- Over 45 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre
- New Members Welcome
- Members Parties

All for just \$35 a year! www.evergreenclub.ca
Don't forget to "like" us on Facebook.

Most activities take place at the Florence Filberg Centre,
411 Anderton Ave in Courtenay.

For information about the Evergreen Club,
email info@evergreenclub.ca or call 250-338-1000

Evergreen Club 2024 Memberships

Annual Memberships (\$35) can be purchased by phoning the Florence Filberg Centre 250-338-1000 or the Lewis Centre 250-338-5371 or purchased online on the Courtenay Recreation Registration website courtenay.ca/reconline.

Evergreen Club Activities

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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

Special Events

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

Day Trips

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



Special Events

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.

Evergreen Club Open House

Monday September 23rd

Friday Night Dances with live bands

Most Fridays!

Fall Craft Market

Friday & Saturday October 25th & 26th

Rock & Roll Pub Night

TBA

Drama Club Fall Production

Tuesday & Wednesday November 19th & 20th

New Year's Eve Dance Party

Tuesday December 31st



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.



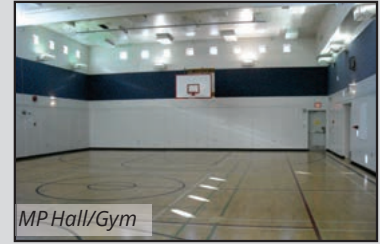
Like us on  The Evergreen Club at the Florence Filberg Centre



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



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

Email: rentals@courtenay.ca

Bill Moore Park Lawn Bowling Bldg

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



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

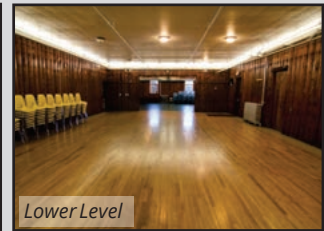
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

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



Courtenay Parks Bookings

Courtenay is home to many quality sports fields, parks and outdoor spaces. Most fields, courts, diamonds and outdoor facilities are available for casual use on a first-come, first-serve basis.



When should I book a field, park, outdoor court or facility?

- To ensure the outdoor space is available when you need it.
- When the use is for league play or practice sessions.
- When you have a special event or tournament.

How do I book a field, park, outdoor court or facility?

1. Email rentals@courtenay.ca or call 250-338-5371 to check availability and make a request.
2. Staff will assist you with completing a Parks Use Application Form. Once the form is completed it will be submitted for review.
3. Once conditionally approved, you will be contacted to review any additional requirements that will need to be met.
4. When all requirements have been met, the rental agreement/permit has been signed and all fees are paid your booking is complete and approved.



City Parks:

- Bill Moore Park
- Harmston Park
- Lagoon Park/Riverway
- Lewis Park
- Martin Park
- Puntledge Park
- Riverside Park
- Standard Park
- Simms Millenium Park
- Valley View Park
- Woodcote Park

Schools:

- Arden Elementary
- Courtenay Elementary School
- Glacier View School
- G.P. Vanier School, *including artificial turf field*
- Huband Park Elementary
- Lake Trail School
- Mark R. Isfeld School
- Puntledge Park Elementary
- Queneesh Elementary
- Valley View Elementary

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

Bill Moore Park Improvements

Early this year the City of Courtenay, Comox Valley Baseball Association (CVBA) and the Rotary Club of Courtenay worked together to complete improvements to Bill Moore Park. These improvements have enabled the CVBA to expand programming. Before the improvements, Comox Valley players were required to travel extensively to play baseball at high levels. Through the improvements, there has been an increase in park activation, additional community events, and enhanced sport development opportunities for local children and youth.

The improvements included:

- Additional perimeter fencing to create entry points to the stands to create a stadium experience
- Addition of a bullpen along the first base fence to enable separate warm-up pitching areas for the home and away teams
- Relocation of perimeter fencing along the third base to expand the seating area
- Additional fencing in front of dugouts to expand dugout areas for teams and players
- Installation of a scoreboard



Simms Park Summer Concert Series Continues!

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7:00 pm. **Bring your own lawnchair or blanket and enjoy the show!**

August 11 - The Valley Cats ~ A four-piece jazz, R&B, and funky ensemble comprising local Comox Valley musicians

August 18 - Time Well Wasted ~ A full bore 12-piece horn-driven dance band fever – Disco, Funk, Rock, Rhythm & Blues.

August 25 - Stealing Dan & Food Bank Drive~
An ultra-authenticate homage to the greatest pop-jazz band of all time, Steely Dan. You'll hear all the hits! Please bring a non-perishable food item or a cash donation for the Food Bank Drive



The Simms Summer Concert Series season is sponsored by the Comox Valley Record and Jet 98.9 FM and presented by the City of Courtenay.

Info: www.courtenay.ca/simms



Strategic Cultural Plan

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

The Strategic Cultural Plan will seek to ensure that arts and culture is integrated into the community and representative of all residents.

Extensive community engagement took place in 2023 and the draft plan will be posted for public review in the fall 2024.

Check the project website this fall to review the draft plan and provide feedback at:

courtenay.ca/CulturePlan



Parks and Recreation Master Plan Implementation

Courtenay's Parks and Recreation Master Plan (PRMP), was adopted in 2019.

An Implementation Strategy was outlined as the next step in the process for the Parks and Recreation Master Plan. The work on this strategy was delayed due to the COVID-19 pandemic but it remained a priority for the City to support the implementation of recommendations contained within the PRMP.

The Implementation Strategy was approved by Council in October 2023. The Strategy prioritizes and guides the City's work plan, capital and operation expenditures and strategic initiatives for park and recreation over the next ten years.

Check the website for current park planning projects: courtenay.ca/ParksRecPlan



City of Courtenay

Let's Play, Courtenay!



We're reimagining the future of play in Courtenay

The "Let's Play, Courtenay!" project is creating new playground design standards for City playgrounds and consulted with the community this past spring and early summer. Thank you to everyone who provided feedback!

The final draft standards will be presented to Council in fall 2024 for approval.

Learn more at: courtenay.ca/letsplay



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
PLEASE VISIT US ONLINE FOR CURRENT EXHIBITIONS + PROGRAMS + EVENTS
COMOXVALLEYARTGALLERY.COM  





City of
Courtenay



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

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

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

A brief overview of Council Priorities:

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

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

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

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

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

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

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

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

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

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

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

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

Access the OCP:
courtenay.ca/OCP

Council's Strategic Priorities:
courtenay.ca/strategicplan



Volunteer Opportunities

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

Volunteers are the heart of Habitat and the ReStore. Habitat offers a variety of engaging volunteer opportunities at our ReStores, on build sites, and various events and committees. Wherever a potential volunteer's interests lie, there is an opportunity for them to assist Habitat. If you are 16+ and looking to make a difference in your community, then we invite you to reach out to us

volunteercv@habitatnorthisland.com.

For more information you can find us at Habitatnorthisland.com.



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 Evergreen Club for Adults 55+

The Evergreen Club is a fantastic club for mature adults who like to stay busy and social! With 47 clubs we truly have something for everyone! We are able to keep our clubs fees very affordable because of our fantastic volunteers. If you would like to join our community, meet new friends and give back, we would love to hear from you. We happily welcome volunteers of all ages. For more details see our 2 page spread in the Courtenay section of this guide. Questions? Contact caudia@courtenay.ca



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 Captain Kevin to volunteer (250) 338-8221

because, Everyone Needs An Army.

www.comoxvalleysa.ca



Giving Hope Today

Big Brothers Big Sisters of Victoria Capital Region

In-School Mentors wanted in the Comox Valley. Can you commit to helping an elementary school student one hour/week, during school hours, through the school year? (Non-academic) Mentoring makes a big difference in a child's life!

Contact Candace for more information at

candace.johnson@bigbrothersbigsisters.ca

or 778-404-3125.



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).



Low Cost Recreation

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

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.

Town of Comox TRIP 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.

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.

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: 189portaugusta@gmail.com or commandingofficer@portaugusta.ca or Phone: **250-339-8211** ext.3606 www.189portaugusta.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.

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**

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**

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.



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



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**

ANNUAL CVCDA CHILDREN'S

2024

TeLeTHON

CELEBRATING 49 YEARS OF
COMMUNITY SUPPORT

SUNDAY, NOVEMBER 3

12PM - 8PM

SID WILLIAM'S THEATRE

FREE FAMILY FRIENDLY event with 8
HOURS of on stage entertainment!

FOR MORE INFORMATION, OR TO MAKE A
DONATION VISIT CVCDA.CA OR
CALL 250-338-4288

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

Comox Valley Children's & Youth Choirs "For the Love of Singing"



Now accepting singers for our 29th season

Comox & Cumberland Locations



PREP

Ages 6 - 7

CHILDREN

Ages 8 - 10

YOUTH

Ages 11 - 17



No Auditions - Sibling Discounts - Bursaries Available

Rehearsals are a social, non-competitive, and friendly place to learn all about singing in a choir.

From rhythm games, tongue twisters, rounds and partner songs all the way to harmony singing, our singers get to try a little bit of everything.



www.comoxvalleychildrenschoir.com
comoxvalleychildrenschoir@gmail.com
facebook.com/cvchildrenschoir
instagram.com/cvchildrenschoir



COMOX VALLEY UNITED SOCCER CLUB

SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW - SIGN UP NOW



REGISTRATION CLOSES AUGUST 10TH

Fall Programs Start:
September 2024



For youth players through to adult



www.CVUSC.org

For more information contact us at:
cvuscsoccer@gmail.com
250-334-0422



COMOX VALLEY SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Indoor Soccer | Outdoor Soccer | Ultimate Frisbee
Dodgeball | Indoor Volleyball | Basketball | Floor Hockey



Register online by Sept. 2 for Outdoor Sports & Sept. 4 for Indoor Sports

Scott @ 250-898-7286 | scott@comoxvalleysports.ca | www.comoxvalleysports.ca

SKATING IS POSSIBLE WITH US!



REGISTER ONLINE

comoxvalleyskatingclub.com

**Offering Learn to skate to
STARskate programs**



Questions? Email us at comoxvalleyskatingclub@gmail.com

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



FUN Basketball for Girls K to Grade 12



**Learn how to play the
most popular game
for girls in the world!**

**No experience
necessary**



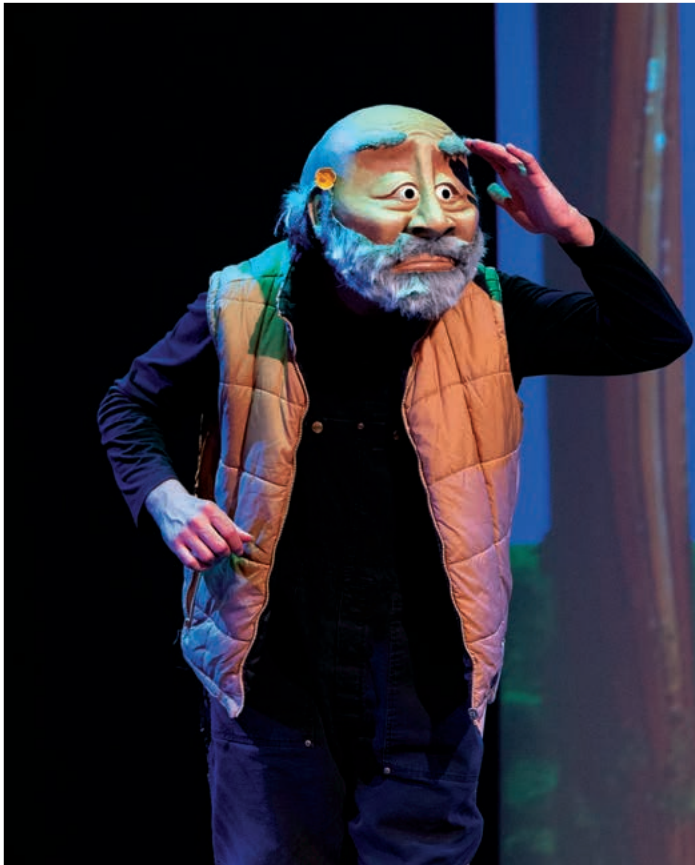
**Great coaching,
learn the basics, FUN!**

Coed K - Grade 3 program also available

Register for programs at

dimevalleybasketball.com www.cvathletics.ca

Contact: [Peter drpedro@telus.net](mailto:Peter_drpedro@telus.net) or 250-334-7497



**SID WILLIAMS
THEATRE
SOCIETY**

EXPERIENCE

Drama • Comedy • Variety • Film
Theatre • Dance • Music • Magic



/sidtheatre



@sidtheatre

sidwilliamstheatre.com

442 Cliffe Avenue, Courtenay BC | 250.338.2430

THE WILDS BY WONDERHEADS
Photo by McKinnon Photography

Black Creek FALL FAIR

Saturday September 7th
10am-4pm
2001 Black Creek Road

Pancake Breakfast • Artisan Vendors • BBQ
Live Music • Kids Carnival • Face Painting
Logger Games • Raffle • Food Trucks
Strong Man/Woman competition
Silent Auction • Petting Zoo • Blacksmiths
Wood Carver • Bouncy-House • Dunk Tank

Park + Ride Shuttle
available from Halbe Hall

BLACK CREEK
community centre

NOVEMBER 2ND & 3RD, 2024
11AM-3PM

COMOX COMMUNITY CENTRE
X
SHOP LOCAL

The Mom Market

VANCOUVER ISLAND
1855 NOEL AVE, COMOX

TWO DAYS OF CHRISTMAS
SHOPPING!

free admission | not just for moms

Comox Valley Curling Centre

Curling is for Everyone! Join a league as a team or single player!

OPEN LEAGUES

Waypoint
Monday Open
Gladstone Friday
Night Fun
Church St. Taphouse
Saturday Social
Medicine Shoppe
Sunday Open

LADIES LEAGUES

Tuesdays & Thursdays

MEN'S LEAGUES

Tuesdays & Thursdays

JUNIOR CURLING

Wednesdays

MIXED LEAGUE

Wednesdays Mixed

SENIOR CURLING

50+ SENIOR SOCIAL LEAGUE
Mondays & Wednesdays
COMPETITIVE LEAGUE
Thursdays

DOUBLES CURLING

Sunday Afternoons
Stick Curling Fridays



LEARN TO CURL

Two night clinic September 24 & 25
Adult Learn To Curl program, 6 sessions starts Sept 28

REGISTER ONLINE STARTING SEPTEMBER 1!

LEAGUES BEGIN THE WEEK OF SEPTEMBER 23!



**COMOX VALLEY
CURLING CENTRE**

COMOX VALLEY CURLING CENTRE
4835 Headquarters Road Courtenay
info@comoxvalleycurling.com
250-334-4712 www.comoxvalleycurling.com



**Ladysmith | Nanaimo | Lantzville
Parksville | Comox Valley**

We know that when we engage kids, we make a big impact on their lives. At BGCCVI, we are committed to creating spaces and opportunities that support children to learn, grow, play, and thrive. Our programs help kids reach their full potential- all while having fun!

**Vancouver Island's largest
childcare provider!**



out of school care

Our licensed out of school care programs provide engaging care before and after the school day, during school breaks, and on Pro-D days. Club kids enjoy field trips, celebrations, Club events, and more!

parenting programs

Professionally facilitated programs that are designed to help improve your relationship with your child and learn new parenting skills, strategies, and communication methods.

join our team!

BGCCVI is the best place to start or continue your career in early childhood. Join our team and enjoy benefits, education, and new career possibilities!



bgccvi.com
[@bandclubofcvi](https://www.facebook.com/bandclubofcvi)
[@bgccvi](https://www.instagram.com/bgccvi)

**opportunity
changes everything.**

COME PLAY RINGETTE

**A TEAM
SPORT
WHERE
EVERYONE
PLAYS.**



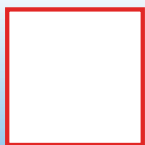
**OPEN TO EVERYONE
AGES 3 AND UP!**

**COME TRY RINGETTE
FOR FREE ANYTIME**

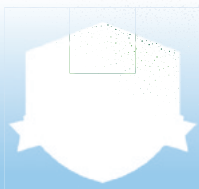
comoxvalleyringette.com



For more
information



To register
today



@ f



CV BREAKERS
WOMEN'S HOCKEY

**JOIN
THE
TEAM**



Open to women 17+
All skill levels are welcome
Contact us for more info:
cvbreakersinfo@gmail.com

Comox Valley Minor Hockey

Learn a new sport and make some new friends. The FUN begins when you hit the ice!
Girls and boys, beginners and experienced players, from age 5 to 20.



Contact Simon Morgan for information
250-702-5259 or comoxvalleymha@gmail.com

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

Advocacy Society - Marnie.....250-338-4694
Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce Comox Valley
.....250-465-0019
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
CV Pregnancy Care Centre.....250-334-0058
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society.....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.....1-877-753-2495
Fallen Alders Community Hall
.....*fallenalders.ca*
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Filberg Heritage Lodge & Park Association
.....250-339-2715
Filberg Gift Shop.....250-941-4417
Food Security Hub.....250-331-0152
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
.....778-428-1990
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...250-334-3369
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 Society.....250-890-9262
Comox Community Baptist250-339-0224
Comox United Church.....250-207-5650
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 - Sylvain.....250-338-1431
Komoux Toastmasters-Gaynor..250-334-3664
60 Minute Toastmasters
- Maggie Komar250-941-7500

Other

Beekeepers Association - Urs....250-337-8858
Camera Club - Lin Auerbach250-703-2850
CV Classic Cruisers - Richard.....250-338-9540
CV Genealogy Group
.....*info@cvgenealogygroup.org*
CV Newcomers Club*cvnewcomers.ca*
Orca Probus Club - Patrick250-338-8728
Radio Control Aeronautics Assoc.
- Frank250-337-5320
Taoist Tai Chi Society - Sean.....250-702-4811
CV Ukrainian Cultural Society
- Sharon McEwan250-871-3899
Vancouver Island Paleontology
- Betty250-339-7372

Seniors

Comox Senior Centre.....250-339-5133
CV Care & Compassion Club.....250-465-8714
CV Eldercollege.....250-334-5000 ext 4602
d'Esterre Comox Seniors Centre
.....*comoxseniors.ca*
Evergreen Senior's Club.....250-338-1000
Comox Valley Senior Support Society
.....*seniorpeercounselling@shaw.ca*

Health & Wellness

Al-Anon - Rene.....250-334-2392 Jan 250-338-2947
Alcoholics Anonymous250-338-8042
Canadian Cancer Society250-338-5454
CV Hard of Hearing.....*hearinglosscomoxvalley.ca*
CV Mental Health & Addictions Services
.....250-331-8524
CV Hospice Society
(Info. & bereavement support)..250-339-5533
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
CV Head Injury Society250-334-9225
CV Ostomy Support Group.....250-871-4778
Overeaters Anonymous*oa.org*
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
AIDS Vancouver Island - Sarah..250-338-7400
Take Off Pounds Sensibly (TOPS)
- Jane.....250-897-9279
Therapeutic Riding Association 250-338-1968
Public Health Nursing250-331-8520
Wheels for Wellness Society.....250-338-0196

Service Clubs

Amateur Radio Club- Glen.....250-336-8205
Comox Legion - Br.160 - Cyndy...250-339-2022
Courtenay Legion - Branch 17...250-334-4322
Cumberland Legion - Br. 28250-336-2361
CV Kinsmen Club - Jim Lilac250-334-9444
CV Lions Club250-339-6232
Royston Cumberland Lions Club.....250-400-5415
CV Monarch Lions Club
.....*e-clubhouse.org/sites/comoxvm*
Elks Club #60250-334-2512
Kiwanis Club - Courtenay - Bill...250-703-2222
Knights of Columbus - Rodger ..250-339-1176
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Rotary Club of Comox - Victor...250-338-3740
Soroptomist Club of Courtenay
- Sandra Longland.....250-941-1013
Strathcona Sunrise Rotary Club
- Keith.....250-897-5055

Fairs & Festivals

Cumberlands Victoria Day Celebrations
.....*cumberlandeventssociety@gmail.com*
CV Exhibition250-338-8177
Filberg Festival*filbergfestival.com*

**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.**

Community Directory

Sports

Adult Leagues

CV Sports & Social Club - Scott.....250-898-7286

Aquatics

CV Aquatic Club (Sharks)

.....cvsharksheadcoach@gmail.com

CV Orcas Synchronized Swim Club

.....cvorcas@gmail.com

Baseball/Softball

CV Minor Baseball.....cvba.ca

CV Minor Softball.....cvba.ca

CV Slo Pitch League - Mike.....250-792-1807

Softball BC Rep - Gord.....250-338-7935

Basketball

CV Youth Basketball Assoc.

- Anthony Edwards.....250-898-9973

Wheelchair Basketball - Stephane

.....cwwssdocs@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.....cvskatingclub.ca

Women's Ice Hockey

Teresa - Breakers.....250-702-1614

Martial Arts

VI Karate Society - Jacquie250-338-4718

Courtenay Shito-Ryu Karate.....

- Todd250-338-9722

CV Karate Club - Brenda250-338-9722

CV Kung Fu Academy250-702-3780

Pacific Coast Karate School.....250-335-1079

The Academy of Martial Arts

& Fitness.....250-465-9073

Racquet Sports

CV Tennis Club - Pat McGrath

.....mcgrathpm@shaw.ca

Courtenay Sr. Badminton Club

- Daryl Bissell.....250-339-3383

CV Squash Club - Jayson Fuerstenberg

.....jayson@fuerstenberg.ca

Skiing/Snowboarding

JumpCamp.....jumpcamp.com

Mt Washington Ski Club

John Trimmer (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol

Tim Baker.....250-334-0609

Strathcona Nordics Cross Country

Angela Nadle.....info@strathconanordics.com

Vancouver Island Society for Adaptive

Snowsports.....visasweb.ca

Soccer

CV Masters - Phil.....250-338-4907

Women's Soccer - Lisa.....250-331-0281

Youth Soccer - Cheri.....250-334-0422

Other

Chimo Gymnastics.....250-339-2255

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling Centre250-334-4712

CV Disc Golf Club.....cvdiscgolf.com

CV Pickleball Assoc.cvpickleball.ca

CV Road Runnerscvrr.ca

CV Field Hockey.....cvlfha@gmail.com

CV Horseshoe Club - Wayne.....250-207-1555

Island Charity Wrestling - Tim.....250-792-3332

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur.....edlfjer@cloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.ca

Roller Derby.....brickhousebetties.ca

Junior Roller Derby.....stonecoldstellas.com

Rugby - Kicker's Club

- Aimee Eurlley.....250-703-6677

Special Olympics, CV - Randy.....250-897-1828

Outdoor Groups

Boating

Canadian Power & Sail Squadron

- Curt.....250-339-1964

Comox Bay Sailing Club..comoxbaysailingclub.ca

Compass Adventures.....compassadventure.ca

Dragon Boat Society (Blazing Paddles)

- Erica Roy.....250-703-0707

Dragon Boat Team (Dragon Rider Youth Team)

- Peter.....250-339-7600

Dragon Boat Team - Hope Afloat (Women

Cancer Survivors)- Glenda Wilson.....250-339-3598

Dragon Boat Team (Dragonflies)

- Colleen.....250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon.....250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

- Judy.....250-339-4824

Comox Valley Canoe Racing Club

.....cvcanoeracing.ca

CV Rowing Club.....comoxvalleyrowingclub.ca

Comox Valley Yacht Club

.....comoxvalleyyachtclub.com

Comox Valley Paddlers Club

- Monica.....250-339-2950

Other

Coal Hills BMX.....coalhillsbmx.com

Comox District Mountaineering (Hiking)

Club - Ken Rodonets.....250-871-1245

CV Ground Search & Rescue.....250-334-3211

CV Naturalists Society - Robin.....250-339-4754

Comox Golf Club.....250-339-4444

Courtenay Fish & Game Protective

Association250-338-9122

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

Tribune Bay Outdoor Ed. Centre.....250-335-0080

Horne Lake.....250-248-7829

WildSpirit - Bruce Carron.....250-338-8431

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

- Heather.....250-338-9060

Dolyna Ukrainian Dancers - Karen

.....cvdolynadancers@gmail.com

West Coast Swing Collective.....250-338-8986

Visual/Performing Arts

Comox Valley Art Gallery.....250-338-6211

Comox Valley Concert Band

- Howard250-941-1598

CV Children's Choir

.....comoxvalleychildrenschoir.com

CV Clown Club250-650-0582

CV Potters Club - Laurie250-339-4229

Courtenay Little Theatre - Gail.....250-334-3494

Comox Valley Arts250-334-2983

CV Pipe Band Society - Bill.....250-339-6444

Co-Val Chorister - Beryl Regier...250-339-4429

CYMC/CV Youth Music Centrecymc.ca

Fiddlejam - Craig Freeman.....250-339-4249

Hello Strings - Helena Jung

.....gohellostrings@gmail.com

Island Voices Chamber Choir

.....islandvoiceschamberchoir.bc.ca

Letz Sing Community Choir

- Tina.....250-923-7709

North Island Choral Soc. - Mary ..250-338-5077

North Island Music Teachers Association

- Ginny Lawrie.....250-338-9464

Performing Arts Comox Valley (PACV)

- Lynn Hodge.....performingartscomoxvalley.ca

Pearl Ellis Gallery.....250-339-2822

Rainbow Youth Theatre

.....rainbowtheatre.com

Strathcona Symphony Orchestra

.....250-331-0158

Theatreworks - Kim.....250-792-2031

Vancouver Island Music Fest

- Megan250-336-7981

Youth

Scouting

CV Girl Guides.....cvdistrict.ggc@gmail.com

Scouting Inquiries - Chris250-339-2424

Cadets

Air Cadets - 386 Squadron.....250-339-9198

Army Cadets -250-339-8211 ext 7995

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade...250-897-1098

Other

Boys and Girls Club.....250-338-7582

Dragon Boating Youth Team

(Dragon Riders).....cvdragonriders@gmail.com

CV German Language School

.....comoxvalleygls.org

CV Girls Group - Wendy.....250-897-5568

Nature Kids.....comox@naturekidsbc.ca


CV Waldorf School - Maurissa....250-871-7777

Community Groups



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



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




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



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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