

COMOX VALLEY RECREATION GUIDE | FALL 2024



Courtenay
Recreation

2



Comox Valley
REGIONAL DISTRICT

63



19 Wing
Comox

90



TOWN OF
COMOX
Recreation

94



RECREATION
THE VILLAGE OF
CUMBERLAND

125



**Courtenay
Recreation**



Cozy Corner Preschool

at the Lewis Centre
ages 3 - 5 years

*Outdoor Play space thanks to
funding from Service Canada*

New Fall Hours starting September 2024:

Monday, Wednesday & Friday

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

Tuesday & Thursday

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

Monthly Fees:

Monday, Wednesday, Friday \$185

Tuesday & Thursday \$125

Spaces available. Register Now!

courtenay.ca/cozy-corner

Play!

Learn!

Laugh!

What's Inside . . .



2
Courtenay
Recreation

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



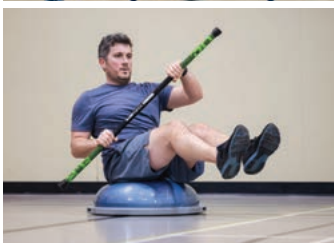
63
CVRD Sports
& Aquatic
Centres

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



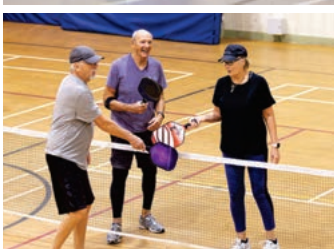
90
19 Wing
Comox

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



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"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

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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

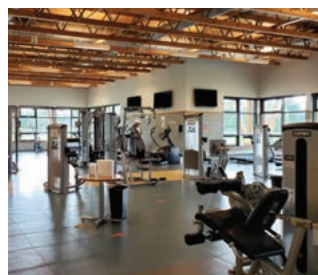
The LINC houses an indoor skate-board park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

For up to date hours please call

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



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



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.**

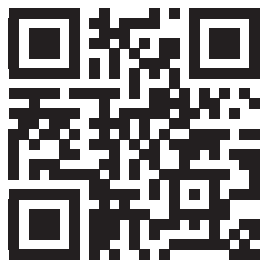
Tuesdays

#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

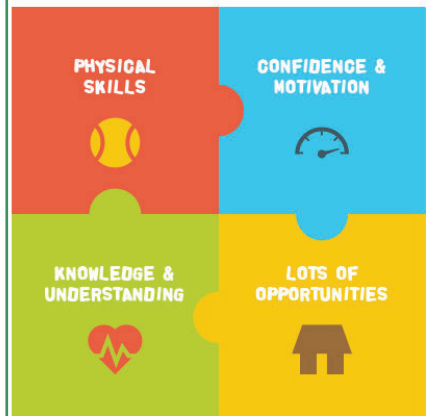
Physical Literacy at Courtenay Recreation

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

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)

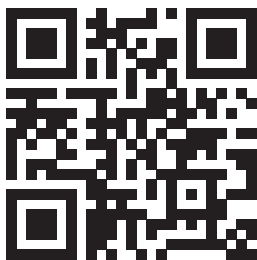
Lewis Centre Gym
\$200/8

7 Story Circus Notes:

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



REGISTER ONLINE:





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



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

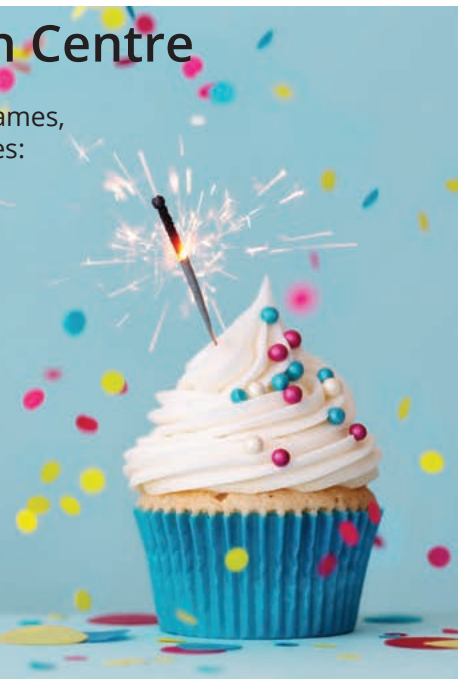
or 1:00 - 3:00 pm or 3:30 - 5:30 pm

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



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



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

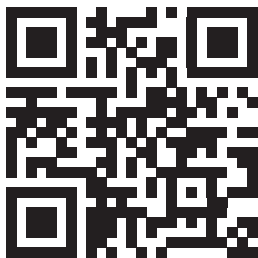
10:00 am - 12:00 pm

LINC Multipurpose Room

\$85/3



REGISTER ONLINE:



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



**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!

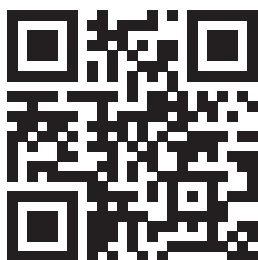
Instructor: Sonja Limberger
#14628 Wednesday November 13
 6:00 - 9:00 pm
 Upper Native Sons
 Hall Kitchen
 \$85

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

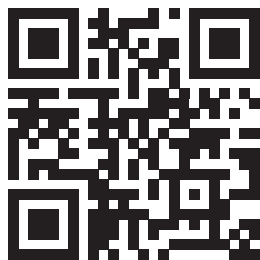
September 20 - November 8

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

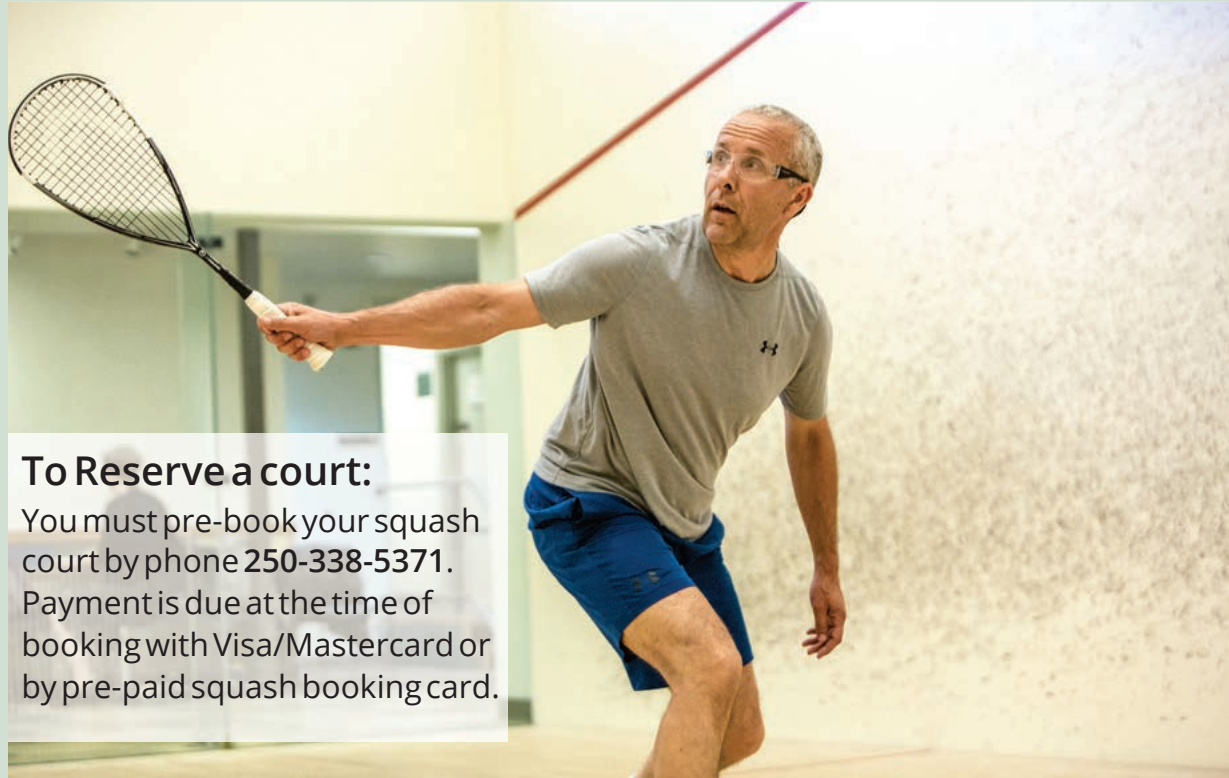
ADULT SK8 NIGHT

(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							
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3 pm							
4 pm							
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



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



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

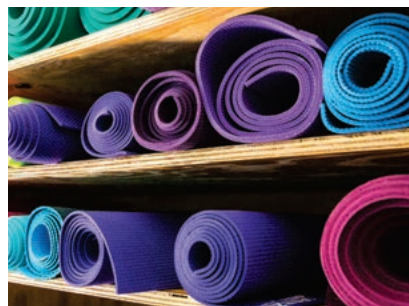
Fridays 12:05 - 12:55 pm
A strength-based program where participants will use Kettle Bells to strengthen the body! We will focus on core, mobility, strength and finish with a good stretch.

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



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

Register ONLINE at
courtenay.ca/reonline
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
 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. 



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

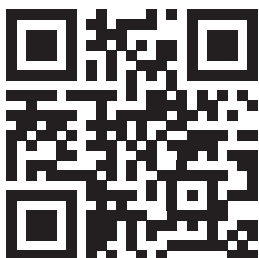
Experience a fun Hatha style Yoga class specifically designed for caregivers who wish to maintain their yoga practice while keeping their little ones close. This unique program ensures you can focus on various yoga poses all while blending the tranquility of yoga with the demands of caregiving. **No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



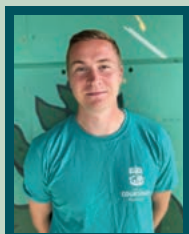
Juan Blancas
 Training Specialties:
 - Fitness Assessments & Training
 - Resistance Training
 - Core Activation & Conditioning
 - Muscle & Strength Building



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!



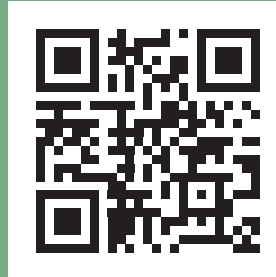
1 In Person
At the Lewis Centre or the Filberg Centre.

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

3 Online Registration
courtenay.ca/reconline

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/reconline





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.



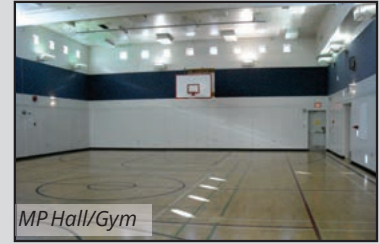
Like us on  The Evergreen Club at the Florence Filberg Centre



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-authentic 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





MESSAGE FROM THE CHAIR



Fall is just around the corner, and we're excited to be welcoming you back to the Sports & Aquatic Centres for the 2024/2025 regular season. Special events are back in September with the first being Galactic Glow, a youth ice event! Enjoy the low light atmosphere, relax with your friends, listen to music, and skate around while enjoying some snacks. This is a great opportunity for young kids to connect with others in the community through galactic-themed games/ challenges and group activities. Admission includes glow item, snacks and skate rentals. For more details on special events and programs go to our website at <http://www.comoxvalleyrd.ca/recreation>.

Melanie McCollum
Chair
Comox Valley Recreation
Commission

CVRD SPORTS CENTRE
3001 Vanier Drive
Courtenay, V9N 5Y2
Phone 250-334-9622
Fax 250-334-1042

6-lane pool, sauna, hot tub, wellness centre, 2 ice arenas, outdoor track and field and meeting rooms.

EXHIBITION GROUNDS
4839 Headquarters Road
Courtenay
Phone 250-334-9622

Horseback riding, special events and other seasonal activities. Riding ring pass options available:

- Monthly Pass (person) \$26.52
- Monthly Pass (family) \$63.65
- Annual Pass (person) \$79.57
- Annual Pass (family) \$196.27

Reminder - pass must be on your person when using the grounds. Please bring your horse council # when purchasing at the Sports Centre front desk.

CVRD AQUATIC CENTRE
377 Lerwick Road
Courtenay, V9N 9G4
Phone 250-334-2527
Fax 250-334-2587

Wave pool, 2 indoor waterslides, tot slide, 8-lane 25m pool, fitness studio, sauna, steam room, hot tub, meeting room and swim shop.



ADMISSION RATES - SEPTEMBER 1, 2024 TO AUGUST 31, 2025

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
TOT (2 & UNDER)	NO CHARGE					
CHILD (3-12) OR PWD	\$3.45	\$31.05	\$41.40	\$105.60	\$173.90	\$273.25
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$4.05	\$36.45	\$48.60	\$123.95	\$204.10	\$320.75
ADULT (19-59)	\$6.45	\$58.05	\$77.40	\$197.40	\$325.10	\$510.85
SENIOR (60-84)	\$5.45	\$49.05	\$65.40	\$166.80	\$274.70	\$431.65
GOLDEN AGE (85+)	NO CHARGE					
FAMILY (6 MAX - MIN 1 ADULT5/SENIOR & 1 CHILD/TEEN)	\$13.80	\$124.20	\$165.60	\$422.30	\$695.50	\$1092.95
LOCKERS	\$0.50	N/A	MEMBERSHIP PASSES: <ul style="list-style-type: none"> • Membership fees take into consideration the shorter arena season and pool shutdowns. • Drop-in activities may be subject to change or cancellation. • Prorated refunds may be granted for medical reasons with a doctor's note, or proof of relocation outside the CVRD. • For 1 year passes - pre-authorized monthly payment plans are available - 50% due at time of purchase and three subsequent monthly payments with Visa or MC. 			
SKATE RENTAL	\$4.00	\$36.00				
SKATE SHARPENING	\$6.10	\$54.90				
KAYAK SWIM	\$8.90	\$80.10				
<i>Monthly & annual memberships are now available to purchase online! Please note if you do not have a membership card, you must have one printed at the customer service desk.</i>						

SWIMMING & ICE LESSON PRICE LIST

30 Minute Class
 School age (ages 6-13)
 10 Classes - \$75.00
 Preschool (5 & under)
 10 Classes - \$76.50

45 Minute Class
 10 Classes - \$103.00

1 Hour Class
 10 Classes - \$121.50

Private Lessons
 Private - \$34.10

All lessons are pro-rated based on the number of classes in each course.

Special Sessions

Super Saver Admission \$2.50/person

- Professional Admission \$22.30/instructor
- Professional admission applies to instructors/trainers bringing clients to facilitate personal training or instruction sessions during public pool, wellness centre or arena programs. Please note that the clients are required to pay regular admission fees.

Economy Passes

- Minimum purchase 150 passes.
- Valid for one year from date of purchase - no refunds or extensions.
- Includes access to CVRD Sports & Aquatic Centres pool, fitness centres and arenas during public sessions.
- Registered programs are not included.

Child/Teen/Student/PWD \$3.00 each
 Adult \$5.50 each
 Senior \$4.50 each

Please call 250-334-9622 ext 3707 to arrange for purchase of bulk admissions.



HOW TO REGISTER

You may register for our programs or classes online, in person or by phone.

Fees must be paid in full at the time of registration. Online and phone registrations accept Visa or MasterCard.

ONLINE

The preferred option!

Go to www.comoxvalleyrd.ca/rec and click on the Register for Activities & Programs button or access login directly at comoxvalley.perfectmind.com.

IN PERSON

At the Sports or Aquatic Centres during operating hours. Payment methods include cash, cheque, debit card, Visa or MasterCard. We also accept Quality Foods Rec Bucks.

Sports Centre - 3001 Vanier Drive, Courtenay
Aquatic Centre - 377 Lerwick Drive, Courtenay
Please note: Front desk closes 15 minutes before the end of the swim/wellness centre closure.

BY PHONE

SPORTS CENTRE 250-334-9622
AQUATIC CENTRE 250-334-2527

September 2024 to June 2025

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

In person and phone-in registrations are not available on statutory holidays.

REGISTRATION GUIDELINES

Course Full? Add your name to a waitlist so we can contact you if space becomes available or classes are added.

Cancellations: Classes may be cancelled due to low registration numbers. Register early to avoid disappointment.

Classes Missed due to illness, weather, power failures or other events beyond our control will not be refunded or credited.

Change of Plans? Unless advised otherwise:

1. If you withdraw or transfer prior to a course start date, or before the end of the 3rd class, a \$7.50 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.*
2. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons or relocation outside the CVRD.*
3. Seven days cancellation notice is required for leisure pool rentals.

**Exceptions apply to all leadership courses, CVHL and private lessons. Withdraws or transfers not available online - in person or by phone only.*

Late Registrations:

Most programs allow for late registration. Swimming and ice lesson registration will only be accepted until the 3rd class.

FINANCIAL ASSISTANCE FOR RECREATION SERVICES

LEAP

Leisure for Everyone Accessibility Program

LEAP provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department – the CVRD, City of Courtenay, Town of Comox and Village of Cumberland. LEAP participants also receive a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation programs at the CVRD Sports and Aquatic Centres. The subsidy can be applied when registering for programs online or in-person.

Regional financial assistance programs have been combined into one simple form that you can use to apply for LEAP and your home community's program (City of Courtenay RAP, Town of Comox TRIP and Village of Cumberland FAIR) in a single step. Please apply at your local recreation centre or online.

Fall registration opens Monday, August 12 at 8:00 am!

SCAN ME



BIRTHDAY PARTIES

Call 250-334-9622, ext 0 for party registration and information, or drop into the Sports or Aquatic Centres.

SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

Includes swimming for up to 10 children and 2 adults during an everyone welcome swim, locker tokens and room rental.

Cost is \$73.05 (Pre-register)

Available during most

Everyone Welcome Swims

Can access the room at 12:30pm, and the Everyone Welcome Swim starts at 1:00pm (1-5pm) - 3 hrs in the room, admission for 10 children, 2 adults, 12 locker tokens. Upon arrival the group has the option to pay for extra admissions. If you withdraw prior to 48 hours before your booking, a \$7.50 withdraw fee will be charged. After 48 hours, no refunds will be given. Cancellation in person or by phone only.

Register Online!

Birthday Party Room Damage/Cleaning Fee

A \$45.00 fee will be charged if there is damage (i.e. holes or tape on walls) or if the facility is not lightly cleaned before end of rental (i.e. all garbage is in containers, any mess on walls/tables/chairs is wiped down and all personal items are removed).

SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

Includes skating for up to 10 children and 2 adults during an everyone welcome skate, skate rentals and room rental.

Cost is \$73.05 (Pre-register)

Zamboni ride for the Birthday child may be available for an additional fee of \$36.00.

Available Saturdays & Sundays and some weekday options are also available

September-May. If you withdraw prior to 48 hours before your booking, a \$7.50 withdraw fee will be charged. After 48 hours, no refunds will be given. Cancellation in person or by phone only.

Register Online!

Does your party need a PARTYOLOGIST? What's that? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$36 cost includes a 1 hour activity leader to organize and lead a variety of age appropriate games for your party. Call 250-334-9622 ext 0 for more information.

WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides at this shared rental space

5:00-6:00 pm Saturdays & Sundays!

Cost is \$135.65 plus tax (Pre-register)

Available Saturdays & Sundays

September 3 - March 29

(Locker tokens and room rental are an additional cost - 7 day cancellation notice required) **Register Online!**

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for one hour, for up to 100 people. Includes room rental and birthday child gets a Zamboni ride! Please note times are subject to ice availability. Cost is \$188.80 plus tax + insurance (14 day cancellation notice required) To book ice time please visit www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals to check ice availability, and submit a booking request form.



AQUATIC CENTRE POOLS & FITNESS

SEPTEMBER 3, 2024 - DECEMBER 31, 2024



WAVE POOL *Please note facility is CLOSED statutory holidays.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN Swim Monday to Thursday 6:00-9:00 am Friday 6:00-11:00 am Shared Space - Leisure/Rehab Drop In's & Rentals/Programs					OPEN Swim 6:00-9:00 am Shared Space	
Everyone Welcome 11:00-1:00 pm Waves & Slides Open					Everyone Welcome 1:00-5:00 pm Waves & Slides Open	
Everyone Welcome 6:30-8:00 pm Waves & Slides Open				Everyone Welcome 1:00-9:30 pm Waves & Slides Open	Wave Pool Party Rentals 5:00-6:00 pm Call to book! *Cancelled after Mar 29	
16+ Swim 8:00-9:30 pm Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides Open					Everyone Welcome 6:00-8:00 pm Waves & Slides Open *cancelled after Mar 29	

25 METRE POOL *Please note facility is CLOSED statutory holidays.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim+ 6:00-11:00 am Shared Space - Lengths (min 2) & Rentals/Programs					Lane Swim+ 6:00 AM-1:00 pm Lengths (min 2)	
Everyone Welcome 11:00 AM-1:00 pm Waves & Slides Open - Lengths (min 2)						Lane Swim + 9:00-1:00 pm - Lengths (min 2)
*Lane Swim+ 1:00-8:00 pm Shared Space - Lengths (min 2) & Rentals/Programs (*Tue & Thu 1 lane 5-6 pm)					Everyone Welcome 1:00-5:00 pm Waves & Slides Open - Lengths (min 2)	
				Everyone Welcome 2:00-9:30 pm Waves & Slides Open +Lengths (min 2)	Lane Swim+ (min 2) Kayak Hour 5:00-6:00 pm *cancelled after Mar 29	FITNESS SCHEDULE SEE PAGE 78 SEE PAGE 68 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION
16+ Swim 8:00-9:30 pm Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides Open					Everyone Welcome 6:00-8:00 pm Waves & Slides Open +Lengths (min 2) *cancelled after Mar 29	

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.

AQUATIC CENTRE FITNESS STUDIO (*16+) & HOT TUB HOURS (12+)
September 3, 2024 - December 31, 2024
 Monday – Friday 6:00 am - 9:30 pm
 *Saturday until Mar 29 6:00 am - 8:00 pm
 *Saturday Mar 30-Jun 30 6:00 am - 5:00 pm
 Sunday 9:00 am - 5:00 pm
**Please note persons 12-15 may use the fitness studio when supervised by an adult.*

Water Play (all ages)
September 6, 2024 - December 31, 2024
 Join the guards at the Aquatics Centre for a variety of activities including group challenges, games, dance offs and more. Regular admission rates apply.
 Fridays, 7:00-8:30 pm
 Saturdays, 1:00-2:30 pm
 Sundays, 1:00-2:30 pm

CVRD AQUATIC CENTRE SCHEDULE



DROP-IN PROGRAM DESCRIPTIONS

PLEASE REFER TO THE APPROPRIATE POOL SCHEDULE

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted. The backstroke flags will be up whenever possible (i.e. when the diving board is not in use). Lane etiquette pamphlets are available on site and online for your convenience.

Everyone Welcome Swim

All ages welcome and fun encouraged at this high energy swim time in the Wave Pool. The waves, slides and various water features will be on intermittently throughout the swim. Please note the 25 M Lane Pool is not always open during the Everyone Welcome Swims (please see schedule). When the lane pool is open there is space for large toys (i.e. foam canoes, mats etc.) and the diving board is available. 2 lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals. See special event calendar & Water Play schedule for the "extra" fun times.

OPEN Swim

Although this swim is open to everyone it is targeted at people looking for a more relaxed pace than the Everyone Welcome Swim. The waves and slides will generally be off and a minimum of 2 lanes will be reserved for length swimmers if the 25 M Lane Pool is open. Rentals and programs will be taking place in the pools at the same time so the space will be shared. Please give organized group activities the right of way.

16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides will be on intermittently. Rentals and programs will be taking place in the pools at the same time. Please note the diving board will be closed if there are rentals/programs using that space. Some nights have value added programs such as scuba, water polo or volleyball. Check the schedule for dates/times.

Kayak Hour

Bring your kayak and practice your moves. \$8.90 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.

Water Polo (14+)

September 3, 2024 - March 13, 2025

Staff will review the basic skills/rules for the 1st 15 minutes and then set up a game with everyone on site that wants to give it a try.

Regular admission rates apply.

Tuesdays & Thursdays 8:15-9:30 pm

Special Swims & Schedule Changes

Sep 3 - Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-6:30 pm

Sep 30 - STAT - National Truth and Reconciliation Day - CLOSED

Oct 14 - STAT - Thanksgiving - CLOSED

Oct 25 - Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-6:30 pm

Oct 19 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1-7 pm

Nov 11 - STAT - Remembrance Day - CLOSED

Nov 21 - Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-6:30 pm

Nov 23 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed at 1:00 pm

Dec 22 - Extra open swim 9 am-1 pm at CVAC

Dec 23, 24 & 27 - Winter Break CVAC Wave Pool SuperSaver Swim from 11:00-1:00 pm

Dec 24 - CVAC & CVSC CLOSED at 3 pm

Dec 28 & 29 - Extra open swim 9 am-1 pm at CVAC

Dec 30 & 31 - Extra Supersaver swim 11am-1 pm at CVAC

Dec 23 & 27 - Extra EW Swim 6:30-8:00 pm at CVAC Main Pool

Dec 25/26 - STAT - CLOSED

Dec 30 - Extra EW Swim 6:30-8:00 pm at CVAC Main Pool

Dec 31 - New Year's Eve Swim & Skate 5-8 pm at CVSC. CVAC CLOSED at 3 PM

Check the events listing on pages 70-74 for more information.



SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL September 3, 2024 - December 22, 2024



Please Note: pool will be closed for Winter Break (Dec 23, 2024-Jan 3, 2025) and on Statutory Holidays.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2) & Rentals/Program				Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2) & Rentals/Programs
Open Swim 7:30 am-1:30 pm Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim		Open Swim 7:30 am-1:30 pm Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim		Open Swim 7:30 am-1:30 pm Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.

Sports Centre Wellness Centre

The Comox Valley Sports Centre Wellness Centre is open to everyone aged 16+ or for 12-15 year olds that are supervised by an adult. 12-15 year olds may use the gym unsupervised with proof of taking a gym orientation. See pool schedule for list of special events and/or cancellations.

General Hours of Operation
September 3, 2024 - December 31, 2024
 Monday to Thursday 6:00 am-9:00 pm
 Friday 6:00 am-7:00 pm
 Saturday & Sunday 7:00 am-2:30 pm

Please note: during the Winter Break pool closure the gender neutral changeroom & showers will still be open during the above hours.

Supervised Hours until December 31, 2024
 This is a great time for people who need assistance, or youth aged 12-15 to use the weight room facility without an adult, or for anyone with questions about equipment or workouts to drop-in.
 Monday to Friday 1:00-2:30 pm

COMOX VALLEY SPORTS & AQUATIC CENTRES POOL RULES

In our pool you must:

- Wear clean & appropriate bathing attire.
- Take a cleansing shower with soap and warm water before entering the pools or saunas.
- Ensure all children under the age of 7 are closely supervised (within arms reach) and accompanied in the water by a responsible person at least 16 years of age. We recommend a maximum of three children under the age of 7 to one adult.

The following is not allowed in our pool:

- Entering the pool while ill—this includes open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Strollers or outside shoes on the pool deck.
- Bringing food, gum or drinks in the pool area.
- Running, fighting, or engaging in other conduct likely to cause an injury.
- Foul language or aggressive behaviour.
- Contaminating or fouling the pool.
- Using or being under the influence of intoxicants.

Articles on the pool deck are left at your own risk. A wallet locker in the CVAC lobby and larger lockers are available in all the changerooms for your convenience.

Sauna & Hot Tub

September 3, 2024 - December 22, 2024
Please Note: Sauna & Hot Tub will be closed for Winter Break (Dec 23, 2024-Jan 3, 2025) and on Statutory Holidays.

Monday, Wednesday & Friday
 6:00 am-1:30 pm
Plus additional hours if open for rentals.



SPECIAL EVENTS

SEPTEMBER

Galactic Glow (10-15) Youth Ice Event

Just GLOW this Friday Night. Enjoy the low light atmosphere, chill with your friends, skate, snack, listening to tunes and have fun! This time is for youth to relax and participate in some fun galactic themed games/ challenges and group activities. Admission includes glow item, snacks and skate rentals.
Sports Centre Arena #2
Friday, Sep 6
6:15-8:15 pm
Supersaver Rate - \$2.50

Hockey Skills Challenge (all ages)

Test your hockey skills in a fun non-competitive event. Participants can test their shot speed, skate speed and shooting accuracy. Prizes will be given out in each category.
Sports Centre Arena #2
Friday, Sep 20
3:00-4:45 pm
Regular Admission

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun
Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.
Aquatic Centre
Saturday, Sep 21
2:00-4:00 pm
Regular Admission

CVRD SPECIAL EVENTS

OCTOBER

Minion Mayhem Themed Pool Party

(7-12) Registration Required
Pizza & Swimming Party
Yellowist participant wins – wear a yellow swim suit, come dressed as a banana.....up to you. Pin the banana on the minion, enter the minion lab and make an accidental human sundae, banana tube races, pudding drops and more yellow events planned. 2 hours of fun - includes admission, fruit/healthy snack and 2 slices of pizza.

Aquatic Centre
58469 Friday, Oct 4
6:00-8:00 pm
\$10.00



*Registration starts day of event online or call in to 250-334-9622 @ 7am
limited spaces available.

SuperSaver Pro-D Day Swim (all ages)

Visit the CVAC Wave Pool this Pro-D Day!
Aquatic Centre
Oct 18
3:00-6:30 pm
SuperSaver Rate

Parent & Tot Pool Party (all ages)

Toddler friendly games and activities are planned to make this visit to the pool extra fun. Don't miss out!
Aquatic Centre
Sunday, Oct 6
1:00-2:30 pm
Regular Admission

Turkey Curl (all ages)

This special skate includes a number of fun events like the Turkey Curl. Best turkey curler wins.
Sports Centre Arena #2
Friday, Oct 11
3:00-4:45 pm
Regular Admission

International Family Recreation Program – Newcomer Family Swim & Skates (all ages)

The CVRD has partnered with the Immigrant Welcome Centre to offer a series of free Newcomer Family Swims & Skates at the Comox Valley Sports & Aquatic Centres. Come and enjoy recreation opportunities and also meet families who are new to the Comox Valley. **Registration is required so please visit <https://immigrantwelcome.ca/services/events-calendar/> or reach out to staff at IWC in Courtenay 250-338-6359.**



SPECIAL EVENTS

OCTOBER



CVRD SPECIAL EVENTS

SuperSaver Skate (all ages)

Have fun at the rink this Pro-D Day. Great rates in effect.
Sports Centre Arena #2
Friday, Oct 25
3:00-4:45 pm
SuperSaver Rate - \$2.50

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun
Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.
Aquatic Centre
Saturday, Oct 26
2:00-4:00 PM
Regular Admission

Monster Madness (all ages)

Halloween Themed Swim
Afternoon will include a skeleton relay in our dyed red hot tub, ghouling scavenger hunt, pumpkin bobbing, pumpkin decorating, pumpkin bowling, food challenges and other gooey slime based fun.
Aquatic Centre
Sunday, Oct 27
1:00-3:00 pm
Regular Admission

Please Note: We are dyeing our hot tub red with special pool dye. There may be temporary red colour transfer onto skin and bathing suits.

Monster Mash (all ages) Halloween Themed Skate

Dress up in your scariest, bravest, strongest or most princess like costumes and for this fun Halloween event. Make sure to trick or treat at the skate shop for fun prizes and treats. Prizes for the most creative costumes.
Sports Centre Arena #2
Thursday, Oct 31
3:00-4:45 pm
SuperSaver Rate - \$2.50

SCUBA (13+)

The CVRD has partnered with Pacific Pro Dive so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18 must have a waiver signed by a guardian.

Try It Scuba

30-minute sessions available – 1st come, 1st served. Sign up on the pool deck starting at 8:00 PM.
Contact www.pacificprodiver.com for more info.

Aquatic Centre
Mondays Oct 21-Dec 16
No class Nov 11
Mondays Jan 6-Mar 17
No class Feb 17
8:00-9:30 PM
Regular Admission



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SPECIAL EVENTS

NOVEMBER



Glow in the Dark Skate (all ages)

We are turning down the lights and getting down the glow on during this fun skate. Skate in our atmosphere of dimmed lighting and special effects. Complementary glow necklace.

Sports Centre Arena #2

Friday, Nov 1

3:00-4:45 pm

Regular Admission

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun
Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Nov 16

2:00-4:00 pm

Regular Admission

Community Sponsored Skate (all ages)

Proudly sponsored by Fisher Smith & Associates, Royal LePage in Comox

Join us for a free every welcome skate and games. Skate rentals are included, please bring a helmet from home.

Sports Centre Arena #2

Sunday Nov 17

3:00-5:00 pm

FREE



SuperSaver Skate (all ages)

Enjoy your Parent/Teacher Interview Day. Great rates in effect.

Sports Centre Arena #2

Thursday, Nov 21

3:00-4:45 pm

SuperSaver rate - \$2.50

Hockey Jersey Contest (all ages)

Break out your old jersey and wear them to the rink for a chance to win prizes. Fun hockey skills and skating activities planned.

Sports Centre Arena #2

Friday, Nov. 29

3:00-4:45 pm

Regular Admission

Epic Beach Party Night (7-12)

Registration Required

Pizza & Swimming Party

Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre

58468 Friday, Nov 22

6:00-8:00 pm

\$10.00



Registration starts day of event online or call in to 250-334-9622 @ 7am

**limited spaces available.*

Frozen Themed Skate Party (6-12)

Registration Required

Pizza & Skating Party

Join us for an afternoon of sleigh races, reindeer rescues, Olaf ice bowling, building a snowman and breaking the ice to free the frozen toys. 2 hours of fun - includes admission, fruit/healthy snack and 2 slices of pizza.

Sports Centre Arena #2

58464 Saturday, Nov 23

3:00-5:00 pm

\$10.00



Registration starts day of event online or call in to 250-334-9622 @ 7am

**limited spaces available.*



SPECIAL EVENTS

DECEMBER

Red and Green Skate (all ages)

Come dressed in your best red and green outfit for this winter themed skate. Prizes for the best outfits. We will also have some fun stations set up like candy hockey, box hockey and snowflake making.

Sports Centre Arena #2
Friday, Dec 6
3:00-4:45 pm
Regular Admission

Red & Green Swim (all ages)

Candy canes for anyone wearing a red or green swim suit! Lots of red and green activities planned including the jello slide, strawberry syrup squirt, candy cane hockey and gingerbread splat.

Aquatic Centre
Saturday, Dec. 7
2:00-4:00 pm
Regular Admission

Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun

Lifeguards have stocked up on all kinds of goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre
Saturday, Dec 21
2:00-4:00 pm
Regular Admission

SuperSaver Winter Break Swims (all ages)

Visit the CVAC Wave Pool this winter break!

Aquatic Centre
Dec 23, 24 & 27 & Dec 30, 31 & Jan 2 & 3
11:00-1:00 PM
SuperSaver Rate - \$2.50

New Year's Eve Family Swim & Skate (all ages)

Proudly sponsored by Robbins and Company

Join us at the Comox Valley Sports Centre for an evening of family fun. Activities include swimming, skating, shinny hockey, face painting and cool prize draws. The concession will also be open!

Sports Centre
Tuesday, Dec. 31
5:00-8:00 pm
FREE



Santa Skate (all ages)

Come skate with Santa and get your picture taken with him in front of the Zamboni. Skate rentals included – bring your camera!

Sports Centre Arena #2
Saturday, Dec 14
3:00-5:00 pm
Regular Admission

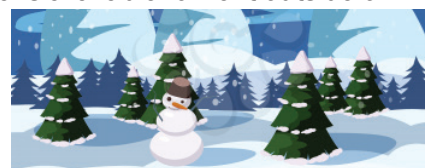
CVRD SPECIAL EVENTS

Winter Wonderland

(all ages)

Arena #1 will be transformed into a winter wonderland by the CVRD skate staff this holiday season. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer. Shinny hockey players will get to enjoy a 1/3rd of the rink and experience what it's like to play pond hockey while others can enjoy their skate among the trees. This area is available for rent outside of the public times for family, community or corporate functions.

Sports Centre Arena #1
Dec 21-23, 1:00-3:00 pm & 6:00-8:00 PM
Dec 24 & 27, 1:00-3:00 pm
Regular Admission



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PRO-D DAY PROGRAMS *(Registered Programs)*

Water Polo Camp (7-12) Pro-D Daycamp for Kids

Water polo is a combination of swimming, wrestling, basketball, soccer and baseball – what more fun could you ask for? Develop the fundamental water skills required to play water polo and see a massive improvement in your swimming, treading water and passing skills. Increase your aquatic endurance and power in a fun team environment. This is an introductory program and no previous experience is required – participants just must be comfortable in deep water (level 4 swimming minimum). Focus is on skill development, team building and fun. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Participants must feel comfortable in deep water.

Aquatic Centre
58598 Tuesday, Sep 3
10:00-3:00 pm
\$45.00



**Fall registration opens
Monday, August 12 at
8:00 am!**

Stay Safe! Program (9-13)

Real-world scenarios often call on children to respond to challenges. The Red Cross Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Learn about:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits).
- Basic first aid & water rescue

Aquatic Centre
58666 Thursday Nov 21
10:00-3:00 pm
\$45.00

Babysitting Course PLUS (11+)

Level 1 & 2 – Crash Course

Students that complete level 1 & 2 will receive their Red Cross Babysitters' Certificate. Includes swimming, mini first aid kit, manual and 2 kid approved healthy snacks each day. Please bring a healthy lunch and swim gear.

Aquatic Centre
**58682 Friday, Oct. 25 &
Thursday Nov 21 (2)**
9:00-4:00 pm
\$100.00

NEW! 2 Line Grind

(various age groups)

The Ultimate Hour of Hockey

Looking for something to do on Pro D day? Join us for this fast paced, intense hockey experience. Each ice slot can have up to 20 players (10 per team) and one goalie register. Lines will change on the buzzer to ensure all players get lots of ice time.

Sports Centre
Friday, Oct 25



60381 9:00-10:00 am U11
60382 10:15-11:15 am U13
60384 11:30-12:30 pm U15
60383 12:45-1:45 pm U17
\$10.00

Swim to Survive (7-12) Pro-D Daycamp for Kids

This program was designed to teach young people the necessary self-rescue skills they will need if they are going to be around the water. This is an extremely fun and educational day that includes use of the pool SeaDoo's, slides and waves. Don't forget to bring a lunch, lots of towels and a change of clothes you can swim in (including shoes). Learn essential self-rescue skills including how to get oriented after an unexpected entry, support yourself at the surface and how to swim to safety.

Aquatic Centre
58637 Friday, Oct 25
10:00-3:00 pm
\$45.00

Surfs Up (7-11)

Pro-D Daycamp for Kids

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Participants must feel comfortable in deep water.

Aquatic Centre
59826 Thursday, Nov 21
10:00-3:00 pm
\$45.00

DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!

REGISTERED PROGRAMS



Aquatic Centre Titan's

(10-14)

Water Polo Club

Water polo is a combination of swimming, wrestling, basketball, soccer and baseball – what more fun could you ask for? Develop the fundamental water skills required to play water polo and see a massive improvement in your swimming, treading water and passing skills. Increase your aquatic endurance and power in a fun team environment. This is an introductory program and no previous experience is required – participants just must be comfortable in deep water (level 4 swimming minimum). Focus is on skill development, team building and fun.

Aquatic Centre

Sundays 11:45-12:30 pm

58568 Sep 8-Oct 27 (8)

58569 Nov 3-Dec 15 (7)

\$80.00 (8)

Board Masters (6-13)

Introduction to Springboard Diving – Level 1 & 2

Learn basic jumping and diving skills through progressive land, water and springboard movements. Progress at your own level and learn more advanced skills such as front and back pike jumps and dives, hurdle jumps, tucks, flips and somersaults. Candidates must be comfortable in deep water (level 4 swimming minimum). Level 1 is for those new to the sport and Level 2 is for those students who have taken Level 1 previously.

Aquatic Centre

Saturdays

10:40-11:25 am for Level 1

11:30-12:15 pm for Level 2

Sep 7-Oct 26 (8)

58507 Level 1

58513 Level 2

Nov 2-Dec 21 (8)

58509 Level 1

58514 Level 2

\$80.00 (8)

(JLC) Junior Lifeguard Club (8-14)

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who really love the water. JLC keeps kids interested and active in aquatics – especially quick learners and those caught between levels or programs. Friends can join together even if they are of different ages and abilities. Sign up today and develop your: swimming, lifesaving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. Participants will also be working on their Rookie Patrol, Ranger Patrol and Star Patrol certificates. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

Aquatic Centre

Fridays

58470 Sep 6-Dec 20 (15)

No class Oct 18

5:00-7:00 pm

\$160.00

Babysitting Course

(11+)

Do you want to become a certified Red Cross babysitter? This course will help you understand all the aspects of caring for children and prepare you for the responsibility. Register now, so you can babysit and earn some money while having fun. Fee includes snack, manual and mini first aid kit.

Aquatic Centre

Tuesday & Thursdays

58501 Oct 1-17 (6)

4:30-6:30 pm

\$55.00

**Fall registration opens
Monday, August 12 at
8:00 am!**



WINTER BREAK PROGRAMS

Splash Zone (7-11)

Aquatics Camp for Kids
Wet, wet fun! Each day kids will work on their swimming and water sport skills in a structured class but they will also get plenty of game and free time in the pool. During the “dry” portion of the day they will be playing active games outside and creating some cool crafts. At least 3 hours of pool time everyday! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

Aquatic Centre
Monday, Tuesday & Friday
59122 Dec 23,24 & 27
10:00-3:00 pm
\$135.00 (3)

WINTER BREAK LESSONS

Winter break 2024 five-day lesson set offered one time only for a reduced rate of \$25.00. Come help our apprenticing instructors get the experience they need!

WINTER BREAK SWIMMING LESSONS AT THE AQUATIC CENTRE

LEVELS	MONDAY TO FRIDAY
Winter Break	Dec 23, 27 & 30, & Jan 2 & 3
Jellyfish/Goldfish	4:45pm
Seahorse	5:20pm
Octopus	3:00pm 3:35pm 4:10pm 4:45pm
Crab	4:45pm 5:55pm
Orca	4:10pm
Sea Lion/Narwhal	5:20pm
Swimmer 1	3:00pm 5:20pm
Swimmer 2	3:35pm 5:55pm
Swimmer 3	3:00pm 3:50pm
Swimmer 4	3:00pm 3:50pm
Swimmer 5/6	4:40pm
Swimmer 7-10 Patrol	5:30pm
Private Lessons - Single	5:55pm

Babysitter SUPERSTAR Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit, manual and a kid approved healthy snack each day. Please bring a healthy lunch and swim gear.

Aquatic Centre
Thursday & Friday
59121 Jan 2 & 3
10:00-3:00 pm
\$90.00 (2)

Swim for Life Camp (6-9)

Have your kids learn valuable swimming skills and water-safe attitudes this winter. This program includes 2—45 minute Lifesaving Society Swim for Life swim lessons along with other in and out of water activities. Loads of educational fun!

Aquatic Centre
Thursday & Friday
59123 Jan 2 & 3
10:00-3:00 pm
\$90.00 (2)



AQUATIC WELLNESS PROGRAMS

ADAPTIVE FITNESS PROGRAMS (Registered)

AquaMotion Level 2 – gentle shallow warm water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

AquaMotion Level 3 – shallow to deeper warm water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

Aquatic Hip & Knee – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Medical professional consent required. Classes take place in the warm water of the wave pool.

REGISTERED ADAPTIVE FITNESS PROGRAMS FALL/WINTER - AQUATIC CENTRE

SESSIONS/LEVELS <i>Registration is on going - sign up anytime for classes in progress.</i>	MONDAY & WEDNESDAY Sep 4-Oct 9 (10) Oct 16-Nov 20 (10) Nov 25-Dec 18 (8)	TUESDAY & THURSDAY Sep 5-Oct 11 (11) Oct 15-Nov 19 (11) Nov 26-Dec 19 (8)
AQUATIC HIP & KNEE	10:00-11:00am 2:00-3:00pm	1:00-2:00pm
AQUAMOTION 2	9:00-10:00am	
AQUAMOTION 3	1:00-2:00pm	10:00-11:00am

ADAPTIVE FITNESS
\$95.00 for 10 classes
(sessions are pro-rated)

**Fall registration opens
Monday, August 12 at
8:00 am!**

DROP IN FITNESS PROGRAMS

Aquafit – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided).

Swim Fit – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!

AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY AQUATIC CENTRE

September 3, 2024 - December 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am
Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am
Aquafit 10:00-11:00am		Aquafit 10:00-11:00am		Aquafit 10:00-11:00am
Aquafit 1:00-2:00pm		Aquafit 1:00-2:00pm		Aquafit 1:00-2:00pm
	Aquafit Warm Water 2:00-3:00pm		Aquafit Warm Water 2:00-3:00pm	
Aquafit 5:15-6:15pm		Aquafit 5:15-6:15pm		



AQUATIC CENTRE

Yellow classes in the

25 M Pool

Blue classes in the

Wave Pool

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.



ARE YOU INTERESTED IN EMPLOYMENT AS A LIFEGUARD/INSTRUCTOR?

becoming a lifeguard is as easy as 1, 2, 3, 4, 5

Bronze Star (optional)

This program develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. It challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

National Lifeguard Pool (NL)

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. This course now includes the required lifeguard AMOA certification and participants will require computer/internet access. Online portion to be completed in advance on the LSS website.

Lifesaving Society Swim Instructor

This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life program.

Lifesaving Instructor (LSI)

Lifesaving Instructors are trained to teach the Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness and Distinction awards. Candidates are trained in and must demonstrate skills, knowledge and attitudes at Competency Level 1 to include all aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

CALA Vertical Water Training

This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions. Course fee includes CALA registration and open book exam.

CALA Group Aqua Fitness

Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. This course provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process. Course fee includes cost of the formal evaluation if completed during the course. If participants wish to have additional practice time before being evaluated the cost of an evaluation is \$35.

Aquatic Fitness - Adaptive Workshop

This course is for trained instructors wanting to work with and teach aquatic fitness classes to groups with various chronic conditions (i.e. Parkinson's Disease, MS, post polio, Hip/ knee replacements etc.). This course includes classroom and practical study. Be prepared to be in the pool for up to five hours over the weekend. BCRPA (16 credits)/CALA (credits pending).

Emergency First Aid with CPR C/AED (EFA)

EFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

Standard First Aid with CPR C/AED (SFA)

SFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musco-skeletal injuries and medical emergencies.



FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES	DAYS	TIME	COST	COURSE#	PRE-REQUISITES (please bring proof to 1st day)
Bronze Medallion	Sep 7-28	Sat	1:30-7:00pm	\$275.00*	59125	13 years by last day of course or Bronze Star
Bronze Cross	Oct 6-Nov 3	Sun	1:30-6:00pm	\$210.00*	59224	Bronze Medallion (at CVSC Feb 8) (at CVSC May 10 & 11)
National Lifeguard (NL) - Pool Option	Nov 29-Dec 21	Fri Sat	5:30-9:30pm 12:00-8:00pm	\$525.00*	59252	15 years by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
Lifesaving Society Swim Instructor & Lifesaving Instructor Combo	Dec 23, 24, 27, 28, 30, 31 & Jan 2 & 3	Mon-Sat & Mon-Fri	9:00-5:00pm	\$650.00*	59256	15 years by last day of course and Bronze Cross (need not be current)
Emergency First Aid (EFA) & CPR C	Nov 10	Sun	9:00-6:00pm	\$95.00*	59420	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
Standard First Aid (SFA) & CPR C	Nov 10 & 17	Sun	9:00-6:00pm	\$140.00*	59420	12 years old minimum/15 years recommended <i>Must call in to register 250-334-9622 ext 0</i>
SFA Recert	Sep 8	Sun	9:00-6:00pm	\$75.00*	59423	Previous SFA (need not be current)

*Reusable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one.

GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor and Swim Instructor and NLS certifications for credit toward high school graduation. Credits available:

- Bronze Cross is worth 2 credits for Grade 11.
- Lifesaving Instructor + Bronze Cross are worth 3 credits for Grade 11.
- National Lifeguard – Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Lifesaving Swim Instructor is worth 2 credits for Grade 11.

Leadership classes will be subject to a \$45.00 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. No withdrawals/refunds after class starts, except for medical reasons.

To view upcoming courses in BC please visit:
www.lifesaving.bc.ca/courses



LIFESAVING SOCIETY SWIM LESSONS



PARENT & TOT LESSONS (Ages 4 months-3 years) - 30 minute classes

Parent & Tot 1 Jellyfish 4-12 Months	Enter & exit the water safely with tot, readiness for submersion, hold tot on front with eye contact, hold tot on back with head & back support, front float (face out & asst.), back float (asst.), float wearing PFD (asst.), arms - splashing/ reaching/paddling (on front & back), & legs-tickling/splashing/kicking (on front & back).
Parent & Tot 2 Goldfish 12-24 Months	Entry from sitting position (asst.), exit the water (asst.), blow bubbles on & in water, face wet & in water, attempt to recover object below surface, entry from sitting position wearing PFD & return (asst.), front float (face in & asst.), back float (asst.), kicking on front & back (asst.), & surface passes with continuous contact.
Parent & Tot 3 Seahorse 24-36 Months	Jump entry (asst.), entry & submerge from sitting position (asst.), exit the water - unassisted, hold breath underwater (asst.), attempt to open eyes underwater, attempt to recover object from bottom, standing jump entry/return to edge (asst.), jump entry & float wearing PFD (asst.), front & back "starfish" floats (asst.), front & back "pencil" floats (asst.), kicking on front & back (asst.), & underwater passes.

PRE-SCHOOL LESSONS (ages 3-5 years) - 30 minute classes

Preschool 1 Octopus	Enter & exit shallow water (asst.), jump into chest-deep water (asst.), face in water, blow bubbles in water, float on front & back (3 sec. each) asst., safe movement in shallow water wearing PFD, & glide on front & back (3m each) asst.
Preschool 2 Crab	Enter & exit shallow water wearing PFD, jump into chest-deep water, submerge, submerge & exhale 3 times, float on front & back (3 sec. each) wearing PFD or with buoyant aid, roll laterally front to back & back to front wearing PFD, glide on front & back (3m each) wearing PFD or with buoyant aid, & flutter kick on back with buoyant aid 5m.
Preschool 3 Orca	Jump into deep water wearing PFD & return & exit, sideways entry wearing PFD, hold breath underwater 3 sec., submerge & exhale 5 times, recover object from bottom in waist deep water, back float & roll to front & swim 3m, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front & back 3m each, flutter kick on back 5m, & flutter kick on front 5m.
Preschool 4 Sea Lion	Jump into deep water, return & exit, sideways entry, tread water 10 sec. wearing PFD, open eyes underwater, recover object from bottom in chest deep water, wearing a PFD-sideways entry into deep water-tread 15 sec.- swim/kick 5m, front float-roll to back-swim 5m, glide on side 3m, flutter kick on front 7m-on back 7m-on side 5m, & front crawl 5m wearing PFD.
Preschool 5 Narwhal	Forward roll entry wearing PFD, tread water 10 sec., submerge & hold breath 5 sec., recover object from bottom in chest-deep water, wearing PFD-sideways entry into deep water-tread 20 sec.-swim/kick 10m, whip kick in vertical position 20 sec. with a PFD or buoyant aid, front crawl 5m, back crawl 5m, interval training-4 x 5m flutter kick on back with 30 sec. rests.

SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-2)/45 minute class (levels 3-6)/60 minute class (levels 7-9)

Swimmer 1	Enter & exit shallow water, jump into chest-deep water, jump into deep water wearing PFD, tread water 30 sec. wearing PFD, hold breath underwater 5 sec., submerge & exhale 5 times, open eyes underwater, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front/back & side 3m each, flutter kick on front & back 5m each, & front crawl 5m wearing PFD.
Swimmer 2	Jump into deep water-return & exit, sideways entry wearing PFD, tread water 15 sec., recover object from bottom in chest-deep water, wearing PFD-jump into deep water-tread 30 sec.-swim/kick 15m, flutter kick on front/back & side 10m each, whip kick in vertical position 30 sec. with aid, front crawl & back crawl 10m each, & interval training-4 x 5m flutter kick with 20 sec. rest.
Swimmer 3	Kneeling dive into deep water, forward roll entry into deep water, tread water 30 sec., handstand in shallow water, front somersault (in water), jump into deep water-tread 30 sec.-swim/kick 25m, flutter kick on back 5m-reverse direction & flutter kick on front 5m, flutter kick on front 5m-reverse direction & flutter kick on back 5m, whip kick on back 10m, front crawl & back crawl 15m each, & interval training-4 x 15m flutter kick with 20 sec. rest.
Swimmer 4	Standing dive into deep water, tread water 1 min., swim underwater 5m, roll entry into deep water-tread 1 min.-swim 50m, whip kick on front 15m, breaststroke arms drill 15m, front crawl & back crawl 25m each, interval training-4 x 25m front or back crawl with 20 sec. rests, & sprint front crawl 25m.
Swimmer 5	Shallow dive into deep water, tuck jump (cannonball) into deep water, jump entry into deep water-tread 2 min., stationary eggbeater kick 30 sec., back somersault (in water), roll entry into deep water-tread 90 sec.-swim 75m, breaststroke 25m, front crawl & back crawl 50m each, head-up front crawl 10m, interval training-4 x 50m front or back crawl with 30 sec. rests, interval training-4 x 15m breaststroke with 30 sec. rests, & sprint front crawl & back crawl 25m each.
Swimmer 6	Stride entry into deep water, compact jump into deep water, legs-only surface support 45 sec., swim underwater 10m to recover object, eggbeater kick on back 15m, scissor kick 15m, breaststroke 50m, front crawl & back crawl 100m each, head-up swim 25m, interval training-4 x 25m breaststroke with 30 sec. rests, sprint breaststroke 25m & workout 300m.
Swimmer 7-9 Patrol	After completing Swimmer 6 this is the next step. This course is a blended program where participants will work towards their Rookie Patrol, Ranger Patrol and Star Patrol certificates. Participants will continue to develop their strokes, increase their endurance and learn first aid and water rescue skills.
Homeschool Lessons	The regular Swimmer Program curriculum will be taught through a series of blended levels. Just indicate what level your child is at when you register. Parents & other siblings can choose to pay a drop in fee & play in the pool during the lesson time or network on the pool deck.

TEEN & ADULT LESSONS (Ages 12+) - 45 minute classes

Teen/Adult Beginner	Beginner swimmers welcome! Don't like getting your face wet? Never felt comfortable floating? Want to learn how to do more than just dog paddle?
Teen/Adult Inter/Advanced	Designed for swimmers that feel comfortable in the water and can swim at least 2 lengths. Small class size means we can cater to each individuals needs whether you just want to learn how to do butterfly or work on your strokes for your next triathlon.

PRIVATE LESSONS (ages 3+) - 30 minute classes

Single	Does your child keep repeating the same level? Need that extra practice to get you through to the next level? Register for a single private lesson.
Personalized Lessons	Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? Registering more than one child in the same level? These private lessons follow the regular lesson set dates and times. Register for private lessons for the entire lesson set and receive 10% off.



SWIMMING LESSONS

TO REGISTER SEE PAGE 65 FOR ONLINE OR PHONE IN REGISTRATION INFORMATION

PLEASE NOTE: No classes Sep 30, Oct 14 & 19, Nov 11

FALL Swim Lesson registration opens at 8:00 AM, Monday August 12



LESSONS - AQUATIC CENTRE

LEVEL	FALL A FALL B FALL C FALL D	MONDAY ONLY Sep 9-Oct 28 (6) no class Sep 30, Oct 14 Nov 4-Dec 16 (6) no class Nov 11	TUESDAY & THURSDAY Sep 5-26 (7) Oct 1-31 (10) Nov 5-28 (8) Dec 3-19 (6)	WEDNESDAY ONLY Sep 4-Oct 23 (8) Oct 30-Dec 18 (8)	FRIDAY ONLY Sep 6-Oct 18 (7) Nov 1-Dec 20 (8)	SATURDAY ONLY Sep 7-Oct 26 (8) Nov 2-Dec 21 (8)	SUNDAY ONLY Sep 8-Oct 27 (8) Nov 3-Dec 15 (7)
PARENT & TOT 1 & 2 JELLYFISH/GOLDFISH		9:00am 4:45pm	5:15pm	9:35am 4:45pm	10:10am	9:35am	9:35am
PARENT & TOT 3 SEAHORSE		9:35am 5:15pm	5:50pm	10:10am 5:15pm	9:00am	9:00am	11:20am
PRESCHOOL 1 OCTOPUS		9:00am 10:10am 3:35pm 4:10pm 4:45pm	10:00am 10:30am 3:35 pm 4:40pm	9:35am 10:10am 3:35pm 4:10pm 4:45pm	9:00am 9:35am 10:10am	9:00am 9:35am 10:10am 10:45am 11:15am 11:20am 11:55am 12:30pm	9:00am 9:35am 10:10am 10:40am 11:55am 12:30pm
PRESCHOOL 2 CRAB		9:35am 3:35pm 4:10pm 5:50pm	10:00am 4:10pm 5:15pm	9:00am 3:35pm 4:10pm 5:50pm	9:35am	9:35am 10:10am 12:30pm	10:10am 11:55am
PRESCHOOL 3 ORCA		10:10am 4:10pm	10:30am 5:50pm	9:00am 4:10pm		9:35am 10:40am	9:00am 10:45am
PRESCHOOL 4 & 5 SEA LION/NARWHAL		5:15pm	4:45pm	5:15pm		11:55am	10:10am
SWIMMER 1		3:35pm 4:10pm 4:45pm	4:10pm 4:40pm	3:35pm 4:10pm 4:45pm		9:00am 9:35am 10:10am 10:45am 11:20am 12:30pm	9:00am 9:35am 10:40am 11:20am 12:30pm
SWIMMER 2		3:35pm 5:15pm 5:50pm	3:35pm 5:15pm 5:50pm	3:35pm 5:15pm 5:50pm		9:00am 10:10am 11:15am 11:55am	9:00am 10:10am 12:30pm
SWIMMER 3		4:45pm 6:25pm	3:50pm 6:25pm	4:45pm 6:25pm		9:00am 9:50am	9:50am 10:40am
SWIMMER 4		5:30pm 6:25pm	3:50pm 7:15pm	5:30pm 6:25pm		9:00am	9:00am 11:30am
SWIMMER 5		7:15pm	4:40pm	7:15pm		9:50am	9:50am
SWIMMER 6		7:15pm	5:30pm	7:15pm		10:40am	9:00am
SWIMMER 5/6			6:25pm				
SWIMMER 7-9 PATROL			7:15pm	7:00pm		12:00pm	
TEEN/ADULT BEGINNER			6:25pm				
TEEN/ADULT INT/ADV			7:15pm				
PRIVATE LESSONS		5:50pm 6:20pm 6:55pm 7:00pm 7:30pm		5:50pm 6:20pm 7:00pm 7:30pm		11:20am 12:15pm	12:30pm
PERSONALIZED LESSONS		6:25pm		6:25pm		9:00am 10:45am 12:30pm	9:35am 10:45am

CVRD SWIMMING LESSONS

Please be advised we reserve the right to withdraw participants registered in the wrong level due to safety concerns.

LIFESAVING SOCIETY LEARN TO SWIM PROGRAM

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

Important Swim Lesson Information:

- Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level. You will have to have a cleaning shower before entering the water. If you/your child gets cold easily you may want to wait until just before the start of the class to get wet. Please remove your shoes before accessing the pool deck.
- Preschool levels and levels 1-2 generally take place in the Wave Pool with the occasional visit to the 25 meter pool Levels 3 and up will generally take place in the 25 meter pool.
- Some swim lessons such as the weekday morning lessons take place during public swimming times - so the pool space will be shared.



follow comoxvalleyrd    

PUBLIC ICE PROGRAMS

SEPTEMBER 3, 2024 - DECEMBER 31, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
70+ Hockey 9:15-10:30am Arena #2		70+ Hockey 9:15-10:30am Arena #2			PLEASE NOTE: All skaters must wear a CSA approved helmet - limited helmets available on site! Please bring one from home.	
65+ Hockey 10:45-12:15pm Arena #1	70+ Hockey 10:45-12:15pm Arena #1	65+ Hockey 10:45-12:15pm Arena #1	70+ Hockey 10:45-12:15pm Arena #1	65+ Hockey 10:45-12:15pm Arena #1		
Everyone Welcome 12:30-1:30pm Arena #1	Stick & Puck 12:30-1:45pm Arena #1	Everyone Welcome 12:30-1:30pm Arena #1	Stick & Puck 12:30-1:45pm Arena #1	Everyone Welcome 12:30-1:30pm Arena #1		
55+ Hockey 1:45-3:15pm Arena #1		55+ Hockey 1:45-3:15pm Arena #1		55+ Hockey 1:45-3:15pm Arena #1		
	Everyone Welcome & Shinny 3:00-4:45pm Arena #2		Everyone Welcome & Shinny 3:00-4:45pm Arena #2	Everyone Welcome & Shinny 3:00-4:45pm Arena #2		
Everyone Welcome & Shinny *6:30-8:30pm Arena #2		Everyone Welcome & Shinny 6:30-8:30pm Arena #2				

Visit www.comoxvalleyrd.ca/registration and click on Drop-In Availability for most up to date schedule information.

CVRD PUBLIC ICE PROGRAMS

Programs Available by Booking

Save time and book your space online. When you book your hockey spot the space is reserved for you. You can book your space up to 10 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online please contact a customer service representative at 250-334-9622.

Hockey (55+, 65+ & 70+)

Full hockey gear including helmet required. **Please book your space online.** Limited to 26 players/2 goalies. Please note the various age divisions.

Skate Sharpening—\$6.10

Books of 10 economy tickets available
Hours of Operation are during public program times:
Mon/Wed 9:15-3:00 PM
6:30-8:30 PM
Tue/Thu/Fri 10:45-1:45 PM
3:00-4:45 PM
Sat/Sun 3:00-4:45 PM

Skate Rentals—\$4.00

Books of 10 economy tickets available

Drop in Programs

Everyone Welcome Skate

All ages welcome. Shinny Hockey is only available during designated times where indicated on the schedule.

Shinny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shinny hockey. All participants must wear a helmet, gloves, long sleeve shirt and pants. Don't forget your stick. Limited to 20 players/2 goalies max.

Stick & Puck

This session focuses on individual stick handling and puck shooting activities to help maintain your hockey conditioning and skills. Casual hockey skills practice with no passing, game play/ scrimmages, group drills or competition. Limited to 20 people max. As hard pucks will be permitted - participants should be wearing full gear but at a minimum must have a helmet & gloves. All ages welcome!

Hockey Sleds - FREE

8 adult & 4 child sized sleds available on site



PUBLIC ICE PROGRAMS

Short Notice Ice Rental

Short Notice Ice Rentals are available Monday to Friday during our pre-season/regular season for \$45 per hour and spring/summer season for \$65 per hour (excluding statutory holidays). You can only book a maximum of 2 days in advance through the administration office and regular rental procedures are in effect including insurance requirements. Please note: You must book weekend rentals by Friday at 2:00 PM.

To book ice time please visit www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals to check ice availability, and **submit a booking request form.**

Special Skates & Schedule Changes

Sep 30 – STAT – National Truth & Reconciliation Day - CLOSED
Oct 14 – STAT – Thanksgiving - CLOSED
Oct 25– Pro-D Day Supersaver – EW 3:00-4:45 pm
Nov 11 – STAT – Remembrance Day - CLOSED
Nov 17 –Free CVSC Skate 3:00-5:00 pm Sponsored by Fisher & Associates, Royal LePage Comox
Nov 21 – Parent Teacher Day Supersaver – EW 3:00-4:45 pm
Dec 21-27 – SPECIAL SKATE SCHEDULE – Winter Wonderland – all other EW skates canceled
Dec 24 – CLOSED at 3 pm
Dec 25/26 – STAT – Christmas & Boxing Day – CLOSED
Dec 31 – CLOSED at 3 pm
Dec 31 – New Year’s Eve Free Family Swim & Skate 5-8 pm – Sponsored by Robbins & Company
Jan 1 – STAT – New Years – CLOSED

Check the events listing on page 70-74 for more info.



REGISTERED ICE PROGRAM DESCRIPTIONS



CVRD REGISTERED ICE PROGRAMS

Parent & Tot Skating Lessons (Ages 2-5 years) - 30 minute classes	
Parent & Tot Skating Lessons	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant - it's all about the fun!
Parent & Tot Hockey Lessons***	Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun - emphasis on skill development. Kids require full gear/parents just need a helmet with cage/face shield.
Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 30 minute classes	
Arctic Bunny	Using games and activities participants will spend quality time learning how to become comfortable on the ice. Proper form and balance is introduced and practiced.
Arctic Fox	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
Arctic Owl	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Arctic Penguin	More complex skating positioning is introduced, such as slalom ski and outside edge work. Participants are encouraged to practice a combination of at least three basic skills together.
Arctic Bear	Participants are comfortable doing backwards crossovers and are introduced to parallel stopping. Participants are encouraged to practice a combination of at least four basic skills together.
Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes	
Flurry	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
Blizzard	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Storm	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
Iceberg	Participants are introduced to parallel stops and pumping for speed.
Northern Lights	Participants are comfortable with advanced skills such as pivots, inside edge work and staggered slalom ski course.
Homeschool Lessons	The regular Ice Blades program curriculum will be taught through a series of blended levels. Just inform the customer service representative what level your child is in when you register. Parents and other siblings can choose to pay a drop in fee and skate during the lesson time or network in the lobby.
Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots & 1 hour classes for Coolest Game	
Tiny Tot Hockey (3-6 yr)***	Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. <i>(All Tiny Tot & Coolest Game participants and their families from the 2023-24 season are invited to the wrap up party on Mar 16 12:45-4:45 PM - please register your Tiny Tot or Coolest Kid at the front desk.)</i>
Coolest Game on Earth (7-13 yr)***	If you have never played ice hockey before, this is the program for you. Learn the basic skills and have fun. All participants must be able to skate on their own. <i>(All Tiny Tot & Coolest Game participants and their families from the 2023-24 season are invited to the wrap up party on Mar 16 12:45-4:45 PM - please register your Tiny Tot or Coolest Kid at the front desk.)</i>
Para Ice Hockey (Ages 5+ Years) - 75 minute classes	
Para Ice Hockey (5-14 yrs or 15+ yrs)***	Para Ice Hockey (formerly known as Sledge Hockey) is an adapted version of stand up ice hockey. Participation is open to both people with physical disabilities and people who are able bodied. Instead of skates, players sit in specially designed sleds. Players move around on the ice using two sticks, which have a spike-end for pushing and a blade-end for shooting. Upper body strength, core stability and finger dexterity are necessary for full, independent participation in the sport. Adaptations such as push bars, anti-tippers, chest straps and higher backs on the sledges are available for those who may need the extra support. The first ½ hr of the program is spent getting ready (gear on/strapping into sled) then the 45 min class is spent developing your skills and having fun. Shin pads, helmet with cage, gloves and elbow pads.
Discover Hockey (Ages 18+) - 75 minute classes	
Discover Hockey (18+)***	The goal of the program is to improve participants hockey skills to the point that they would feel comfortable joining a beginner hockey league. Expect lots of support in a positive learning environment, increased love of the game and to have fun. Program includes on ice instructional sessions and 4 scrimmage games. Fall session is \$264.28 + \$40.00 for a hockey jersey if you don't already have one (15 classes)
Private Lessons (Ages 3+) - 30 minute classes	
Private Lessons	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$34.10 per 1/2 hour. All ages and abilities welcome at our private lessons. Please call 334-9622 ext 0 to register or ext 3708 if you are interested in alternative days/times.



REGISTERED ICE PROGRAMS

Ice skating is a great way to get exercise, meet people and have fun. To learn the basics of skating, it is important to start out on the right 'foot' by taking a few lessons. On-ice instruction prevents the development of bad habits, improves confidence and helps to master the basic techniques. Learning to skate also develops coordination, poise and good posture. Getting started takes only a little knowledge and plenty of enthusiasm! For ice program fees see page.

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	SATURDAY	SUNDAY
FALL 2024 <i>Fall registration opens Monday, Aug 12 at 8:00 am.</i>	Sep 4-Oct 9 (10) no class Sep 30 Oct 16-Nov 6 (7) Nov 13-Dec 18 (11)	Sep 5-Oct 10 (11) Oct 15-Nov 14 (10) Nov 19-Dec 19 (10)	Sep 7-Oct 26 (8) Nov 2-Dec 14 (7)	Sep 8-Oct 27 (8) Nov 3-Dec 15 (7)
Parent & Tot Skating Lessons (2-5)				12:45pm
**Parent & Tot Hockey Lessons (2-5)				1:30pm
Ice Blades - Preschool Skate Lessons (3-5)				
Arctic Bunny			12:45pm, 1:30pm, 2:15pm	12:45pm, 2:15pm
Arctic Fox		10:00am	1:30pm, 2:15pm	
Arctic Owl		10:00am	2:15pm	
Arctic Penguin			12:45pm	
Arctic Bear			12:45pm	
Ice Blades - Youth Skate Lessons (6+)				
Flurry			2:15pm	1:30pm, 2:15pm
Blizzard			1:30pm	
Storm			12:45pm	
Iceberg			12:45pm	
Northern Lights			1:30pm	
Homeschool Lessons	3:15pm			
***Tiny Tot Hockey (3-6)			12:45pm	
**Coolest Game (6+)			1:45pm	
***Para Ice Hockey (5+)				1:30pm
***Discover Hockey (18+)				8:30pm (Fall 15 classes)
Private Skating Lessons	3:15pm	2:00pm		

PLEASE NOTE: All on ice participants (caregivers & children) MUST wear a CSA approved helmet. Please bring one from home—hockey helmet with face shield recommended. Skate rentals included in lesson fee.

** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick. Full gear is recommended.

*** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick, neck guard, shin/shoulder/elbow pads, hockey pants/socks & jock or jill.

Unsure what level to register for? Drop by and have your or your child's ability assessed for free at one of our Everyone Welcome Skates! Includes skate rentals.



REGISTERED ICE PROGRAMS

Little Ringers (3-5 + Adult)***

Introduction to Ringette

This program is a partnership between the CVRD and Comox Valley Ringette. Playing ringette helps build strong, fit & confident kids. This introductory program is designed for you and your tot to have fun, get active and learn the basics of skating and ringette. Have fun every Sunday!

Sports Centre Arena #2

Sundays

58565 Sep 8 – Oct 27

12:45-1:30 pm

\$97.20 (8)



Adult Recreational Hockey Program (18+)*** League Style Hockey

The CVRD Adult Hockey Program provides an opportunity for individuals aged 18+ to play recreational, non-contact, ice hockey. This program is designed for those who wish to play for fun and are newer to hockey or just looking to play at a slower pace than the CVHL Intermediate League. Ice hockey can be a tremendous source of fun, fitness and camaraderie when played according to league rules and with the right attitude. Teams will be created each week with some juggling of players based on ability. Our goal is to have a good balance of skill on each team. Each game will have one referee, a scorekeeper and access to two sets of jerseys. Come join the fun!

Sports Centre Arena #2

Sundays

58525 Sep 22 – Dec 1 No game Oct 13

5:15-6:30 PM

\$121.00 (11)

**Fall registration opens
Monday, August 12 at
8:00 am!**

CVHL - Comox Valley Hockey League

Adult Intermediate Hockey League (18+)***

The CVHL is a partnership between the CVRD, Comox Valley Sports & Social Club and 19 Wing Recreation that offers a non-contact, blended adult intermediate hockey league. Register as a team of up to 20 skaters (including goalie) or sign up for the singles team (17 players max). Round up some friends today and join in on the action.

For more information, or to register, visit www.comoxvalleyhockey.ca or email scott@comoxvalleyhockey.ca.



Riding with BC Transit just got more convenient with umo.



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Visit bctransit.com/umo for more info or call 877-380-8181 toll-free for support.


9583




FireSmart™ Program Helps Protect Your Home


The Comox Valley Regional FireSmart Resilience Committee is encouraging all residents to FireSmart their properties. Forest fires are a natural part of our ecosystem. You can reduce the risk of losing buildings and properties in a wildfire event by using simple FireSmart Tips.


FireSmart Tips For Your Home


- 

Have a wildfire evacuation plan and make sure everyone in your household knows what to do.
- 

Relocate propane tanks, firewood and lumber 10 - 30 metres from your home, and keep combustible vegetation a minimum of 10 metres from propane tanks.
- 

FireSmart doesn't mean that your trees have to be cut down. Keeping them spaced and pruned is often sufficient.
- 

Clean and maintain gutters and roofs. Keep decks and balconies clear of leaves and debris.
- 

Clean under your deck to remove any combustible material. Establish a 1.5 metre non-combustible zone around the perimeter of the house and deck.
- 

Hold sheds and other structures to the same standards as your home.

To register for local emergency notifications delivered to registered users mobile or landline phones, visit: www.comoxvalleyrd.ca/getnotified

FireSmart™, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre. For more information, call: **250-334-6000** or visit: www.comoxvalleyrd.ca/firesmart

PROUDLY SUPPORTED BY:
 CITY OF COURTENAY | K'OMOKS FIRST NATION
 TOWN OF COMOX | VILLAGE OF CUMBERLAND





Neighbourhood Emergency Preparedness Program

Is Your Neighbourhood Prepared?

Helping your neighbours during an emergency is vital to having self-reliant communities.

**Neighbourhoods that plan
for disaster, recover faster.**

Learn about the Neighbourhood Emergency Preparedness Program (NEPP) and how each household in your community can get involved. Disaster planning starts at the neighbourhood level!

For more information, call: **250-334-6000** or visit: comoxvalleyrd.ca/nepp

IN PARTNERSHIP WITH:





19 WING COMOX
WELCOME



FACILITY PASSES		
CATEGORY	SINGLE	FAMILY
REGULAR: Active Canadian Forces, Veterans, Foreign Military while employed at 19 Wing, and their families.		
1 Year	\$155	\$243
Facility Drop-in	Adult (19yrs+) \$5 Youth (7-18yrs) \$3	---
ORDINARY: Current and Retired DND Public Servants, Staff of Non-Public Funds, MFRC, DCC, Serving RCMP and their families.		
1 Year	\$285	\$445
Facility Drop-in	Adult (19yrs+) \$6 Youth (7-18yrs) \$4	---
ASSOCIATE: All others not identified in above categories.		
1 Year	\$525	---
Facility Drop-in	Adult (19yrs+) \$8 Youth (7-18yrs) \$5	---

REGISTRATION OPTIONS

IN-PERSON: 19 Wing Fitness Centre Customer Service Desk

PHONE: 250-339-8211 ext. 252-8315

NEW ONLINE OPTION - scan the QR Code on pg 91 to get to PSP Online

To use our new online registration option: please call 250-339-8211 ext 252-8315 to confirm your account details and enable online access.

Your temporary login information will be emailed to you from "CFMWS 19 Wing Comox".

19 Wing Fitness and Community Centre (FCC)

1575 Military Row Lazo BC V0R 2K0

250-339-8211 ext 252-8315

Hours of Operation

Monday - Friday

Defence Team Only 6am - 8:30am

Everyone Welcome 8:30am-9pm

Saturday & Sunday

Everyone Welcome 7am-6pm

Holidays CLOSED

Glacier Gardens Arena

1435 Military Row Lazo BC V0R 2K0

250-339-8211 ext 252-8314

Glacier Greens Golf Course

1200 Knight Road, Comox BC V0R 2K0

250-339-6515

Bistro19 Lounge

250-339-8163



Aquatics

POOL SCHEDULE 3 September - 20 December							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm 4:30-6pm	7:30-8:30am 11am-12:30pm 7-8pm	11am-12:30pm	7:30-8:30am 11am-12:30pm	3-4pm	10am-12pm 3-4pm
Open Swim	5-7pm	6-7:30pm				1-3pm	1-3pm
Homeschool Swim 18 September - 20 November			1-2:30				

All swim times are available to the general public, Defence Team Only time does not apply to the pool.
Schedule is subject to change on short notice for military training, practices, and events.

SWIMMING LESSONS					
WEDNESDAYS 18 Sept - 20 Nov			SATURDAYS 14 Sept - 28 Nov		
5:15pm	Swimmer 1	\$75	8:30am	Swimmer 3 & 4	\$75
	Swimmer 3	\$75		Preschool 3	\$76.50
6:00pm	Swimmer 2	\$75	9:15am	Preschool 2	\$76.50
	Swimmer 4	\$75		Swimmer 1 & 2	\$75
<i>Schedule subject to change as lessons fill.</i> <i>Confirmation to be sent out prior to lesson start.</i> <i>Private lessons scheduled as available at the times listed.</i> No Lessons Sat 12 Oct & 9 Nov			10:00am	Swimmer 1 & 2	\$75
				Preschool 1	\$76.50
			10:45am	Preschool 1	\$76.50
				Swimmer 5 & 6	\$103
			11:30am	Preschool 2 & 4	\$76.50
			30 min	Private Lesson	\$34.10

AquaFit
Mondays & Wednesdays 4-5pm
Pool (deep or shallow water)
9 September - 9 December
 This no-impact class is designed to improve your muscle strength, cardiovascular fitness, range of motion, posture & flexibility while using the resistance of the water. All while having fun moving to great music! Buoyancy belts and/or Pool Noodles are provided to ensure proper focus on safe, effective body alignment while working your deep core muscles the entire class! No swimming skills are required, other than feeling comfortable in deep water with the use of a buoyancy belt. Shallow water option available, instructor teaches from deep end. All fitness levels and ages welcome.
Instructor: Alana Hoever
 CAF/DND & Rec Pass Holders: \$8
 Drop-in without Rec Pass: \$10
Pre-Register for the term and receive \$2 off per class!



Homeschool Swim
Wednesdays 1-2:30pm
4 September - 20 November
 This is an opportunity for homeschool families to provide a physical, educational and fun activity for their children.
 Family Drop-in: \$7.50
 Pre-Register for full set: \$70

PSP Online Registration



MILITARY PREFERRED REGISTRATION STARTS MONDAY 29 JULY
 GENERAL PUBLIC REGISTRATION STARTS MONDAY 12 AUGUST



Classes

Bootcamp/Combat Class

BLT

(Barbell & Lifting Techniques)

Fridays 11:45am-12:45pm

20 September - 13 December

Studio Weight Room

Learn, re-learn, develop, or fine-tune your Olympic weight-lifting technique as you build strength and move barbells like a champion in a relaxed, and safe space! We offer a multi-level program so everyone can experience the benefits of doing barbell workouts.

Instructor: PSP Fitness Instructor

Drop-in with Rec Pass: \$10

Drop-in without Rec Pass: \$12

Combat

Mondays 11:45am-12:45pm

16 September - 9 December

Gymnasium

A high intensity workout that includes functional movements and strength challenges. Never the same workout twice!

Instructor: PSP Fitness Instructor

Drop-in with Rec Pass: \$10

Drop-in without Rec Pass: \$12

Gentle Hatha Flow Yoga

Mondays 7-8pm

Multi-purpose Room

9 September - 9 December

Explore the benefits of gentle movement with intentional breathing to soothe your nervous system, release turbulent thoughts, ease physical tension, balance energy and leave feeling refreshed body, mind and spirit. Options offered to encourage you to try, linger, rest and breathe as you require, moment by moment. Classes led from a trauma-sensitive approach to optimize choice-making.

Instructor: Janet Haigh

CAF/DND & Rec Pass Holders: \$12

Drop-in without Rec Pass: \$15

Pre-Register for the term and receive \$2 off per class!

Noon Hour Yoga

Wednesdays 11:45am-12:45pm

18 September - 11 December

Multi-purpose Room

Explore a combination of mindful movements and postures where you can find flexibility, strength, and balance within your body. Focus on challenging yourself or recovery with this guided practice.

Instructor: Adrienne Lema

Drop-in with Rec Pass: \$10

Drop-in without Rec Pass: \$12

Spin

Tuesdays 11:45am-12:45pm

17 September - 10 December

Multi-purpose Room

The only thing you'll miss is the traffic! No matter your cycling experience, you are sure to have a workout you won't forget. Take your fitness routine up a notch, whether you're a beginner looking to get started or an advanced rider trying to reach a goal, we've got you covered.

Instructor: Natasha Neave

Drop-in with Rec Pass: \$10

Drop-in without Rec Pass: \$12

TRX

Thursdays 11:45am-12:45pm

19 September - 12 December

Gymnasium

Come join our TRX class where we combine the power of TRX suspension training with interval training to deliver a full-body workout like no other. In our TRX class be prepared to move through a variety of strength exercises using your own body weight, along with additional tools such as dumbbells, barbells, BOSU and more.

Instructor: PSP Fitness Instructor

Drop-in with Rec Pass: \$10

Drop-in without Rec Pass: \$12

Youth Weightroom

Orientation (13-17yrs only)

A Youth Weightroom Orientation is required for unsupervised access to our weightroom & cardio room.

Call to be added to our waitlist!

Dates and times To Be Confirmed

Registration is required

Instructor: PSP Fitness Instructor

Military & Rec Pass Holders: \$12

All Other Dependants: \$18

**Programs
& Activities**



Drop-in Recreation Activities



19 Wing Comox PSP

New Online Registration options available. Call to confirm your online access!

Arena

Cash only drop-in payment.
Rec Pass Holders, show pass to
Arena Attendant for entry.

Open Skate

Everyone Welcome
Sundays 10:45-11:45am
8 September - 20 December
Associate Drop-in Rates
Adult (19yrs+) \$8
Youth (7-18yrs) \$5

Gymnasium access is available by Drop-in or with a Rec Pass. Activities may have the option to pre-register for a discounted rate for the term.

Open Gym

Hours may vary, please call ahead for last minute availability.
Mondays 1-2:30pm
Wednesdays 1-2:30pm
Saturdays 7-9am & 4-6pm
Sundays 7-10am

Drop-in Basketball

Wednesdays 11:30am-12:30pm

Goaltimate (18+)

Mondays 7:30-9pm
4 November - 16 December
Goaltimate is a half-court Ultimate Frisbee game. The object of the game is to score by passing the disc to a teammate through a large semi-circle hoop (goal). It's 4v4, with on-the-fly hockey subbing, for fast play and good times! Experienced and new players welcome.

Drop-in Pickleball

Sundays 2:30-4:30pm
20 October - 22 December
Fun, social and friendly. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. A fun sport that combines many elements of tennis, badminton and ping-pong, played on a badminton sized court and a slightly modified tennis net, a paddle and plastic ball with holes. Played as doubles or singles.



Useful Links Schedules

www.cfmws.ca/comox/fcc
www.sbmfc.ca/comox/fcc-fr

Classes & Programs

www.cfmws.ca/comox/programs
www.sbmfc.ca/comox/programmes

Policies

www.cfmws.ca/comox/terms
www.sbmfc.ca/comox/termes

For The Military Community Silly Skate

Fri 30 August 3:30 - 4:30

Halloween Skate

Weds 30 October 4-5:15pm

Skate with Santa

Weds 11 December 4-5pm TBC

Schedules
& Fees



Gentle Hatha Flow Yoga - instructed by Janet Haigh

COMOX RECREATION PROGRAMS



MILITARY PREFERRED REGISTRATION STARTS MONDAY 29 JULY
GENERAL PUBLIC REGISTRATION STARTS MONDAY 12 AUGUST





TOWN OF COMOX

COMOX RECREATION
WELCOME



Fall Registration:

Monday, Aug 12 at 6:00 am

Hours of Operation:

Monday to Friday

6:00 am - 9:30 pm

Saturday & Sunday

8:00 am - 4:30 pm

Please Note:

The Front Desk closes 15 min prior to the building closing.

Building Closed:

Labour Day - **Sep 2**

National Day for Truth &

Reconciliation - **Sep 30**

Thanksgiving - **Oct 14**

Remembrance Day - **Nov 11**

Closed at 1:00 pm - **Dec 24**

Christmas Day - **Dec 25**

Boxing Day - **Dec 26**

Closed at 2:00 pm - **Dec 31**

New Year's Day - **Jan 1**

Comox Community Centre

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Art and Acting Classes
See pages 113-118



Group Fitness Flex
See page 100

Three Easy Ways To Register:

-  **Online:** www.comox.ca/rec
-  **By Phone:** 250-339-2255
-  **In Person:** 1855 Noel Avenue, Comox

Fall program registration starts
Monday, August 12 at 6:00 am

Contact Us:

General Inquires:

Comox Community Centre
1855 Noel Ave, Comox BC
V9M 2H4
250-339-2255

 info@comox.ca

Recreation Director

Ted Hagmeier Ext. 5682

Recreation Supervisor

Amy Bauman Ext. 5683

Recreation Programmers

Justin Wolfe Ext. 5700
Hanna Stoddart Ext. 5837

Facility & Field Bookings

Shannon DuGas Ext. 5696

Follow Us:

 facebook.com/comoxcommunitycentre

 [@comoxcommunitycentre](https://instagram.com/comoxcommunitycentre)

Legend:

-  FREE Program
-  Drop-in Program
-  New Program
-  Program offered during Childminding
-  - C Contractor led program

Message from the Mayor

Fall has arrived, evident in the crisp morning air! We had a fantastic summer in Comox, enjoying the beautiful weather and taking part in numerous community events and activities. Now, as we celebrate the harvest season, it's a perfect time to express gratitude for our blessings and settle back into our routines at the Comox Community Centre.



As we transition into this season, I am thrilled to introduce a brand-new program: the Early Years Collaborative - Speaker Series. This free drop-in session offers parents the chance to learn valuable parenting skills from experts right here in our community. For more details, be sure to check out page 118.

We also have an exciting lineup of special events that I encourage everyone to attend:

Music in the Park: Enjoy a free concert at Marina Park on September 1.

Dinosaur Day: Mark your calendar for October 5.

Haunted Hallway: Get ready for some spooky fun on October 25.

Family Movie Night: Join us on December 13 for an entertaining evening together.

And don't forget our always popular Family Fun Night from 6:15 - 8:30 p.m. This is a fantastic opportunity for families to come together and enjoy a range of activities. Additionally, our Pre-teen Hangout from 6:30 - 8:00 p.m. and Youth Open Gym from 8:00 - 9:30 p.m. provide great spaces for our younger members to connect and have fun.

Whether you're working out in the Fitness Studio, joining a fitness class, or enjoying some active time with your children in the gym, there are plenty of opportunities to stay active this fall. We look forward to seeing you at the Comox Community Centre and our seasonal special events.

Best regards,
Nicole Minions
Mayor, Town of Comox



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | [See page 95](#)





JOIN
YOU FIT IN HERE!



Fitness Studio Hours

Monday to Friday
6:00 am - 9:30 pm

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



Welcome to the Comox Community Centre Fitness Studio

Fitness Studio Rates	Adult	Senior	Student	Family
Drop-in	\$6.85	\$5.80	\$4.75	\$14.05
10 Visits	\$61.65	\$52.20	\$42.75	\$126.50
1 Month	\$73	\$61	\$51	\$149
3 Months	\$149	\$119	\$99	\$306
6 Months	\$249	\$197	\$154	\$511
1 Year	\$389	\$310	\$240	\$799
Unlimited Courts & Fitness Studio Pass - 3 months	\$209	\$159	\$139	

Prices, conditions, and schedules are subject to change without notice. Visit comox.ca/recreation for the latest info.

Adult: 19 - 59 years | **Senior:** 60 years + | **Student:** 12 - 18 years

Scan to register for our **FREE Fitness Studio Orientations**



Access for youth 12 - 15 years:

Youth 12 - 15 years may access the Fitness Studio, when:

1. An 'Ask A Trainer' is present, student must identify themselves to Reception and the Fitness Studio attendant.
OR
2. Accompanied by an adult 19 years or older who will supervise the student at all times and is responsible for the safety of the student and any damages incurred due to incorrect use of the machines.
OR
3. After completing a Fitness Studio Orientation.

FITNESS STUDIO HOURS:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:30 pm	6:00 am - 9:30 pm	8:00 am - 4:30 pm	8:00 am - 4:30 pm

FALL - Ask A Trainer

9:00 - 11:00 am 3:00 - 9:30 pm	3:00 - 9:30 pm	9:00 - 11:00 am 3:00 - 9:30 pm	3:00 - 9:30 pm	9:00 - 11:00 am 3:00 - 9:30 pm	8:30 am - 3:00 pm	8:30 am - 3:00 pm
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The Community Centre is closed Sep 2, Sep 30, Oct 14, Nov 11, Dec 24 at 1pm, Dec 25, Dec 26, Dec 31 at 2pm, & Jan 1.



PERSONAL TRAINING

I Want To Get Started Right Away

Quick Start: \$75 + gst

QuickStart PAIR: \$89 + gst

With this single 90 min session you will be able to safely & confidently use the Fitness Studio: complete orientation to the equipment and fitness studio etiquette. Includes a generic workout plan.

Quick Start Plus: \$149 + gst

Quick Start Plus PAIR: \$175 + gst

Build your confidence with a little more attention: 30 min verbal consult with a trainer to review your current status/goals followed by 2 x 1 hour training sessions. Includes a personalized workout plan.

I Have a Goal I Want to Achieve

Performance: \$239 + gst

Move your fitness to the next level: 30 min verbal consult with a trainer to review your goals plus 4 x 1 hour training sessions and a personalized progressive workout plan - including workouts to do on your own.

Performance Plus: \$429 + gst

As above with 8 x 1 hour sessions of training.

I Have Some Unique Challenges

Specialized: \$279 + gst

Take your first steps towards increased physical capacity and better quality of life: 30 min verbal consult with a trainer to review your health limitations and history plus 4 x 1 hour training sessions to start your fitness journey. Doctors referral required.

Specialized Plus: \$495 + gst

As above with 8 x 1 hour sessions of training.

I'm Ready For More...

Refresher: \$75 + gst

Break through fitness plateau. Refresh motivation & your workout. Must have completed 4 sessions with a CCC trainer within 12 months: 15 min consult to discuss goals. 45 min session to review a new plan.

Maintenance Packages:

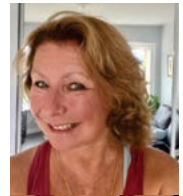
10 x 1 hr sessions for \$479 (PAIR \$579).
5 x 1 hr sessions \$239 (PAIR \$289) for ongoing clients. Must be a pre-existing client and/or have purchased a Quick Start Plus, Performance or Specialized package.

Personal Training questions? Contact us to discuss options: info@comox.ca

MEET OUR TRAINERS



Glenn Hascarl



Jill Nelson



Laurel Dickson



Marty Gates



Paula Dickie



Signi Caine

Spin Spin & TRX

14 years & up

Cover all your workout needs in one class! 25 min of high intensity spin followed by 25 min of muscular strength and endurance using the TRX suspension system. Finish up with a 10 min stretch. No sessions Sep 30, Oct 14 & Nov 11.

Location: Annex

Instructor: Glenn Hascarl

Mon & Wed | 8:00 - 9:00 pm

#16680 | Sep 4 - Oct 23 | \$104 + gst

#16681 | Oct 28 - Dec 18 | \$120 + gst

Tue & Thu | 9:15 - 10:15 am

#16213 | Sep 3 - Oct 24 | \$128 + gst

#16214 | Oct 29 - Dec 19 | \$128 + gst

Instructor: Glenny Whelan

Tue | 5:30 - 6:30 pm

#16551 | Sep 10 - Nov 26 | \$72 + gst

Instructor: Leanne Gray

Mon | 6:15 - 7:00 am

#16609 | Sep 9 - Oct 28 | \$42 + gst

#16610 | Nov 4 - Dec 16 | \$42 + gst

Wed | 9:15 - 10:15 am

#16607 | Sep 11 - Oct 30 | \$64 + gst

#16608 | Nov 6 - Dec 18 | \$56 + gst

Early Bird Spin with Leanne

14 years & up

Rise and shine ride. Kickstart the morning with a vigorous heart pumping workout. A variety of skills and drills accompanied with motivating music will help you push your fitness to the next level.

Instructor: Leanne Gray

Location: Annex

Wed | 6:15 - 7:00 am

#16580 | Sep 11 - Oct 30 | \$56 + gst

#16581 | Nov 6 - Dec 18 | \$49 + gst

Spin classes and more in the Group Fitness Flex!

See page 100 for more info.

Spin & Core with Leanne



14 years & up

Improve endurance, build strength and have FUN in this spin and core combo workout. Core work builds strength and stability in your abdominal and low back areas. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Leanne Gray

Location: Annex

Mon | 9:15 - 10:15 am

#16582 | Sep 9 - Oct 28 | \$48 + gst

#16604 | Nov 4 - Dec 16 | \$48 + gst

Fri | 9:15 - 10:15 am

#16605 | Sep 13 - Nov 1 | \$64 + gst

#16606 | Nov 8 - Dec 20 | \$56 + gst

Spin Strength Stretch with Leanne

14 years & up

20 min of heart pounding spin, 30 min of muscle stimulating resistance training using the TRX, bands and dumbbells, finish with a relaxing 10 min of stretching. The perfect combo class.

Instructor: Leanne Gray

Location: Annex

Thu | 6:15 - 7:15 pm

#16611 | Sep 12 - Oct 31 | \$64 + gst

#16612 | Nov 7 - Dec 19 | \$56 + gst

TRX Suspension Training with Leanne

14 years & up

TRX Suspension training adds a new dimension to fitness training. Leverage body weight versus gravity to develop muscular strength and endurance, balance, stability and joint range of motion. An all levels class that will revolutionize the way you think about those "same old gym exercises!" No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Leanne Gray

Location: Annex

Mon | 5:30 - 6:30 pm

#16613 | Sep 9 - Oct 28 | \$48 + gst

#16614 | Nov 4 - Dec 16 | \$48 + gst

Thu | 5:00 - 6:00 pm

#16615 | Sep 12 - Oct 31 | \$64 + gst

#16616 | Nov 7 - Dec 19 | \$56 + gst

Spin, Core & Pelvic Floor

14 years & up

25 min of spin followed by 20 min of postpartum safe core and pelvic floor work, and stretching. Pre-mobile babies welcome, but this class is not just for moms! Everyone is welcome.

Instructor: Laurel Dickson

Location: Annex

Tue | 11:00 - 11:45 am

#16623 | Sep 10 - Oct 22 | \$70 + gst

#16624 | Oct 29 - Dec 10 | \$70 + gst



Spin & Stretch with Michaela

14 years & up
 Each class will be a combination of various cycling components' and drills; long hill rides, short punchy climbs, flat cadence intervals, watt based drills and even some HIIT sets. Never the same ride twice! Let the music inspire you to challenge your own fitness. Finish with a thorough lower body stretch. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Michaela Jelen
 Location: Annex

Mon | 6:45 - 7:30 pm
#16572 | Sep 9 - Dec 16 | \$96 + gst
Fri | 6:15 - 7:00 am
#16573 | Sep 13 - Dec 13 | \$112 + gst

Youth Spin & Strength

12 - 18 years
 This combo spin/strength & core class is a fun opportunity to workout to music you love in the company of your peers & classmates. Emphasis on FUN will be integrated throughout the whole class! No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Michaela Jelen
 Location: Annex

Mon | 4:00 - 4:45 pm
#16574 | Sep 9 - Dec 16 | \$84 + gst

Fitness



Strength 101 for Teens

12 - 18 years
 Ready to get strong? Our program teaches you the basics of lifting, emphasizing safety and proper form. Build a solid foundation for your fitness future in a supportive environment. Join us to boost your strength, confidence, and overall fitness. No session Oct 15.

Instructor: Justin Wolfe
 Location: MP Hall 2

Tue | 4:00 - 4:45 pm
#16641 | Sep 10 - Oct 29 | \$77 + gst
#16642 | Nov 5 - Dec 10 | \$66 + gst



Group Fitness Flex

16 years & up
 Register for the Group Fitness Flex Class and have access to 11 classes per week during prime-time hours. Come as often as you want. No pre-booking, no hassle. Show up and work out!

#16620 | Sep 3 - Dec 21 | \$169 + gst

Mon	9:05 am	60 min	Room C	Laura	Power Flow Yoga
	5:15 pm	60 min	Gym A	Michaela	Strength & Cardio Circuit
Tue	4:30 pm	45 min	Annex	Carol	Spin & Core
Wed	5:15 pm	60 min	Room C	TBD	Pilates 101
	5:15 pm	60 min	Annex	Paul	Spin & Stretch
Thu	5:15 pm	60 min	Gym A	Vicky	Ball Strength & Stretch
Fri	7:15 am	60 min	Gym A	Michaela	Strength & Cardio Circuit
	10:30 am	60 min	Annex	Leanne	Spin & TRX
Sat	8:30 am	60 min	Room B	Laura	Power Flow Yoga
	9:00 am	45 min	Annex	Laurel	Cycle Beats
	10:15 am	45 min	Gym B	Laurel	Buff Body Circuit

We want to build a great program. Classes and schedules subject to change based on attendance and feedback.

Butts, Guts & Biceps

16 years & up

Every week will be something different in this total body class. Incorporating strength training along with cardio conditioning using a variety of equipment and body weight exercises. Leave sweaty and energized for the day. Previous exercise experienced is recommended. No sessions Sep 19 & Nov 7.

Instructor: Paula Dickie

Location: Gym A

Tue & Thu | 10:15 - 11:15 am

#16552 | Sep 12 - Dec 10 | \$192 + gst

Butts, Guts & Biceps Advanced

Tue & Thu | 9:00 - 10:00 am

#16553 | Sep 12 - Dec 10 | \$192 + gst

Paula - Small Group Training

16 years & up

Get the benefits and results of one on one personal training in this group strength training class. Improve your lifting form, confidence with weights and increase full body strength/mobility/flexibility and core. Participants will receive a structured workout plan each session. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Paula Dickie

Location: Gym A

Mon | 2:00 - 3:00 pm

#16556 | Sep 16 - Oct 28 | \$100 + gst

#16557 | Nov 4 - Dec 2 | \$80 + gst

Wed | 6:45 - 7:45 am

#16554 | Sep 18 - Oct 23 | \$120 + gst

#16555 | Oct 30 - Dec 4 | \$120 + gst

Childminding available during some fitness classes;

See page 112 for more info!

Kickboxing Boot Camp

16 years & up

Get stronger, release stress and have an amazing time in this bootcamp. Learn kickboxing skills while incorporating cardio and strength training using weights and various equipment. Finish off with core and mobility work and leave feeling strong and energized. No session Oct 16.

Instructor: Laurel Dickson

Location: Gym B

Wed | 9:15 - 10:15 am

#16639 | Sep 11 - Oct 23 | \$48 + gst

#16640 | Oct 30 - Dec 11 | \$56 + gst

Introduction to Foam Rolling

14 years & up

Using a foam roller can look like child's play but utilizing it correctly is the key to getting great results! Roll your way to better posture, greater flexibility and total relaxation. Keep your muscles supple by promoting blood flow and increasing circulation for improved fitness functionality and myofascial release. All fitness levels welcome. No session Sep 30.

Instructor: Glenny Whelan

Location: Room C

Mon | 10:30 - 11:30 am

#16547 | Sep 23 - Oct 7 | \$30 + gst

Postpartum Fitness Class

16 years & up

It is never too late to strengthen and repair your body after giving birth. Strengthen your postpartum body, while improving posture, healing your core & reconnecting to your pelvic floor. You are welcome to bring your baby (pre-mobile for safety reasons). You should no longer have any postpartum bleeding and let fatigue be your guide. If baby was born via C-section please join us after week 6 postpartum. No session Oct 11.

Instructor: Laurel Dickson

Location: MP Hall

Fri | 10:30 - 11:30 am

#16568 | Sep 6 - Oct 25 | \$70 + gst

#16570 | Nov 1 - Dec 13 | \$70 + gst

Stroller Fit

16 years & up

Enjoy exercising outdoors with other parents and their children! Using your stroller, bands and body weight, we strengthen all muscle groups. Finish with core and pelvic floor work. Children from 6 weeks onwards welcome to join in your own stroller. Please bring your own mat and dress for west coast weather. No sessions Oct 15 & Nov 7.

Instructor: Laurel Dickson

Location: Lower Gazebo at Marina Park

Thu | 9:30 - 10:30 am

#16567 | Sep 5 - Oct 3 | \$50 + gst





Fitness Cont'd

Ski & Snowboard Prep

18 years & up

Get ready for the slopes with our kinesiologist-led mobility, strength, and conditioning workshop. Dive into body mechanics and movement patterns to ensure a great ski or snowboard season. Feel strong and capable on the hill this year! This workshop can be taken as a stand-alone experience to apply to your own workouts, or you can continue with our 6-week series for a deeper dive into each programming element. Enhance your performance, prevent injuries, and receive a home workout plan to continue your preparation.

Instructor: Ryan Murphy

Location: Room C

Workshop

Tue | 11:00 - 1:30 pm

#16675 | Sep 17 | \$50 + gst

Series

Tue | 11:00 - 12:00 pm

#16676 | Sep 24 - Oct 29 | \$65 + gst

#16677 | Nov 5 - Dec 10 | \$65 + gst

Mobility 101

19 years & up

Focus on fundamental movements to enhance your range of motion, prevent injuries, and support overall physical health with techniques to maintain and improve your mobility for daily activities and workouts. Open to the public but geared for fitness professionals.

Instructor: Ryan Murphy

Location: Room C

Sat | 10:30am - 1:30 pm

#16682 | Sep 21 | \$60 + gst

#16683 | Oct 19 | \$60 + gst

#16684 | Nov 16 | \$60 + gst

#16685 | Dec 14 | \$60 + gst



Women's Strength & Core

16 years & up

Experience small group classes designed just for you, no matter your age or fitness level. Get strong and fit for life by improving your strength, mobility, function, and core stability. We focus on your form, technique, and hormonal health, with special attention to exercise and pelvic strength. Receive a personalized exercise plan at the end of each session, just like personal training. No sessions Oct 10 & 17.

Instructor: Signi Caine

Location: Gym B

Tue | 10:30 - 11:30 am

#16634 | Sep 10 - Oct 22 | \$140 + gst

#16667 | Oct 29 - Dec 10 | \$140 + gst

Tue | 12:00 - 1:00 pm

#16635 | Sep 10 - Oct 22 | \$140 + gst

#16668 | Oct 29 - Dec 10 | \$140 + gst

Wed | 7:45 - 8:45 am

#16651 | Sep 11 - Oct 23 | \$140 + gst

#16670 | Oct 30 - Dec 11 | \$140 + gst

Location: Room C

Tue | 5:15 - 6:15 pm

#16666 | Sep 10 - Oct 22 | \$140 + gst

#16671 | Oct 29 - Dec 10 | \$140 + gst

Location: MP Hall 2

Thu | 10:45 - 11:45 pm

#16678 | Sep 12 - Oct 24 | \$100 + gst

#16679 | Oct 31 - Dec 12 | \$140 + gst

Thu | 12:00 - 1:00 pm

#16636 | Sep 12 - Oct 24 | \$100 + gst

#16669 | Oct 31 - Dec 12 | \$140 + gst

Fitness ABC's for Seniors

65 years & up

Get active with your ABCs (agility, balance and coordination) to make daily living easier and help maintain your independence. Perfect for those who want to get and stay active in an engaging and social way. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Sharon Van Heyningen
Location: MP Hall

Mon & Wed | 12:15 - 1:15 pm
#16535 | Sep 9 - Dec 18 | \$216 + gst

50+ Strength Training

50 years & up

Prevent or even reverse the signs of aging. Protect your bone density, improve your strength, work on balance and increase joint range of motion in this fitness studio circuit training program. New participants see Glenn prior to program start during Ask A Trainer hours.

Instructor: Glenn Hascarl
Location: Fitness Studio

Tue & Thu | 11:00 am - 12:00 pm
#16617 | Sep 3 - Oct 24 | \$128 + gst
#16618 | Oct 29 - Dec 19 | \$128 + gst

Seniors Stretch & Strength

50 years & up

Fit seniors and beginner exercisers apply within! Get your energy flowing with a short cardio segment to increase heart rate and blood flow to the muscles. Move into joint friendly strength exercises using a variety of equipment and your own body. Finish with a thorough stretch to enhance flexibility while being guided through an uplifting visualization. No session Sep 20.

Instructor: Janice Bradford
Location: Gym B

Fri | 10:45 - 11:45 am
#16638 | Sep 6 - Dec 20 | \$120 + gst

NeuroWellness Movement

19 years & up

Exercise therapy for neurological conditions. Improve quality of life and reduce symptom progression caused by degenerative neurological conditions. Research-based NeuroFit BC exercises with high-intensity and big movements activate muscles for daily activities. The repetition of these specific, exaggerated motions unlock muscle stiffness and restrictions. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Mary Jo White

Level 1

For those who are walking without aids and are able to get up and down off the floor unassisted.

Location: Gym A & Annex

Mon | 10:15 - 11:30 am
#16560 | Sep 9 - Dec 16 | \$144 + gst
Wed | 10:30 - 11:30 am
#16563 | Sep 11 - Dec 18 | \$180 + gst

Level 2

For those who may require a gait aid or have a care worker/spouse attend; and may need extra time and assistance when getting down or up from the floor.

Location: Room C & Annex

Mon | 12:00 - 1:00 pm
#16561 | Sep 9 - Dec 16 | \$144 + gst
Wed | 12:00 - 1:00 pm
#16564 | Sep 11 - Dec 18 | \$180 + gst

NeuroWellness Movement Spin & Stretch

19 years & up

Emerging research has indicated that cycling at higher cadences such as 75-85 RPM can help in relieving Parkinson's symptoms as well as other neurological conditions (MS, stroke, etc.) both acutely and chronically. First timers on spin bikes welcome. Enjoy being social, getting a workout and managing your health.

Instructor: Sharon Van Heyningen
Location: Annex

Fri | 12:00 - 12:45 pm
#16534 | Sep 13 - Dec 13 | \$98 + gst

Strength & More

50 years & up

Improve your mobility and endurance for healthy independent, fully-functioning longevity. Develop strength, core strength, flexibility, agility, balance and coordination and recognize the mind body connection. No sessions Sep 20, 30, Oct 14, 18 & Nov 11.

Instructor: Glenn Hascarl
Location: Gym A

Mon | 9:15 - 10:15 am
#16631 | Sep 9 - Dec 16 | \$96 + gst
Wed | 9:15 - 10:15 am
#16632 | Sep 4 - Dec 18 | \$128 + gst
Fri | 9:15 - 10:15 am
#16633 | Sep 6 - Dec 20 | \$112 + gst





Fitness Cont'd


Forever Fit: Move & Groove

18 years & up
Movin' and Groovin' on a Monday to start your week right! Tick all the fitness 'boxes' with this one fabulous workout. Cardio for your heart, a variety of equipment for your muscles, mat work for your core, round this out with balance training and a full body relaxing stretch! Leave class energized for your day and your whole week! No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Janice Bradford
Location: Gym B

Mon | 10:45 - 11:45 am
#16637 | Sep 9 - Dec 16 | \$96 + gst

Osteoporosis Fit - C

50 years & up 
Build your muscles and bones! In this full body strengthening series with a focus on safe movement mechanics for preventing fragility fractures. If you have osteoporosis or osteopenia, this class is for you!

Instructor: Stephanie Devonshire
Location: Origin Integrated Health

Thu | 3:00 - 4:00 pm
#16575 | Sep 15 - Oct 24 | \$168 + gst
Thu | 12:00 - 1:00 pm
#16579 | Oct 3 - Nov 7 | \$198 + gst


Strength & Stability - C

60 years & up
Learn full-body strengthening with emphasis on on the lower body to help with movements like sit to stand, and getting up from the floor from a registered kinesiologist. We will focus on balance and stability. Perfect for anyone concerned about changes in strength and balance and the fear of falling.

Instructor: Stephanie Devonshire
Location: Origin Integrated Health

Fri | 1:30 - 2:15 pm
#16577 | Sep 27 - Nov 1 | \$168 + gst

Kinetic Core for Athletes - C

16 years & up 
Optimize athletic performance, move more efficiently and prevent injury. You will also learn how to breathe and engage your core in a functional way. Every Athlete needs this class! It's all those exercises and stretches you know you need but keep putting off.

Instructor: Kim Jaccard
Location: Origin Integrated Health

Tue | 5:30 - 6:30 pm
#16578 | Sep 24 - Oct 29 | \$180 + gst

Women's Only Kickboxing - C



12 years & up
Kickboxing is a fun and social class where you'll work the whole body through targeted conditioning, partner target drills, boxing drills and core stability training. You'll learn basic boxing system which is great for beginners and continues to challenge as you advance. Gloves and wraps are required and can be purchased through the instructor. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Richard Dobbs
Location: Gym B

Mon | 9:00 - 10:00 am
#16258 | Sep 9 - Nov 18 | \$99 + gst

Rising Strong Outdoor Strength & Fitness - C

35 years & up
Looking for a fitness class that utilizes our INCREDIBLE local green spaces to receive the health benefits that come from movement in nature? With a specialization in coaching women through the mid-life transition join coach Tina as she takes you through a total body strength workout, focusing on joint mobility, stabilization, and functional movement patterns. Choose either one or two days per week.

Instructor: Tina Wilson
Location: Various parks

Tue | 7:00 - 8:00 am
#16448 | Sep 10 - Oct 29 | \$112 + gst
#16512 | Nov 5 - Dec 17 | \$98 + gst
Thu | 7:00 - 8:00 am
#16513 | Sep 5 - Oct 24 | \$112 + gst
#16514 | Nov 7 - Dec 19 | \$98 + gst

Stronger Together

Tue | 9:00 - 10:00 am
#16517 | Sep 10 - Oct 29 | \$112 + gst
#16518 | Nov 5 - Dec 17 | \$98 + gst
Thu | 9:00 - 10:00 am
#16515 | Sep 5 - Oct 24 | \$112 + gst
#16516 | Nov 7 - Dec 19 | \$98 + gst

Determination Boot Camp - C

16 years & up
 RIP it up! Train like an athlete!
 Be ready for a challenge in the intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, partner drills, core strength and much more will be addressed in this well-developed Boot Camp. Please do not register for this class if you have unresolved back issues. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Steve Thomson
 Location: Gym B

Mon, Wed & Fri | 5:15 - 6:15 pm

1x week

#16522 | Sep 9 - Oct 18 | \$120 + gst

#16525 | Oct 23 - Dec 20 | \$180 + gst

2x week

#16523 | Sep 9 - Oct 18 | \$228 + gst

#16526 | Oct 23 - Dec 20 | \$342 + gst

3x week

#16524 | Sep 9 - Oct 18 | \$238 + gst

#16527 | Oct 23 - Dec 20 | \$425 + gst

Early Riser

Tue & Thu | 6:15 - 7:15 am

#16528 | Sep 10 - Oct 17 | \$228 + gst

#16529 | Oct 22 - Dec 19 | \$342 + gst

Steve Thomson program withdrawal & refund information:

No withdrawals or refunds after the session starts unless due to injury or illness. A doctor's note will be required.

Determination Core Cardio FitCamp - C



16 years & up
 A high intensity intermediate level class designed to tighten the abs and carve curves. High Intensity Interval Training (HIIT) combined with core work to leave you sweaty and sculpted!

Instructor: Steve Thomson
 Location: Gym B

Fri | 9:00 - 10:00 am

#16532 | Sep 13 - Dec 13 | \$210 + gst

Abs & Stretch - C



16 years & up
 A perfect combination of abdominal exercises and lower extremity stretches. This class is designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help that low back issue you may have. Intermediate level class.

Instructor: Steve Thomson
 Location: Gym B

Tue | 9:00 - 10:00 am

#16530 | Sep 10 - Dec 17 | \$240 + gst

Core Plus - C

50 years & up
 Core and strength training with functional movement exercises. Prerequisite: must be able to get down and up from the floor. No session Nov 7.

Instructor: Steve Thomson
 Location: Gym B

Thu | 10:30 - 11:30 am

#16531 | Sep 12 - Dec 12 | \$180 + gst

Contact reception for information on Steve Thomson personal training sessions at the Community Centre.





Zumba & Dance

Zumba

14 years & up

Fitness infused with Latin rhythms, international dance and popular music. The melodies will inspire you, the moves will spice up your fitness routine! Dance and sweat your way to a healthier, happier mind and body. No sessions Oct 9 - 17, Dec 7 & 14.

Instructor: Gloria Grieve

Sep 2 - Dec 21

Tuesdays	9:15 - 10:15 am	MP Hall	Zumba Toning
Wednesdays	9:15 - 10:15 am	MP Hall	Zumba Gold
Thursdays	9:15 - 10:15 am	MP Hall	Zumba + Stretch
Fridays	9:15 - 10:15 am	MP Hall	Zumba Toning
Saturdays	10:00 - 11:00 am	MP Hall	Zumba

All Zumba classes are drop-in.

\$6.85/drop-in - Adult; \$5.80/drop-in - Senior; \$4.75/drop-in - Student
10 & 20 visit cards available

Social Dance

18 years & up

Jive, waltz or swing into the weekend! Join for an evening of social self-led dance. Dances can include (but are not limited to) foxtrot, waltz, tango, Viennese waltz, quickstep, rhumba, cha cha, jive, west coast swing, salsa, bachata, country 2 step. No sessions Oct 11 & Dec 13.

Location: MP Hall

Fri | 7:00 - 9:00 pm

#16259 | Sep 6 - Dec 20 | \$58 + gst

Drop-in | \$5

Partner Dance: Texas Two-Step

18 years & up

A simple, fun partner dance where a follow and a lead dance steps to country western music while moving in a circle around the dance floor. Registrants must provide their own partners for this class. Both partners register/pay for this program. Participants should wear non-gripping shoes and bring a water bottle.

Instructor: Karen Berezon

Location: MP Hall

Tue | 7:00 - 8:00 pm

#16248 | Nov 5 - Dec 10 | \$48 + gst

Yoga

Gwen's Gentle Yoga Flow

16 years & up

Enjoy a slow and gentle yoga flow combining basic yoga poses to feel stronger, more flexible, balanced and relaxed. This class is perfect for the beginner or those desiring a gentler practice.

Instructor: Gwen Frankowski

Location: Room B

Wed | 10:45 - 11:45 am

#16445 | Sep 4 - Dec 18 | \$128 + gst

Gwen's Hatha Yoga

16 years & up

Blend breath with poses that provide insight into body awareness and alignment. Increase physical strength, balance, focus and flexibility while relieving stress and tension in the body. A relaxing way to end your week.

Instructor: Gwen Frankowski

Location: Room B

Fri | 12:00 - 1:00 pm

#16446 | Sep 6 - Dec 13 | \$120 + gst

Gwen's Yoga Flow

16 years & up

Flow through poses that unite breath with movement to improve overall strength, balance, flexibility, and focus. Regular practice will help to identify areas of tightness, muscle imbalance and provide a renewed awareness of body alignment. Leave energized, revitalized, refreshed, and relaxed.

Instructor: Gwen Frankowski

Location: Room B

Wed | 9:30 - 10:30 am

#16443 | Sep 4 - Dec 18 | \$128 + gst

Sat | 10:30 - 11:30 am

#16444 | Sep 7 - Dec 14 | \$120 + gst

Gwen's Yoga Strength & Core

16 years & up

A fun combination of strength & core made even better with yoga! See improved balance, body awareness, alignment, flexibility, strength and stress level in your whole body. Equipment use may include; weights, balls, rollers, sliders and bands. No session Oct 11.

Instructor: Gwen Frankowski

Location: MP Hall

Fri | 1:15 - 2:15 pm

#16447 | Sep 6 - Dec 13 | \$112 + gst

Gentle Hatha & Yoga Nidra with Kelly

16 years & up

Find length in your muscles, release stiffness in your joints, and link movement with your breath. These physical movements will be slow and gentle, and explore postures that are seated, standing, and reclined with lots of time for transitions. End with a guided sleep meditation from a long shavasana (reclined pose) to release tension from mind and body. Modifications will be offered for all levels. No session Nov 21.

Instructor: Kelly Yaskiw

Location: Room B

Thu | 9:15 - 10:30 am

#16348 | Sep 19 - Dec 5 | \$120 + gst

Try It to Like It

Thu | 9:15 - 10:30 am

#16349 | Sep 12 | FREE!



We encourage you to bring your own yoga props;

however, we have mats, blocks and bolsters to borrow in most yoga classes.

Pilates

16 years & up

Pilates is a low-impact workout designed to strengthen, lengthen, and tone muscles through repetitive and controlled movements. This class trains the body as an integrated whole, with a strong focus on the core. It helps improve flexibility, posture, and joint range of motion. This class will introduce you to the fundamentals of Pilates, enhancing your overall fitness.

Instructor: Glenn Whelan

Location: Room B

Thu | 5:30 - 6:30 pm

#16548 | Sep 12 - Nov 28 | \$96 + gst

Intermediate Pilates

16 years & up

Pilates is a low-impact workout that strengthens, lengthens, and tones muscles through repetitive and controlled movements. This more challenging class also trains the body as an integrated whole, focusing on the core. Expect dynamic and energizing flows, using a variety of props to further improve flexibility, posture, and joint range of motion. Familiarity with Pilates breath and movement is recommended.

Instructor: Glenn Whelan

Location: Room C

Thu | 6:45 - 7:45 pm

#16546 | Sep 12 - Nov 28 | \$96 + gst

Pilates Yoga Fusion

16 years & up

Build strength and tone your core muscles while improving flexibility and creating harmony in the body for stress reduction. This fusion is the best of both disciplines. Pilates exercises and yoga poses will give you a full body workout with focus on proper movement. Each class ends with soothing relaxation. All levels welcome. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Glenn Whelan

Location: Room B

Mon | 9:00 - 10:15 am

#16549 | Sep 9 - Nov 25 | \$72 + gst

Tue | 6:45 - 7:45 pm

#16550 | Sep 10 - Nov 26 | \$96 + gst



Pilates - Yoga Flow

16 years & up

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

Instructor: Glenn Whelan

Location: Room B

Fri | 9:00 - 10:00 am

#16544 | Sep 13 - Oct 25 | \$84 + gst

#16545 | Nov 1 - Dec 13 | \$84 + gst





Yoga Cont'd Pilates Primer Plus

16 years & up
Discover how pilates can help strengthen your core, improve balance and enhance flexibility. PLUS enjoy relaxation and stretching. No experience necessary.

Instructor: Glenny Whelan
Location: Room B

Tue | 11:00 am - 12:00 pm
#16558 | Sep 10 - Oct 22 | \$84 + gst
#16559 | Oct 29 - Dec 10 | \$84 + gst

Rise & Glow Pilates-Yoga Flow

16 years & up
Are you an early riser who'd like to start the day with joint friendly, core strengthening and spine nurturing exercises that also enhance your flexibility, coordination and balance? Energize your morning and wake up your muscles. Finish the session with a guided, mindful relaxation, preparing for a great day ahead.

Instructor: Ryan Murphy
Location: Room B

Fri | 7:30 - 8:30 am
#16542 | Sep 13 - Oct 25 | \$84 + gst
#16543 | Nov 1 - Dec 13 | \$84 + gst

Adaptive Fitness/Chair Pilates-Yoga

16 years & up
A gentle, functional class that adapts movements from Yoga and Pilates to improve strength, flexibility and balance. Breathing exercises help calm the nervous system. Join this fun and welcoming session to improve your health and well-being and discover how beneficial chair exercise can be. (Exercises performed seated and standing; modifications provided). No session Oct 15.

Instructor: Ryan Murphy
Location: MP Hall

Tue | 12:30 - 1:30 pm
#16536 | Sep 10 - Oct 22 | \$72 + gst
#16537 | Oct 29 - Dec 10 | \$84 + gst

Yoga drop-in pricing, when space permits:

Gwen & Kelly - \$10
Birgit & Tanya - \$15
Karen - \$17

Gentle Pilates-Yoga Fusion

16 years & up
Feel amazing with a class that blends the best of Yoga and Pilates, resulting in a stronger core, improved balance and flexibility, and a deeper understanding of how to use your breath and movement to calm your mind and increase your well-being.

Location: Room C
Instructor: Ryan Murphy

Wed | 4:00 - 5:00 pm
#16538 | Sep 11 - Oct 23 | \$84 + gst
#16539 | Oct 30 - Dec 11 | \$84 + gst

Instructor: Glenny Whelan

Thu | 11:30 am - 12:30 pm
#16540 | Sep 12 - Oct 24 | \$84 + gst
#16541 | Oct 31 - Dec 12 | \$84 + gst

Birgit's Gentle Flow Yoga - C

16 years & up
A gentler approach to a style of Yoga that encourages a lot of movement. We will attempt to accommodate any physical limitations you may have. Beginners are welcome. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Birgit Nilson
Location: MP Hall

Mon | 9:00 - 10:15 am
#16290 | Sep 23 - Dec 9 | \$125 + gst

Birgit's Hatha Yoga - C

16 years & up
An ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome.

Instructor: Birgit Nilson
Location: Room B

Tue | 9:00 - 10:15 am
#16292 | Sep 24 - Dec 3 | \$155 + gst

Location: Room C
Wed | 9:00 - 10:15 am
#16294 | Sep 25 - Dec 4 | \$155 + gst

Birgit's Vinyasa Flow Yoga - C

16 years & up

If you enjoy lots of movement at a fast pace, this class is for you. Poses follow a sequence that finishes with relaxation and quiet time. Some experience necessary.

Instructor: Birgit Nilson

Location: Room C

Thu | 9:00 - 10:15 am

#16439 | Sep 26 - Dec 5 | \$155 + gst

Birgit's Yoga for Mobility - C

16 years & up

A great place to begin for anyone who is new to yoga and/or those with physical limitations. No session Oct 15.

Instructor: Birgit Nilson

Location: MP Hall

Tue | 10:45 am - 12:00 pm

#16293 | Sep 24 - Dec 3 | \$140 + gst

Birgit's Senior Yoga - C

50 years & up

Traditional Yoga poses are modified to accommodate the older adult.

Each practice intends to release joints, improve balance, strength and flexibility and finishes with relaxation and breathing exercises. Beginners are welcome. No sessions Sep 30, Oct 14, 16 & Nov 11.

Instructor: Birgit Nilson

Location: MP Hall

Mon | 10:30 - 11:45 am

#16291 | Sep 23 - Dec 9 | \$125 + gst

Wed | 10:45 am - 12:00 pm

#16295 | Sep 25 - Dec 4 | \$140 + gst

Toddlers and kids yoga classes also available!

Check out pages 113 & 114.

Karen's Iyengar Yoga Level 1 - C

16 years & up

Iyengar Yoga pays close attention to precision and alignment and is steeped in the ancient tradition of yoga. This active class improves posture, boosts energy, increases strength, flexibility and self-awareness. Iyengar Yoga can be adapted for all bodies with the use of props and focus on alignment. No session Sep 30, Oct 14, Nov 8 & 11.

Instructor: Karen Gibson

Location: Room C

Mon | 5:30 - 6:45 pm

#16520 | Sep 9 - Dec 2 | \$140 + gst

Fri | 9:00 - 10:30 am

#16519 | Sep 13 - Nov 29 | \$165 + gst

Karen's Iyengar Yoga Level 2 - C

16 years & up

Suitable for those with 6 months Iyengar Yoga experience who are ready to improve technique and increase intensity while still emphasizing proper form.

Instructor: Karen Gibson

Location: Room C

Tue | 9:00 - 10:30 am

#16521 | Sep 10 - Nov 26 | \$180 + gst

Tanya's Gentle Yoga - C

10 years & up

Whether you are new to yoga or have years of experience, this class is for you. Enjoy gentle movements, deep stretches, and poses that enhance flexibility, strength, and balance. Relieve stress and experience the profound benefits of this practice. No sessions Oct 10 & 17.

Instructor: Tanya Sedunow

Location: MP Hall

Thu | 7:15 - 8:45 pm

#16442 | Sep 19 - Dec 5 | \$156 + gst

Tanya's Hatha Yoga - C

10 years & up

Perfect for beginners and returning students; an active class designed to enhance strength and flexibility, while easing everyday stress and tension from both the body and mind. Multiple options are provided so you can practice at your own level. However, the pace may not suit those looking for a gentle yoga session. No sessions Oct 10 & 17.

Instructor: Tanya Sedunow

Location: MP Hall

Thu | 5:30 - 6:45 pm

#16440 | Sep 19 - Dec 5 | \$144 + gst





Martial Arts Explore Fencing

10 - 14 years

Leap into one of the original European martial arts. Fence for fun and fitness, and develop your skills. This dynamic form of ancient combat teaches skill, strategy and improves fitness. All equipment is provided including fencing masks, protective jackets, practice/electronic weapons and scoring systems. No session Nov 6.

Instructor: Bill Harrower

Location: Gym B

Wed | 6:45 - 7:45 pm

#16350 | Sep 18 - Dec 4 | \$88

Fencing Workout

15 years & up

Attack the European martial art of Fencing! Take a lunge and learn how to fence for fun and fitness. For those individuals who have already fenced, improve and practice your fencing skills and techniques with fellow fencers and instructors each week. All equipment is provided including fencing masks, protective jackets, practice/electronic weapons and scoring systems. Age exceptions based on coaches recommendation. No session Nov 6.

Instructor: Rowan Presly

Location: Gym B

Wed | 8:00 - 9:00 pm

#16352 | Sep 11 - Dec 11 | \$104 + gst

Advanced Fencing Practice

15 years & up

An opportunity for advanced fencers to work on skills and techniques, and to practice against like minded fencers. All equipment is provided including fencing masks, protective jackets, practice/electronic weapons and scoring systems. Age exceptions based on coaches recommendation.

Instructor: Bill Harrower

Location: Gym B

Tue | 7:00 - 9:00 pm

#16351 | Sep 10 - Dec 10 | \$98 + gst

Drop-in | \$7.50

Tibetan White Crane Tai Chi

16 years & up

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. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Tom Haber

Location: Room B

Mon | 2:30 - 3:30 pm

#16533 | Sep 9 - Dec 16 | \$132 + gst

Woo Kim Intro to Taekwondo - C

5 - 9 years

This beginner class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids 10 years of age please join the Junior class directly. Instructor permission required to progress to the Tigers/Juniors Classes.

Instructor: Jonah Canary

Location: Room C

5 - 6 years

Thu | 5:00 - 5:30 pm

#16254 | Sep 12 - Oct 24 | \$85

#16256 | Nov 7 - Dec 19 | \$85

7 - 9 years

Thu | 5:40 - 6:10 pm

#16255 | Sep 12 - Oct 24 | \$85

#16257 | Nov 7 - Dec 19 | \$85

Woo Kim Taekwondo Tigers - C

5 - 7 years

Taekwondo is a Korean martial art and an Olympic sport. 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, cooperation and focus. No sessions Sep 30, Oct 9, 14, 16 & Nov 11.

Instructor: Richard Dobbs

Location: MP Hall

Mon & Wed | 3:30 - 4:15 pm

#16249 | Sep 9 - Dec 18 | \$287

***Taekwondo programs
are Sanctioned by the BC
and Canadian Taekwondo
federations.***

Taekwondo Juniors - C

8 - 13 years

Taekwondo is a Korean martial art and an Olympic sport known for its dynamic kicks, Taekwondo offers students a combination of physical and mental development. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and self defense all in a supportive, inclusive and structured learning environment. Students will build confidence, strength, endurance, coordination, flexibility, and reflex reactions. No sessions Sep 30, Oct 9, 14, 16 & Nov 11.

Instructor: Richard Dobbs
Location: MP Hall

White to Green Belt**Mon & Wed** | 4:20 - 5:10 pm

#16250 | Sep 9 - Dec 18 | \$287

Blue to Black Belt**Mon & Wed** | 5:15 - 6:05 pm

#16251 | Sep 9 - Dec 18 | \$287

13+ Kickboxing - C

13 years & up

Kickboxing is a martial art and combat sport that is characterized by the use of fists, elbows, knees, and shins in striking and clinching techniques. Our class will be friendly/non-competitive and primarily consist of partner drills: pad work, sparring drills and basic combinations although more advanced students may progress to friendly sparring rounds. Expect to challenge your strength, agility, speed and endurance. Get a great workout while learning new skills. Wear: shorts & t-shirt. Required equipment (can be purchased from Instructor): boxing gloves & hand wraps. No sessions Sep 30, Oct 14, Nov 6 & 11.

Instructor: Richard Dobbs
Location: Gym A

Mon & Wed | 6:30 - 7:30 pm

#16252 | Sep 9 - Dec 16 | \$309 + gst

Women's Only Kickboxing - C

12 years & up

Kickboxing is a fun and social class where you'll work the whole body through targeted conditioning, partner target drills, boxing drills and core stability training. You'll learn basic boxing system which is great for beginners and continues to challenge as you advance. Gloves and wraps are required and can be purchased through the instructor. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Richard Dobbs
Location: Gym B

Mon | 9:00 - 10:00 am

#16258 | Sep 9 - Nov 18 | \$99 + gst

Brazilian Jiu Jitsu Fundamentals - C

12 years & up

Brazilian Jiu Jitsu (BJJ) is a martial art that focuses on self-defence through grappling, ground fighting and submissions. This BJJ class is structured with new students and beginners in mind. Basic concepts of positional control as well as escapes and submissions will be covered. Classes will progress from partner drills to positional sparring and then to live "rolling". Enjoy this full body workout that will help to relieve stress, boost confidence and build camaraderie with training partners. No sessions Sep 30, Oct 14, Nov 6 & 11.

Instructor: Richard Dobbs
Location: Gym A

Mon & Wed | 7:30 - 8:40 pm

#16253 | Sep 9 - Dec 16 | \$309 + gst

Jr. Karate - C

7 - 13 years

Karate is the ideal activity for children to build self-confidence, balance, coordination, discipline and social skills while having fun, making friends and learning something new. Kids will develop karate specific skills while promoting physical and mental health that will benefit them for a lifetime. No sessions Sep 30, Oct 9, 14, 16 & Nov 11.

Instructor: Pam Ross

Location: MP Hall

Mon & Wed | 6:15 - 7:15 pm

#16303 | Sep 9 - Dec 4 | \$225 + gst

Adult Karate - C

13 years & up

Karate is a great way to improve overall physical and mental fitness, with body conditioning and self defense skills. Safe and encouraging practice of Karate techniques will develop confidence, improve concentration, and relieve stress! No sessions Sep 30, Oct 9, 14, 16 & Nov 11.

Instructor: Pam Ross

Location: MP Hall

Mon & Wed | 7:30 - 8:45 pm

#16302 | Sep 9 - Dec 4 | \$245 + gst

Learn traditional Japanese Shito-ryu Karate sanctioned by Karate Canada and Karate BC with NCCP certified instructors.

Annual Karate BC membership fee will be collected in class.





Preschool

Baby and Me

FREE **DROP-IN**

Join this weekly session with a local doula and postpartum parenting specialist to support your journey through matrescence - from preparing to conceive, through birth, and until you're fully settled and thriving postpartum. Rooted in holistic guidance, celebratory traditions, and self-care practices, we enrich and vitalize our cross-cultural parenting community. Enjoy tea and cookies in a relaxed, confidential space where you can reflect, share, laugh, cry, and gain confidence. Feel free to drop in anytime during the session - we understand the challenges of leaving the house with a baby!

Instructor: Serena Oliveira

Location: MP Hall 1

Thu | 1:00 - 2:30 pm

Drop-in | Sep 5 - Dec 19 | FREE!

For more programs from

Serena:

Check out page 116 for Moon Time Wisdom and Tea and Pen on page 117.

Dad and Baby

FREE **DROP-IN**

A comfortable place for dads to come and share their own journey while gathering information on the broad perspective of changing relationships and integrating a newborn into family life. Facilitated by a doula and postpartum parenting specialist, who'll help you gather info on all the things to better prepare you for your own postpartum journey while chilling with other dads.

Instructor: Serena Oliveira

Location: Spinnaker Marina Park

Sat | 1:00 - 2:30 pm

Sep 21, Oct 19, Nov 16, & Dec 14

Drop-in | FREE!

Childminding

2 months - 4 years

DROP-IN

Let us take care of your little ones while you take care of yourself! Guardian must stay in the building. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Victoria Rigdon

Location: Room A

Mon - Fri | 8:45 - 10:45 am

Drop-in | Sep 3 - Dec 20

1 child: \$3.25/ visit or

\$32.50/10 punch card

2 children: \$5.75/ visit or

\$57.50/10 punch card

Gym Bugs

DROP-IN

Birth - 5 years

Come and play, climb, run and have fun with your child on Sunday mornings! There are cars, balls, climbing toys and more! Parent supervision is required. No sessions Sep 22 & Nov 3.

Location: Gym A

Sun | 8:30 - 10:00 am

Drop-in | Sep 1 - Dec 29 | \$5/family

Grandparent & Tot Open Gym

DROP-IN

FREE

Birth - 5 years

Take advantage of open gym times and drop into our facility to play with your grandchildren and meet other active seniors in the community. A variety of toys and sports are provided. Adult supervision required. No sessions Sep 19 & Nov 7.

Location: Gym A

Thu | 1:00 - 2:30 pm

Drop-in | Sep 5 - Dec 19 | FREE!

Hand-In-Hand Nature Education Program - C

2.75 - 5 years

This outdoor education program offers a unique learning experience using nature, play-based and child-led curriculum. Children must be out of diapers. Email questions and registration to: jarrett@hand-in-handededucation.com

Instructors: Hand-In-Hand Nature Educators

Location: Filberg Park

Seeds | 2.75 - 4 years

Tue & Thu | 9:00 am - 12:00 pm

\$270/month

Roots | 3.75 - 5 years

Mon, Wed & Fri | 9:00 am - 12:00 pm

\$340/month

Extended Afternoon Hours

Only available to children registered in Roots.

Mon, Wed & Fri | 12:00 - 3:00 pm

\$340/month

Toddler Yoga with Kelly

18 months - 4 years

Little yogis, welcome! Enter this fun class of breathing exercises, songs, stretches, silly wiggles and animal sounds. Adult supervision is required, participation is optional. No session Nov 21.

Instructor: Kelly Yaskiw

Location: Room B

Thu | 11:00 - 11:45 am**#16270** | Sep 19 - Dec 5 | \$116**Try It To Like It****Thu** | 11:00 - 11:45 am**#16271** | Sep 12 | FREE!**Children****Creative Dance**

4 - 6 years

Imaginative and fun classes introducing the basics of dance through music interpretation, free movement and play. Dress comfortably for dance and bare feet.

Instructor: Bonnie McKerricher

Location: Room B

Tue | 4:00 - 4:45 pm**#16298** | Sep 17 - Nov 26 | \$121**Tue** | 5:00 - 5:45 pm**#16299** | Sep 17 - Nov 26 | \$121**Little Dancers - Pre Ballet**

6 - 8 years

This fun class incorporates elements of creative movement while teaching the basics of classical ballet technique. Little Dancers will be introduced to basic positions, movements, posture and use of the legs and feet. Dress in leotard, tights and ballet slippers. 6 years must have completed Spring 2024 Creative Dance prior to joining.

Instructor: Bonnie McKerricher

Location: Room B

Tue | 6:00 - 7:00 pm**#16300** | Sep 17 - Nov 26 | \$132**Musical Theatre**

6 - 12 years

Ready to take the stage? Introduce your child(ren) to the exciting world of Musical Theatre. They'll make friends, build confidence, and develop new skills in singing, dancing, and acting. Our sessions will work towards a special performance of "Twas the Night Before Christmas" on the final day. Dec 11 and 18, rehearsals and performance in MP Hall at 6:30 pm.

Instructor: Genevieve Marshall

Location: Room A

Wed | 3:15 - 4:45 pm**#16297** | Oct 16 - Dec 18 | \$145**Winter Adventure Camp!**

6 - 9 years

The FUN continues through the holidays! Join us in this full day camp that will pack a punch! Have fun as you play, create and explore with new friends. Must enroll in 2024 Daycamp Form #13849 before registering in Camp. Pickup at 2:00 pm Dec 31, no camp Jan 1.

Location: Gym A

Mon-Tue, Thu-Fri | 9:00 am - 3:00 pm**#16627** | Dec 30 - Jan 3 | \$100**Family Fun Nights**

All ages

Kick off your weekend by joining for an evening of family fun! Jump around in the bouncy castle, play large games or complete take home crafts. All activities are self-led. No sessions Sep 20 & Oct 18.

Location: Gym A

Fri | 6:15 - 8:30 pm**Drop-in** | Sep 6 - Dec 27 | \$5/family**Family Open Gym**

All ages

Take advantage of open gym times and drop into our facility to play a variety of sports. Equipment provided. Children under 10 yrs must be supervised. No sessions Sep 2, 19, 20, 22, 30, Oct 14, 18, Nov 3, 7, 11, Dec 26, 29.

Location: Gym A / B

Thu | 8:00 - 10:00 am**Fri** | 3:00 - 4:15 pm**Drop-in** | Sep 5 - Dec 27 | FREE!**Mon** | 11:45 am - 1:45 pm**Sun** | 8:00 - 9:30 am**Drop-in** | Sep 1 - Dec 29 | \$3/family**First Tee Golf Program**

7 - 13 years

Get ready to hit the greens! Be introduced to the game of golf and learn the fundamental skills to prepare you for the outdoor course. First Tee features a life skills curriculum where we create learning experiences that build inner strength, self-confidence and resilience that kids will carry to everything they do.

Instructor: Caden Ward

Location: Village Park

Fri | 3:15 - 4:15 pm**#16569** | Sep 13 - Oct 18 | \$35**#16571** | Oct 25 - Nov 29 | \$35**Try Golf Day**

Bring the whole family to learn golf fundamentals through fun stations & games.

Wed | 4:00 - 6:00 pm**Drop-in** | Sep 11 | FREE!follow us  REGISTRATION STARTS MONDAY AUGUST 12 | [See page 95](#)

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Children Cont'd Intro to Rugby

8 - 11 years

Get to know flag rugby with safe, non-contact games, and develop the skills to run, catch, and throw. This grassroots program requires no experience or equipment. Prepare to gain new skills and play outside rain or shine. No sessions Sep 30, Oct 14, & Nov 11.

Instructor: Caden Ward

Location: Village Park

Mon | 3:15 - 4:15 pm

#16653 | Sep 9 - Oct 28 | \$40

#16654 | Nov 4 - Dec 16 | \$40

Floor Hockey

7 - 12 years

Bring your friends for some fun, fast paced after school Floor Hockey! Each session will incorporate skill building for stick handling and passing, while engaging in games and scrimmage play. Let's hit the ground running!

Instructor: Caden Ward

Location: Gym A

7 - 9 years

Wed | 4:00 - 4:50 pm

#16362 | Sep 18 - Oct 30 | \$50

#16364 | Nov 6 - Dec 18 | \$50

10 - 12 years

Wed | 5:00 - 5:50 pm

#16363 | Sep 18 - Oct 30 | \$50

#16365 | Nov 6 - Dec 18 | \$50

Balanced Kids Yoga - C

6 - 11 years

With yoga games, songs, mindfulness, asana (poses), breathing practices, and lots of fun, Emily will guide your children from being silly monkeys to learning the benefits of meditation, and so much more. This class is a reminder of the power we have to feel peace within ourselves and manage our emotions and energy!

Instructor: Emily Bailey

Location: Room B

Thu | 3:45 - 4:30 pm

#16384 | Sep 12 - Oct 17 | \$90

#16385 | Nov 7 - Dec 12 | \$90

Community Creative Art

7 - 9 years

Join this community art class to create take home projects with all artistic mediums. Facilitated by a youth in our community, Claire will be sure to engage and add creativity to our young artists! This program is made possible by the Comox Valley Foundation's Small Neighbourhood Grants. Materials supplied. Pre-registration required.

Instructor: Claire Saunders

Location: Room A

Fri | 3:00 - 4:00 pm

#16664 | Sep 20 | FREE!

#16665 | Sep 27 | FREE!

Birds of Prey with Chalk Pastels

9 - 14 years

Create a dramatic chalk pastel & charcoal piece in a large format featuring a bird of prey and landscape! Practice blending, stippling and layering. Participants follow along with the instructor's demo to learn skills and also are encouraged to make their own creative choices.

Instructor: Lisa Zervakis

Location: Room A

Sat | 1:00 - 3:00 pm

#16359 | Sep 28 | \$25

Fall Colour with Watercolour

9 - 14 years

Explore the vibrant colours of fall and leaves, trees and landscapes in this watercolour session. Practice value scale, wet on wet wash, brush techniques and more. Participants will have time to create their own unique art after watching the instructor demo.

Instructor: Lisa Zervakis

Location: Room A

Sat | 1:00 - 3:00 pm

#16360 | Oct 19 | \$25

Holiday Themed Watercolour Cards

9 years & up

Come make some whimsical, fluid style holiday cards in watercolour with pen and ink. Follow step by step demonstrations to create two different designs with some time to explore your own variations and unique touches. Take the cards home to colour copy and share with loved ones.

Instructor: Lisa Zervakis

Location: Room A

Sat | 1:00 - 3:00 pm

#16361 | Nov 23 | \$25

Painting, Drawing and Sculpture - C

7 - 13 years

Budding artists will have the opportunity to try different art techniques while learning about composition and famous artists. All projects are unique and will combine various skills and mediums to create personal and individualized work. Kids will be encouraged to think about the world around them and how they can add story and meaning to their compositions. Materials supplied.

Instructor: Tish Doyle-Morrow
Location: Room A

Tue | 3:30 - 5:00 pm

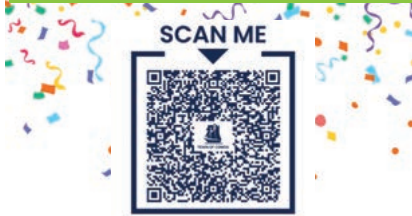
#16264 | Sep 24 - Dec 17 | \$375

Location: Genoa Marina Park

Wed | 3:30 - 5:00 pm

#16265 | Sep 25 - Dec 18 | \$375

To book your birthday party:



Alicia's Art Adventures - C

6 - 12 years

Children will explore creating with needle felting, drawing, and acrylic painting projects. No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Alicia Lumb
Location: Room A

Kitsune and Wolf

Come on an adventure to discover the magic of the Kitsune - 3 or 9 tailed fox and its' furry wolf friends.

Mon | 3:45 - 5:15 pm

#16278 | Sep 9 - Oct 28 | \$165

Wings of Fire

A popular theme among kids, this adventure is based around the book series called Wings of Fire. Kids don't have to know the series to enjoy this class that is all about dragons; just come out if you are a dragon lover!

Mon | 3:45 - 5:15 pm

#16576 | Nov 4 - Dec 16 | \$165

Pro D Day Camp: Gargoyles and Spooky Places - C

7 - 14 years

Have a fun filled day creating a gargoyle out of clay and drawing spooky haunted houses. Materials supplied. Bring a nut free snack and lunch.

Instructor: Tish Doyle-Morrow

Location: Genoa at Marina Park

Fri | 8:45 am - 3:00 pm

#16283 | Oct 25 | \$98

SEA Acting for Kids - C

8 - 12 years

Want to build your child's confidence, communication skills & creativity, all through the art of play? Our exciting new Kids Acting classes do just that. Run by UK trained professional, with over a decades experience, this class enlists games, collaborative learning and fun performances to explore imagination & life skills. No sessions Oct 10 & 17.

Instructor: Stephen Arthur

Location: MP Hall 2

Thu | 3:15 - 5:15 pm

#16272 | Sep 19 - Nov 28 | \$135

NEW

Inflatable Party

3 years & up

What better way to celebrate an occasion then with a giant inflatable obstacle course all to yourself! Includes set up, 2 hours of parent supervised gym time and then we clean up! Each party also has access to floor hockey, soccer, basketball, plasma cars and more. Pizza available for an extra charge (Pepperoni, Cheese or Hawaiian).

Location: Gym A

Fri | 3:45 - 5:45 pm

Sat | 11:00 am - 1:00 pm

or 2:00 - 4:00 pm

Sun | 11:00 am - 1:00 pm

or 2:00 - 4:00 pm

Register Online | Sep 1 - Dec 29

\$125 + gst

\$65 + gst 4 large pizza add on

Classic Party Games

2 years & up

Invite your friends for a classic games party, the games that are enjoyed by kids everywhere! Age appropriate games could include (but are not limited to) musical chair, pass the parcel, sack race, treasure hunt, relays and more! Party starts with 1 hour of supervised games (led by a birthday party leader), then 1 hour of unsupervised gym time and then we do the clean up!

Location: Gym B

Sun | 10:30 am - 12:30 pm

Register Online | Sep 1 - Dec 29

\$99 + gst

\$65 + gst 4 large pizza add on

Pizza Birthday Party

2 years & up

Invite your friends to run wild at the gym for your special day! Includes set up, pizzas, 2 hours of unsupervised gym time and then we do all the clean up! Each party has access to floor hockey, hula-hoops, soccer, basketball, plasma cars, pickleball, badminton and more. Price includes 4 large pizzas - Pepperoni, Cheese or Hawaiian.

Location: Gym B

Sun | 1:30 - 3:30 pm

Register Online | Sep 1 - Dec 29

\$139 + gst



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | **See page 95**





Youth

Preteen Hangout

DROP-IN

9 - 12 years

Finally its Friday! Come hang out and enjoy a vibe. Facilitated activities could include: dodgeball, basketball, gagaball, volleyball, mario cart video game tourney's and more! Preteen night included in the Youth Activity Pass Membership. No sessions Sep 20 & Oct 18.

Instructor: Caden Ward

Location: Gym B & Squash Lobby

Fri | 6:30 - 8:00 pm

Drop-in | Sep 6 - Dec 20 | \$3

Youth Open Gym

DROP-IN

10 - 18 years

Take advantage of youth only open gym times and drop into our facility to play a variety of sports. Equipment provided. No sessions Sep 19, 21, Oct 19, 26, Nov 2, 7 Dec 24, 25, 26.

Location: Gym A / B

FREE

Tue, Wed & Thu | 3:00 - 4:30 pm

Drop-in | Sep 3 - Dec 18 | FREE!

Fri | 8:00 - 9:30 pm

Sat | 2:00 - 4:15 pm

Drop-in | Sep 6 - Dec 27 | \$1.30

Do you know about the Youth Activity Pass?

The \$30 annual pass can be used on Youth Open Gym, Preteen Hangout and racquet sports/courts.

Moon Time Wisdom

NEW

12 - 16 years

Gather to connect and explore stages of the female cycle. We will learn reflective practices and express through creative art forms to support feelings and emotions accompanied by menstruation. Relate with the elements in nature and embrace their unique experience during this time of challenges and changes.

Instructor: Serena Oliveira & Elisha Almeida

Location: Spinnaker Marina Park

Sat | 11:00 am - 12:30 pm

Sep 21, Oct 19, Nov 16, & Dec 14

#16420 | \$80 + gst

Drop-in | \$30 per session

Youth Spin & Strength

12 - 18 years

This combo spin/strength & core class is a fun opportunity to workout to music you love in the company of your peers & classmates. Emphasis on FUN will be integrated throughout the whole class! No sessions Sep 30, Oct 14 & Nov 11.

Instructor: Michaela Jelen

Location: Annex

Mon | 4:00 - 4:45 pm

#16574 | Sep 9 - Dec 16 | \$84 + gst

Strength 101 for Teens

NEW

12 - 18 years

Ready to get strong? Our program teaches you the basics of lifting, emphasizing safety and proper form. Build a solid foundation for your fitness future in a supportive environment. Join us to boost your strength, confidence, and overall fitness. No session Oct 15.

Instructor: Justin Wolfe

Location: MP Hall 2

Tue | 4:00 - 4:45 pm

#16641 | Sep 10 - Oct 29 | \$77 + gst

#16642 | Nov 5 - Dec 10 | \$66 + gst

Comox Youth Council

FREE

13 - 18 years

Get involved! Join this engaged group of youth dedicated to creating a positive atmosphere for residents in the Comox Valley. Plan and facilitate community events and initiatives for all ages in hopes of uplifting our community, gain volunteer hours for graduation requirements and have FUN with other like minded youth. Email comox.youthcouncil@gmail.com to get involved and learn more.

Instructor: Comox Youth Council

Location: Room B

Wed | 4:00 - 5:15 pm

#16267 | Sep 4 - Dec 18 | FREE!

SEA Acting for Teens - C

NEW

12 - 18 years

Go forth, be bold & explore your creativity in our exciting new Acting for Teens classes. Run by UK trained professional, with over a decade's experience in the acting/screenwriting industry. This course will give you the skills needed on your way to building confidence, communication skills & even a career!

Instructor: Stephen Arthur

Location: Room B

Wed | 6:00 - 8:00 pm

#16273 | Sep 18 - Nov 27 | \$187 + gst

Home Alone - C

9 - 12 years

Wondering when it's safe to leave your child at home alone before or after school or while you run errands? This course helps your child become prepared and confident and covers home and personal safety, emergency situations and strangers.

Instructor: Laura Arkell

Location: Room C

Sat | 9:00 - 3:00 pm

#16245 | Sep 14 | \$85

Babysitter Basics - C

11 - 17 years

Learn to be a responsible babysitter! Upon completion of this course you will receive a Canada Safety Council certificate and leave feeling confident to deal with any challenging behaviors and emergencies that may arise while babysitting.

Instructor: Laura Arkell

Location: Room C

Sat | 9:00 am - 4:00 pm

#16246 | Oct 5 | \$95

Advancing Art for Teens - C

12 - 16 years

In this session we will work on creating larger canvas works, detailed drawings, small sculptures and printmaking. We will look at some modern and contemporary artists for inspiration including anime, expressionism, graffiti art and modern forms of portraiture. New projects will be offered throughout. Materials supplied.

Instructor: Tish Doyle-Morrow

Location: Genoa Marina Park

Wed | 6:30 - 8:00 pm

#16266 | Sep 25 - Dec 18 | \$375

Don't miss out on your favourite program.

Register early to secure your spot! Some of our classes fill up early.

Adults**CPR A**

14 years & up

Learn the skills needed to respond to cardiovascular and choking emergencies in adults. Registration is required.

Instructor: Comox Fire Rescue

Location: Comox Fire Hall

Fri | 1:00 - 3:00 pm

#16139 | Sep 20 | FREE!

#16140 | Oct 25 | FREE!

#16141 | Nov 22 | FREE!

**Personal Emergency Preparedness**

18 years & up

Learn helpful information and advice for individuals and families to be prepared for after a disaster occurs. Registration is required.

Instructor: Comox Fire Rescue

Location: Comox Fire Hall

Fri | 10:00 am - 12:00 pm

#16136 | Sep 6 | FREE!

#16137 | Oct 11 | FREE!

#16138 | Nov 8 | FREE!

**Tea and Pen**

18 years & up

We will explore flow of consciousness writing and tea meditation as a way to connect with your emotional depth and find your inner voice. This is for you if you are navigating life changes in relationships due to a new baby, a move or collective grief. Your pen is calling you to return to your soul's voice.

Instructor: Serena Oliveira &

Elisha Almeida

Location: Spinnaker Marina Park

Tue | 5:45 - 7:15 pm

#16421 | Oct 15 - Nov 19 | \$120 + gst

**Ukulele Level 1 - Beginner**

10 years & up

This instrument is small yet mighty! Suitable for the beginner musician with no prior musical experience. Learn all the basics including rhythm, beginner music theory, how to chord, strum and read chord charts. No sessions Sep 30 & Oct 14.

Instructor: Ruth Rae

Location: Room B

Mon | 5:00 - 6:00 pm

#16276 | Sep 16 - Nov 4 | \$84 + gst

#16277 | Nov 18 - Dec 16 | \$70 + gst

Ukulele Level 2 - Advanced Beginner

10 years & up

Let's continue to jam! A continuation from the beginner class. Add more strumming patterns, chord knowledge, music theory, vocals and rhythm into your ukulele repertoire. No sessions Sep 30 & Oct 14.

Instructor: Ruth Rae

Location: Room B

Mon | 6:15 - 7:15 pm

#16280 | Sep 16 - Nov 4 | \$84 + gst

#16279 | Nov 18 - Dec 16 | \$70 + gst

Ukulele Level 3 - Intermediate

10 years & up

Develop your ukulele abilities while having fun in a group setting. You're proficient at forming chords, have basic strum skills and can play more complex chord progressions; however you're wanting to continue learning skills related to music theory, voice, ear training, good rhythm, finger picking and barre chord development. No sessions Sep 30 & Oct 14.

Instructor: Ruth Rae

Location: Room B

Mon | 7:30 - 8:30 pm

#16281 | Sep 16 - Nov 4 | \$84 + gst

#16282 | Nov 18 - Dec 16 | \$70 + gst



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Adults Cont'd

NEW

SEA Acting for Adults - C

18 years & up

Ever thought about treading the boards or discovering your inner movie star? Want to improve your self-confidence and public speaking skills? Whether a complete beginner or seasoned pro, our exciting new Acting for Adults classes help you learn new skills & dictate your own goals in a safe, supportive environment. No session Oct 25.

Instructor: Stephen Arthur

Location: Room B

Fri | 5:30 - 7:30 pm

#16274 | Sep 20 - Nov 29 | \$190 + gst

SEA Acting for Seniors - C

60 years & up

NEW

Are you a Senior looking for an engaging activity to improve wellbeing & make connections? Whether a complete beginner or seasoned pro, our exciting new Acting for Seniors program offers drama activities, scene improvisation and collaborative workshops. Run by UK trained professional, dictate your own pace in this supportive environment. No sessions Oct 5 & 12.

Instructor: Stephen Arthur

Location: MP Hall

Sat | 12:00 - 2:00 pm

#16296 | Sep 21 - Nov 30 | \$126 + gst

Social Dance

18 years & up

Jive, waltz or swing into the weekend! Join for an evening of social self-led dance. Dances can include (but are not limited to) foxtrot, waltz, tango, Viennese waltz, quickstep, rhumba, cha cha, jive, west coast swing, salsa, bachata, country 2 step. No sessions Oct 11 & Dec 13.

Location: MP Hall

Fri | 7:00 - 9:00 pm

#16259 | Sep 6 - Dec 20 | \$58 + gst

Drop-in | \$5

Be Kind to Those You Leave Behind

18 years & up

Death is inevitable. Before and after that day, there may be health care decisions to make on our behalf, arrangements to be made by our families, and information needed by our Executor(s). Be kind to those we leave behind by easing what will be required of them. Clarify our advanced care wishes, gather important information and documents and have "the conversation". Registration closes Oct 8.

Instructor: Linda McLean

Location: Room B

Tue | 1:30 - 3:00 pm

#16275 | Oct 15 - Nov 19 | \$30 + gst

Early Years Collaborative - Parent Speaker Series

All Ages

FREE

DROP-IN

Community experts offer knowledge and tools to help you parent with more confidence.

Connect with other families after the session for a half hour social. Childminding may be available.

Sept 24 - Helping young kids with emotions: foundations of self-regulation - Dr. Kristin M. Weinzierl, R. Psych. (#2023)

Oct 1 - Supporting our eaters in training (picky eating) - Taylor Hartwig, Public Health Dietician

Oct 8 - Supporting attachment and collaboration while children are at childcare/preschool - Charlene Gray, Comox Valley Daycare Society

Oct 22 - Megan Watson, FamilySmart

Oct 29 - Compassion as a foundation for early development - Joanne Schroedor, Director of BC Compassionate Systems Leadership Network

Instructor: Early Years Collaborative

Location: MP Hall

Tue | 5:30 - 7:00 pm

Drop-in | Sep 24 - Oct 29 | FREE!

Food Safe Level 1 - C

13 years & up

Be Food Safe! Increase your knowledge, job skills and increase employment opportunities by getting a provincial food safe certification. Learn about food safety, how to prevent food borne illness and how to apply safe work practices to reduce job related injury and illness.

Instructor: Gaetane Palardy

Location: MP Hall

Sun | 9:00 am - 4:00 pm

#16243 | Nov 3 | \$94 + gst

Energize & Empower - C

16 years & up

Designed for those seeking transformative practices to boost your energy, productivity, and connection. Master essentials like nutrition, exercise, sleep, and more to thrive in any situation.

Instructor: Linda Bartholme

Location: Room A

Wed | 1:00 - 2:00 pm

#16686 | Sep 18 - Oct 9 | \$55 + gst

#16687 | Nov 6 - 27 | \$55 + gst

Try It For Free**Wed** | 12:30 - 2:30 pm

#16688 | Sep 11 | FREE!

#16689 | Oct 30 | FREE!

**Dreams to Reality: Goal Setting Workshop - C**

16 years & up

Discover science-backed strategies for setting and achieving your most important goals, whether it's reaching your dream weight, establishing a morning routine, or running your first 5k. Learn to craft SMART goals, form lasting habits, and understand the psychology of motivation and behavior.

Instructor: Linda Bartholme

Location: Room A

Wed | 11:30am - 12:30 pm

#16690 | Sep 18 - Oct 2 | \$75 + gst

#16691 | Nov 6 - 20 | \$75 + gst

Intro to Meditation Workshop

16 years & up

Mindfulness calms the mind, decreases stress, anxiety and inner critic. It fosters mental clarity, resilience, better sleep and self-regulation, nurturing wisdom and compassion. Learn basic instructions for practicing mindfulness of breathing and body.

Instructor: Julie Blais

Location: Room C

Thu | 6:30pm - 8:00 pm

#16692 | Oct 24 | \$5 + gst

Chronic Pain: Meditation as a Tool

16 years & up

Mindfulness calms the mind and helps manage stress and pain through moment-to-moment observation, fostering clear, non-judgmental awareness. It can alleviate daily pressures but also nurtures wisdom and compassion. Learn basic instructions to start meditating right away.

Instructor: Julie Blais

Location: Room C

Thu | 6:30 pm - 8:00 pm

#16693 | Nov 7 - 28 | \$60 + gst

Racquet Sports Junior Tennis - C

5 - 17 years

Through fun games and activities these programs are designed to help develop the skills required to play and enjoy the sport of Tennis.

Instructor: Simon Richards

Location: Robb Rd Courts

Beginner Red Ball

5 - 10 years

Tue | 3:15 - 4:15 pm

#16304 | Sep 3 - Sep 24 | \$54

Fri | 3:15 - 4:15 pm

#16308 | Sep 6 - Sep 27 | \$54

Intermediate Orange Ball

7 - 15 years

Tue | 4:30 - 5:45 pm

#16305 | Sep 3 - Sep 24 | \$54

Fri | 4:30 - 5:45 pm

#16309 | Sep 6 - Sep 27 | \$54

Location: Anderton Park Courts

Advanced Green Dot

9 - 17 years

Thu | 4:00 - 5:30 pm

#16306 | Sep 5 - Sep 26 | \$54

Tennis - Private Lesson - C

5 years & up

Improve your Tennis game with one-on-one instruction! Please go to simontennis.ca to schedule your lessons.

Instructor: Simon Richards

\$60 + gst/hr

Adult Tennis Beginner/Intermediate - C

18 years & up

Add Tennis into your weeknight routine and you'll fall in love with it. Meet others, learn fundamental techniques and strategies and improve your game in a fun environment. Suitable for complete beginners to intermediate players.

Instructor: Simon Richards

Location: Anderton Park Courts

Thu | 5:30 - 7:00 pm

#16307 | Sep 5 - Sep 26 | \$66 + gst

Youth Badminton

10 - 16 years

Learn and master the badminton basics! Practice footwork patterns, basic shots, learn about different grips and develop a wicked serve. Equipment provided or bring your own. No session Sep 30, Oct 14, & Nov 11.

Instructor: Mario Guitard

Location: Gym A

Mon | 3:30 - 4:50 pm

#16269 | Sep 16 - Dec 16 | \$78

Badminton Wednesdays

16 years & up

Benefits of badminton go far beyond the body! Enjoy this high energy and fast paced sport. Please wear non-marking court shoes and bring your own racquet. Protective eye guards are strongly recommended. Register to secure a spot for the season or drop in. Shuttles provided.

Location: Gym B

Wed | 12:30 - 2:30 pm

#16354 | Sep 4 - Dec 18 | \$80 + gst

Drop-in | \$7

More racquet sports including squash, table tennis and pickleball on pages 120 - 121.



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Racquet Sports Cont'd Squash Starters - Junior Lessons

8 - 14 years

This series teaches juniors how to have fun and gain confidence on the squash court. Rules, gameplay and basic technical skills will be covered.

Instructor: Denys Laporte

Location: Courts

Wed | 4:00 - 5:00 pm

#16427 | Sep 25 - Oct 23 | \$45

#16428 | Nov 13 - Dec 4 | \$36

Novice Next Steps - Junior Squash Lessons

8 - 14 years

You've been introduced to Squash and you're ready for specialized instructions and drills.

Instructor: Denys Laporte

Location: Courts

Wed | 5:00 - 6:00 pm

#16429 | Sep 25 - Oct 23 | \$45

#16430 | Nov 13 - Dec 4 | \$36

Beginner Squash Lessons for Women

14 years & up

This women's only series will teach you how to have fun on the squash court! Rules, gameplay and basic technical skills will be covered. All participants receive free entry to the Women's League following the lesson. Racquets and eye guards are available for participants.

Instructor: Denys Laporte

Location: Courts

Tue | 6:00 - 7:00 pm

#16423 | Sep 24 - Oct 22 | \$45 + gst

#16424 | Nov 12 - Dec 3 | \$36 + gst

Meet and Play Friday Squash

14 years & up

Finish the work week off right and head to the courts. Meet other squash players for some friendly, self-organized recreational games.

Location: Courts

Fri | 4:30 - 6:30 pm

Drop-in | Sep 6 - Dec 20 | \$6

Squash Lessons for Women - League Refresher

14 years & up

Get league ready! This refresher will prepare you for the women's only league and have you feeling confident to challenge others on the court. Take advantage of this opportunity to review the rules, gameplay and basic technical skills.

Instructor: Denys Laporte

Location: Courts

Tue | 6:00 - 7:00 pm

#16422 | Sep 17 | \$7 + gst

Women's Squash League

14 years & up

This league is for new and experienced women to find social and competitive match play. New players are always welcome. Participants registered in Beginner Squash Lessons for Women may join the league free of charge. Drop-in, or register for the season.

Location: Courts

Tue | 7:00 - 9:00 pm

#16425 | Sep 24 - Oct 22 | \$30 + gst

#16426 | Nov 12 - Dec 3 | \$24 + gst

Drop-in | \$6

DROP-IN

DROP-IN

Squash Private Lesson

All Ages

Take advantage of our private squash lessons available for all skill levels. Get introduced to the basics, enhance upon pre-existing skills or refresh skills needed to enter a league. All lessons are one hour. Call 250-339-2255 for instructor availability and to book a lesson.

Instructor: Denys Laporte

Location: Courts

\$28 + gst/hr

Open Table Tennis for Youth

10 - 18 years

Challenge your peers after school in a game of Table Tennis. Tables will be set up in Court #2; drop-in and borrow equipment.

Location: Courts

Tue | 4:00 - 5:00 pm

Drop-in | Sep 10 - Dec 10 | \$1

Table Tennis

8 years & up

Discover the world of table tennis, where you will learn everything from the basics to intermediate strokes to defeat your opponent. Your body and brain will be active in this fun and fast paced sport.

Instructor: Farhad Nazmi

Location: Courts

Thu | 5:30 - 6:30 pm

Level 1 & 2

#16437 | Sep 26 - Oct 24 | \$40

#16438 | Oct 31 - Dec 5 | \$48

Drop-in Table Tennis

Table tennis is everyone's sport and the best way to learn is to practice, practice, practice! Drop in for self-led table tennis with other community members.

Beginner/Intermediate

Wed | 1:00 - 4:00 pm

Drop-in | Sep 11 - Dec 11 | \$2

Advanced

Tue | 1:00 - 4:00 pm

Drop-in | Sep 10 - Dec 10 | \$2

DROP-IN

Table Tennis Private Lesson

8 years & up
Discover the world of table tennis and improve your game one stroke at a time. Learn forehand, backhand, push, and spin techniques to defeat your opponents! All lessons are one hour. Call 250-339-2255 for instructor availability and to book a lesson.

Instructor: Denys Laporte
Location: Courts
\$28 + gst/hr

Pickleball Lessons

16 years & up
Learn to excel at the game of pickleball! Lessons are built around skill development and court awareness to play your best match yet. Pickleball lessons are registered. No session Nov 7. Nov 14 is a 2hr lesson.

Instructor: Joe McNeil
Location: Gym B
Tue | 5:15 - 6:15 pm
#16355 | Oct 15 - Nov 12 | \$50 + gst
#16356 | Nov 19 - Dec 17 | \$50 + gst
Thu | 5:15 - 6:15 pm
#16358 | Oct 17 - Nov 14 | \$50 + gst
#16357 | Nov 21 - Dec 19 | \$50 + gst

Pickleball Drills and Skills Social Tournament

19 years & up
Improve your pickleball game! Join up with some local players and a CVPA team leader for an action-packed afternoon of warm-up drills followed by a social tournament. Geared for players who are working towards intermediate level and up.

Instructor: Jill Nelson
Location: Gym A & B
Sat | 1:00 - 4:00 pm
#15988 | Oct 26 | \$20 + gst

Pickleball

16 years & up
Pickleball is a smash! It is a great exercise and a fantastic way to meet new friends. Registration opens five days prior (to the hour) before each session. Go to comox.ca/racquetsports for a detailed schedule. No sessions Oct 14, 19, 26, Nov 2, 7, 11, Dec 24, 25 & 31.

Location: Gym A/B
Register Online | Oct 15 - Dec 30 | \$4



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B
									10:30 - 12:30 pm 2.5 - 3.5		11:30 am - 1:30 pm 0 - 2.5
	12:00 - 2:00 pm 2.5 - 3.5	12:45 - 2:45 pm 3.5 - 4.25		1:30 - 3:30 pm All Levels		12:45 - 2:45 pm 0 - 2.5	12:15 - 2:15 pm 3.5 - 4.25	12:45 - 2:45 pm 4.25+			
	2:15 - 4:15 pm 0 - 2.5		2:45 - 4:45 pm 4.25+			3:00 - 5:00 pm 3.5 - 4.25					
	6:30 - 8:30 pm All Levels	6:30 - 8:30 pm 2.5 - 3.5				6:45 - 8:45 pm 4.25+					
0 - 2.5		Beginner level. Learn the basics of the game: scoring, serving, ground strokes and volley.									
2.5 - 3.5		Players consistent in serving, returning, and volleying; knowing the rules and fundamentals of the game.									
3.5 - 4.25		Players should have dependable strokes and with direction and control, aggressive net play, show teamwork in doubles and use the short game.									
4.25 + above		Players who are looking for competitive play.									
All Levels		Any skill level welcome.									
Registration opens 5 days prior (to the hour) to the start of the respective daily session.											
Register online at www.comox.ca/rec with your online account to secure your spot.											
Schedules are subject to change without notice. Visit comox.ca/rec for the latest info.											



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | [See page 95](#)





Special Events Music in the Park

All ages

Join us for some fun in the Park. Enjoy music while enjoying the beauty of Comox's Marina Park. Bring your chair or picnic blanket and enjoy some entertainment. Family friendly and free for all. Music starts at 1:00 pm. Presented in partnership with Elevate Arts Society.

Location: Marina Park

Sun | 1:00 pm

Drop-in | Sep 1 | FREE!

Operation High Jump

16 years & up

This just for fun track meet is open to all those special needs athletes in the Comox Valley, and surrounding areas. This event provides lunch and is supported by the Kiwanis Club.

Location: Vanier Track

Fri | 9:00 am - 3:00 pm

Register Online | Sep 13 | FREE!

Dinosaur Day!

All Ages

Celebrate international Dinosaur month through informative and interactive activities and dino-dances. Wear your best dinosaur themed attire for this dino-mite event! Admission by donation.

Instructor: Comox Youth Council

Location: MP Hall

Sat | 1:00 - 3:00 pm

Drop-in | Oct 5 | By donation

Bat Week Oct 24 - 31

All Ages

Enjoy interactive displays, Bat Talk with local Bat expert Tim Ennis, and info tables packed with fascinating bat facts. Plus, learn about bat-friendly gardening and take home seed packets to create your own bat haven!

Watch for event info at comox.ca!

Halloween Haunted Hallway

All Ages

"All you ghouls and goblins ready to be spooked? Enter the house of living walls this Halloween for a spooktacular event you won't want to miss. It'll be crawling with fun. Entry by donation to a local non-profit of the Youth Council's choosing.

Instructor: Comox Youth Council

Location: Upstairs Hallway

Fri | 6:00 - 8:30 pm

Drop-in | Oct 25 | By donation

Winter Wonderland Window Painting

All Ages

'Tis the season to help us bring some seasonal cheer to the Community Centre by colouring an artist's pre-drawn holiday scenes on our windows. Register your family with a minimum donation of \$20 starting Nov 1 at 6:00 am. All money collected donated to Dawn 2 Dawn Action on Homelessness Society.

Register Online | Nov 11 - 15

By donation

Youth Leadership Day

9 - 12 years

Join the Comox Youth Council for icebreakers, games, and mock-event planning. Sharpen your leadership skills and meet new friends at this fun event!

Instructor: Comox Youth Council

Location: Room B

Sat | 1:30 - 4:15 pm

Drop-in | Nov 16 | FREE!

Christmas at Filberg Holiday Lighting Kick-Off

All Ages

Bring the whole family for a night of festive lights and holiday cheer! The light display will be shining at Filberg until 9 pm, kick-off until Dec 31. Christmas Market, Entertainment, Food, Santa, and MORE!

Location: Filberg Park

Sat | 4 pm - 7 pm

Drop-in | Nov 23 | FREE!

Breakfast with Santa

All Ages

Join the Comox Valley Children's Day Care Society for our 10th Annual Breakfast with Santa. Breakfast includes pancakes, sausage, fruit and refreshments. Have fun with a meet and greet from Santa, festive children's crafts and much more! 100% of donations go to support the Comox Valley Children's Day Care Society.

Location: MP Hall

Sat | 9:00 - 12:00 pm

Drop-in | Dec 7 | By donation

Family Movie Night

All Ages

Throw on your pjs, bring a blanket and cozy up while watching a family movie! Admission includes popcorn and a refreshment. Hosted by Comox Youth Council.

Instructor: Comox Youth Council

Location: MP Hall

Fri | 6:00 - 8:00 pm

Drop-in | Dec 13 | \$3



Facility Rentals



Genoa & Spinnaker Buildings

Comox's waterside facilities are available to rent!



Weddings

Perfect setting for your reception offering convenient facilities in an affordable package.



Trade Shows & Events

The 7800 sq. foot room is large enough to accommodate job fairs, craft and trade shows.



Meeting Rooms

The Community Centre has rooms of various sizes for your next meeting or event.



Sports & Events

Rent public parks and ball/soccer fields.

We can make room for you!

Email us to host your wedding, trade show, meeting and more. The Community Centre has competitive rates and flexible spaces to make any event or program a success.

Email booking@comox.ca

Genoa & Spinnaker Buildings at Marina Park



Comox's waterside facilities are available to rent!

- Stunning, bright & airy buildings in beautiful Marina Park
- Available 7 days/week, 9:00 am - 9:00 pm
- Each building has a capacity of 23 persons and has chairs, tables, fridge, stove, sink, washroom and wi-fi.

To reserve email: booking@comox.ca

Accessible Recreation & Funding Opportunities

The Comox Community Centre has the following programs and services to ensure accessibility of recreation for everyone.

TRIP Program

Free and low cost recreation opportunities for Comox residents on limited income.

LEAP

This regional program grants 52 drop-ins at each municipal recreation facility including the Community Centre Fitness Studio and other drop-in programs; space permitting.

Jumpstart and Kidsport

Financial assistance available for children and youth in eligible activities.

For more information on accessible recreation contact the Comox Community Centre at 250-339-2255 or visit comox.ca/accessible-rec

Come Work With Us!

The Community Centre is hiring talented, enthusiastic and dedicated instructors to deliver recreation programs.

Bring us your program ideas and let's discuss how you can Work With Us!

Contact Amy Bauman at abauman@comox.ca for more information.

Registration Policies

- Registrations taken in person, by phone and online.
- Fees are paid in full at the time of registration by cash, cheque, debit, credit card, or Quality Foods Rec Bucks.
- Comox Recreation reserves the right to make cancellations or changes as necessary.
- GST charged to all programs with participants 14 years and older.
- NSF cheque charge is \$15 + GST.

Refund Policies

Classes cancelled by Comox Recreation:

- Full or pro-rated refund as appropriate.

Customer withdrawal from Comox Recreation programs:

- Full or pro-rated refund as appropriate.
- Withdrawal five or more days prior to program start date; full refund, no penalty.
- Less than five days prior to program start date; full refund, \$8 + GST administration fee charged per program.
- After a program has begun, pro-rated refund based on the date of withdrawal; \$8 + GST administration fee charged per program.
- Full or pro-rated refund as appropriate with a doctor's note; no penalty.
- No refunds issued after a program has ended.

Program titles that end with "- C" are offered by independent contractors. Registration and refund policies are at their discretion. Refunds subject to \$8 + GST administration fee per registration.

Fitness Pass Policies

- Fees paid in full at time of purchase.
- Fitness passes are not transferable.
- Annual passes may be suspended once during the term of pass (minimum of one month/maximum of three months for medical reasons with a doctor's note or if pass holder leaves town).
- Three and six month passes suspended for medical reasons with a doctor's note.
- Pass suspensions must be made in person.



VILLAGE OF CUMBERLAND
WELCOME



Fall Hours of Operation

September 3 - December 31:

Monday to Friday: 7am - 9pm

Weekends: 9am - 4:30pm

Facilities Closed:

September 30 - National Day for Truth and Reconciliation

October 14 - Thanksgiving

November 11 - Remembrance Day

December 25 - Christmas Day

December 26 - Boxing Day

Registration Information

Fall programs:

Registration begins Monday, August 12 @ 7:00 am.

Online: cumberland.ca/recprograms

By Phone: 250-336-2231

Financial Assistance

Qualifying families can receive financial assistance for registered programs and drop-in admissions through the Village's FAIR program and the regional LEAP program. For full details visit: <https://cumberland.ca/rec-financial-assistance/> or email recreation@cumberland.ca.

Admission & Membership Rates

These rates apply to the fitness studio and most Drop-in Programs (see page 126). Note that programs included with membership are subject to change.

	Early Years Ages 0-4	Child/Youth Ages 5-18	Adult Ages 19-59	Senior Ages 60+
Single Visit:	\$1.05	\$2.15	\$4.30	\$3.20
1 Month:	\$10.50	\$21.50	\$43	\$32
1 Year:	\$63	\$129	\$258	\$192

Children 12 and under are not permitted in the fitness studio; teens 13-15 must be accompanied by an adult.

Birthday Parties

Nerf blasters, wall climbing, bounce castles and more!

Book online at cumberland.ca/recprograms or call 250-336-2231 for more information.

Bookings open 90 days in advance

Gymnasium Parties Available Fridays 3:00-5:00 pm.....**\$95.00**

Add a bounce castle for an additional fee.

Climbing Parties Available Saturdays 9:30-11:30 am.....**\$205.00**

Includes all climbing gear and two belayers.

Legend:



Childminding is offered during this program



New program



follow us

VILLAGE OF CUMBERLAND | 250-336-2231 | cumberland.ca/rec





Drop-In Programs

Regular admission rates apply. Drop-in programs run September 3 - December 22 unless noted otherwise.

Drop-in programs are free with a Cumberland Recreation Membership. See page 125 for details.

PARENT & TOT GYM

0-4 years • Gymnasium
Meet new friends and play on climbers, ride-on toys & more! Self-supervised; by donation. Suggested donation is \$2.

Tuesdays
10:30 am - 12:00 pm
Sep 3 - Dec 17

OPEN GYM

Gymnasium • Our gymnasium is open for self-supervised basketball, floor hockey, soccer, badminton, free play and more.

Wednesdays Sep 8 - Dec 18
Youth (9 - 15 yrs) 2:45 - 5:30pm
Saturdays Sep 7 - Dec 14
Family (3 - 12 yrs) 12:00 - 3:00 pm
Youth (9 - 15 yrs) 3:30 - 4:30pm
Thursdays Sep 5 - Dec 19
All ages 8:00 - 9:00 pm

SQUASH

Squash Courts
Our courts are open during regular facility hours; call 250-336-2231 to reserve a spot. Balls and rental racquets available if needed.

BASKETBALL

16+ • Gymnasium
These fun-forward drop-in games are open to all genders and abilities. **Pre-registration is highly recommended.** Please note that LEAP passes cannot be used for 16+ basketball, but FAIR credits can. (See p.125 for details.)

Mondays 6:00 - 8:45 pm
#FR9236 Sep 9 - Dec 16
No Basketball Sep 30, Oct 14, Nov 11.

TABLE TENNIS

Moncrief Hall
Play with members of the Cumberland Table Tennis Club or practice your skills with our table tennis robot.
Facilitator: Adam Kuzma
Wednesdays Sep 4 - Dec 18
All Ages 2:00 - 5:00 pm
Fridays Sep 6 - Dec 20
Youth 4:00 - 5:30 pm
All Ages 5:30 - 9:00 pm
Sundays Sep 8 - Dec 22
All Ages 1:30 - 4:30 pm
No table tennis Sep 6 (youth), Oct 4, Nov 1, 3, 15, 17.

PICKLEBALL

All ages • Gymnasium
Drop in for a fun, fast and social game of pickleball.

Mondays Sep 9 - Dec 16
Advanced 8:00 - 10:00 am
Tuesdays Sep 3 - Dec 17
Intermediate 1:00 - 3:00 pm
Wednesdays Sep 4 - Dec 18
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
Beginner 12:30 - 2:30 pm
Fridays Sep 6 - Dec 20
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
Beginner 12:30 - 2:30 pm
Sundays Sep 8 - Dec 15
All levels 1:00 - 2:30 pm
No pickleball Sep 30, Oct 14, Nov 1, 3, 4, 11, 15, 17, Dec 20.

BADMINTON

All ages • Gymnasium
Gymnasium is open for self-supervised badminton.

Thursdays Sep 5 - Dec 19
4:30 - 5:30 pm
Sundays Sep 8 - Dec 15
1:00 - 2:30 pm
No badminton Nov 3 & 17.

ROLLER SKATING

All ages • Gymnasium
Come kick it with us old school! Roller skates and protective gear are not provided and helmets are strongly recommended. Children under 13 must be accompanied by an adult.

Facilitator: Brick House Betties
Fridays Sep 13 - Dec 20
7:15 - 8:45 pm
No Roller Skating Sep 27, Nov 1, 8, 15.

YOUTH FLOOR HOCKEY

5-16 • Gymnasium
Canada's most iconic sport, sans ice. Drop-in for a fun game of floor hockey.

Facilitator: Frank Sigurdson
Thursdays Sep 12 - Dec 19
6:00 - 8:00 pm
No floor hockey Oct 30.

Early Years

FAMILY GYMNASTICS

1-4 years with parent • *Gymnasium*
Fun-filled playtime for parent & tot on our beams, ropes and rings. Once series registration closes, individual class registration may be available for \$13 each if space allows.

Instructor: Rikki Warwaruk

#9233 Mondays
11:00 am - 12:00 pm
Sep 9 - Dec 16
\$143/11

No class Sep 30, Oct 14, Nov 4, 11.

WOBBLE & TODDLE



1-3 years with parent •
Gymnasium

A playful environment fostering creative movement and skills such as balance, flexibility, and agility. Caregivers and toddlers use the circuit and equipment together, enjoying various connection opportunities.

Instructors: Rikki Warwaruk & Tom Bailey

#9221 Thursdays
11:30 - 12:30 pm
Sep 12 - Oct 24
\$98/7

#9235 Thursdays
11:30 - 12:30 pm
Nov 7 - Dec 19
\$98/7

FANTASTIC GYMNASTICS

3-5 years • *Gymnasium*



A week by week progressive skill building class focusing on fundamental gymnastic skills such as safe landings, rolls, balance, hangs, mobility, floor work and more.

Instructors: Rikki Warwaruk & Tom Bailey

#9222 Thursdays
1:00 - 2:00 pm
Sep 12 - Oct 24
\$105/7

#9223 Thursdays
1:00 - 2:00 pm
Nov 7 - Dec 19

LITTLE NINJAS MIDDAY

3-5 years • *Gymnasium*

A fun movement class using gymnastics equipment, games, and natural surroundings to practice balance, strength, and agility. Kids are introduced to group learning and movement confidence, supporting their growth and playful exchanges. Classes may include outdoor activities using park equipment. This program is geared towards children not yet in Kindergarten.

Instructor: Rikki Warwaruk

#9234 Mondays
12:30 pm - 2:00 pm
Sep 9 - Dec 16
\$154/11

No class Sep 30, Oct 14, Nov 4, 11.

School Age

LITTLE NINJAS AFTERSCHOOL

5-7 years • *Gymnasium*

An afterschool version of our popular Little Ninjas program. Jump higher, play stronger, and showcase your confidence in this dynamic, action-packed, and super-fun class!

Includes 2:45 pm pick-up from CCS.

Instructor: Rikki Warwaruk

#9232 Mondays
3:00 - 4:00 pm
Sep 9 - Dec 16
\$168/12

No class Sep 30, Oct 14, Nov 11.

GIRLS GET OUTSIDE

7-12 yrs • *No. 6 Mine Park & forest*

Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure!

Includes 2:45 pm pick up at CCS.

Instructor: Renée Baron

#9171 Tuesdays
3:00 - 5:00 pm
Sep 10 - Dec 10
\$210/14

TAEKWONDO

4+ • *Buchanan Hall*

Learn Taekwondo skills such as kicking, punching, blocking, self-defense, poomse and Olympic sparring in a respectful environment.

Instructor: Paul Sitko, 5th Dan Master

Little Dragon 4 - 8 yrs

#9173 Mondays &
Wednesdays
6:30-7:00 pm
Sep 9 - Dec 18
\$168/24

No class Sep 30, Oct 2, 14, 16, 23, Nov 11.

Red Dragon ages 9+

#9174 Mondays &
Wednesdays
7:00-8:30 pm
Sep 9 - Dec 18
\$192/24

No class Sep 30, Oct 2, 14, 16, 23, Nov 11.





Mountain Biking

Participants must have a helmet and bike in safe working condition. Knee and elbow pads are recommended.

AFTERSCHOOL BIKE CLUB

6-9 years • Various Locations

Presented by Balance Biking

This afterschool bike club will focus on skill building, team building, trail knowledge, bike knowledge and how to become a steward on the trails. Led by Balance Biking's experienced coaches, members will share in new adventures from skills, drills, trail riding and more.

Includes 2:45 pm pick up at CCS.

Instructors: Balance Biking

#9187 Wednesdays
3:00 - 5:00 pm
Sep 11 - Oct 9
\$180/5

EASY RIDERS

2.5-5 yrs • Gymnasium

Presented by Gravity MTB

Prepare your little one for a lifetime full of MTB adventure with Gravity MTB's Easy Riders program. This indoor program is all about fun and getting comfortable on a bike. Parents will support their child as they navigate obstacles and try drills and skills that lead into the basics of mountain biking.

Instructors: Gravity MTB

Level 1- Run Bike (parent participation required)

Tuesdays
3:15 - 4:00 pm

#9237 Oct 15 - Nov 12 \$109/5

#9239 Nov 19 - Dec 17 \$109/5
4:15 - 5:00 pm

#9238 Oct 15 - Nov 12 \$109/5

#9240 Nov 19 - Dec 17 \$109/5

Level 2- Pedal Bike (parent participation optional for ages 4 & 5)

Tuesdays
3:15 - 4:00 pm

#9241 Oct 15 - Nov 12 \$109/5

#9242 Nov 19 - Dec 17 \$109/5
4:15 - 5:00 pm

#9243 Oct 15 - Nov 12 \$109/5

#9244 Nov 19 - Dec 17 \$109/5

Indoor Climbing

All climbing programs and drop-ins are supervised by qualified top-rope climbing instructors. Registered climbing programs include all gear.

CLIMB & MOVE

5-8 yrs • Gymnasium

A fun program for junior climbers, plus time on the rings, rope and bars to develop the strength and balance required to be a successful climber.

Includes 2:45 pm pick-up from CCS

Instructors: Tom Bailey & Rikki Warwaruk

#9218 Thursdays
3:00 - 4:00 pm
Sep 12 - Oct 24
\$119/7

#9219 Thursdays
3:00 - 4:00 pm
Nov 7 - Dec 19
\$119/7

Open Climbing

Oct 4 - Dec 21
Gymnasium Climbing Wall

Staff available to belay if needed

Fridays 5:15 - 7:00 pm
Saturdays 12:00 - 3:00 pm

Child/Youth Drop-in: \$4.30
Adult Drop In: \$6.40
Senior Drop In: \$5.35
Members: FREE

Gear rental: \$2.15 (free for members)

No climbing
November 1, 2, 8, 15, 16

Roller Skating

ROLLER SKATING 101 - INTRO TO ROLLER SKATING

16+ yrs • Gymnasium

Presented by Brick House Betties

Learn to be safe and have fun on 8 wheels, including balance, stride, falls, and stops. May include some roller dance if participants are interested.

Instructors: Brick House Betties

#9197 Sundays
9:15 - 10:45am
Sep 8 - Oct 27
\$72/8

ROLLER SKATING 101 - DERBY EDITION

16+ yrs • Gymnasium



Presented by North Island Roller Derby

This beginner level rollerskating class teaches skills such as safe falls, stops, crossovers, transitions, and backwards skating using a roller derby fitness curriculum. Have fun and get sweaty while building the strength and stability to progress to derby or other skating pursuits! Email northislandrollerderby@gmail.com to discuss borrowing equipment.

Instructors: North Island Roller Derby

#9186 Sundays
11:00 - 12:30pm
Sep 8 - Oct 27
\$72/8

INTRO TO ROLLER SKATING - MINI SERIES

16+ yrs • Gymnasium



Presented by Brick House Betties

Level up basic roller skating moves to learn some dance, rhythm, and jam skating for social drop-in skates and roller rink events.

Instructors: Brick House Betties

#9198 Sundays
9:15 - 10:45am
Nov 24 - Dec 15
\$36/4

Special Interest

SHE'S WILD

18+ yrs • No. 6

Mine Park & forest

A women's group for active adventurous sisters who are looking to deepen their connection with self, others, and the natural world, facilitated by Renee Baron, an experienced outdoor educator and meditation teacher. The goal is to spend quality time with one another focusing on our communal love for wild places, adventure and skill development. Renée seeks to empower women outdoors so that they can increase their confidence to move through wild spaces. Meditation, hiking in the Cumberland Forest area, and community circle will give shape to each monthly meeting.

Instructor: Renée Baron

Saturdays
9:00 - 1:00 pm
\$35/1

#9245 Sep 28
#9246 Oct 26
#9247 Nov 9
#9248 Dec 7

GROWN-UP GYM CLASS

16+ • Gymnasium

Gym class is back - and this time it's for grown-ups! Your PE teacher, Phill Fuller of Comox Valley Bounce, might assign tasks like dodgeball, pickleball, capture the flag with Nerf Blasters, or Spikeball. Each class will be an exciting new surprise!

Instructor: Phill Fuller

#9165 Tuesdays
7:45 - 9:00 pm
Oct 1 - Dec 3
\$90/10

New Programs Wanted!

Cumberland Recreation is looking for program & workshop facilitators for our upcoming Winter and Spring seasons.

Email recreation@cumberland.ca with your program proposals and qualifications.



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | See page 125



ADULT SOCIAL CLUB

September 3 - December 22

50+ • Buchanan Hall

Enjoy the company of friends and neighbours along with a complimentary tea or coffee, plus activities like Mahjong, cards, book club, and wellness activities.

For details on what's upcoming, visit cumberland.ca/social-club.

Tuesdays 10:00 am - 12:30 pm
Fridays 10:00 am - 2:00 pm

Adults: \$4.30
Seniors: \$3.20
Members: Free



50+ Fitness

The following classes are just \$5 per day or free with membership (see p. 2 for details).

Please pre-register for all classes. Please call or check online for drop-in availability.

TRX FOR SENIORS

50+ • Moncrief Hall

This class focuses on strengthening everyday movements to improve everyday function. Benefits of the TRX suspension trainer includes stability and scalability, allowing you to tailor each exercise to your own personal fitness and/or comfort level.

**Please note, waitlists are no longer available for this class.*

Instructor: Ally Greer

Mondays
11:00 - 11:45 am

FR#9176 Sep 9 - Dec 16
No class Sep 30, Oct 14, Nov 4, 11

Wednesdays
11:00 - 11:45 am

FR#9177 Sep 11 - Dec 18
Thursdays

11:00 - 11:45 am

FR#9178 Sep 12 - Dec 19
No class Nov 7

FOREVER FIT

50+ • Moncrief Hall

A balanced workout that combines functional training, balance and strength work. This class can be tailored to your level and ability, from a moderate workout with modifications as needed, to a variety of more challenging exercises for fit older adults looking to stay active and have fun.

Instructor: Sharon Aul

Mon, Wed & Fri
8:30 - 9:30 am

FR#9226 Sep 9 - Dec 20
No class Sep 30, Oct 4, 14 Nov 1, 4, 11

STRETCH & STRENGTH

50+ • Moncrief Hall

Build your strength, endurance and increase balance through resistance training before finishing off with a long set of stretching to encourage flexibility and recovery.

Instructor: Laurie Baird

Tuesdays & Thursdays

FR#9169 6:30 - 7:30 pm
Sep 10 - Dec 19

No class Oct 3

LINE DANCE FUSION

50+ • Buchanan Hall

Instructor: Nimisha Jimenez

Line Dance Easy - for new beginners

If you've always wanted to learn line dance, this 5-week beginner program will emphasize repetition and proper technique along with the joy of movement.

Wednesdays
10:00 - 11:00 am

FR#9184 Sep 4 - Oct 9
No class Oct 2

FR#9185 Oct 30 - Dec 4
No class Nov 6

Line Dance Bootcamp - for experienced beginners

Get ready to have fun learning new patterns of steps and current dances at the High Beginner and Improver levels. Dance to a variety of dance styles like country, pop, latin, and swing.

Wednesdays
11:00 - 12:00 pm

FR#9182 Sep 4 - Oct 9
No class Oct 2

FR#9183 Oct 30 - Dec 4
No class Nov 6

Adult Fitness

STRENGTH & ENDURANCE

16+ • Moncrief Hall

Join Ally for a solid workout designed to build cardio, endurance & strength. This is an intermediate-level workout that can be scaled up or down to meet your fitness needs.

Instructor: Ally Greer

Mondays
5:30 - 6:30 pm

FR#9203 Sep 9 - Oct 28 \$54/6

No class Sep 30, Oct 14

FR#9204 Nov 18 - Dec 16 \$45/5

Wednesdays
5:30 - 6:30 pm

FR#9209 Sep 11 - Oct 30 \$72/9

FR#9205 Nov 6 - Dec 18 \$ 63/7

STRENGTH & ENDURANCE



16+ • Gymnasium

Ally's same Strength & Endurance class that you love (see above), plus toys and supervision for your preschoolers. Tots play in one half of the gym while you work out in the other.

\$2/child is payable at reception.

Instructor: Ally Greer

Tuesdays
9:15 - 10:15 am

FR#9212 Sep 10 - Oct 29 \$72/8

FR#9208 Nov 5 - Dec 17 \$63/7

Thursdays
9:15 - 10:15 am

FR#9211 Sep 12 - Oct 24 \$63/7

FR#9206 Nov 7 - Dec 19 \$63/7

TRX STRENGTH & CARDIO

16+ • Gymnasium



Get ready to increase your power, strength and endurance with this dynamic total-body TRX class. Ally combines suspension strength training, cardio-intensive intervals and serious core challenges for a mix of gravity resistance and power building that may just be the ultimate workout!

Instructor: Ally Greer

Tuesdays
5:15 - 6:15 pm

FR#9224 Sep 10 - Oct 29 \$72/8

FR#9225 Nov 5 - Dec 17 \$63/7

LUNCH EXPRESS HIT

16+ Moncrief Hall

Beat the afternoon doldrums by kicking up the cardio and pumping a little iron in this bite-sized, high-intensity class. In just 40 minutes, you'll be ready to face the rest of your day feeling alert, refreshed and stronger than ever!

Instructor: Ally Greer

Wednesdays
12:10 - 12:50 pm

FR#9213 Sep 11 - Oct 30 \$58/9

FR#9214 Nov 6 - Dec 18 \$49/7

TABATA

16+ Moncrief Hall



This high-intensity interval training consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest for 10 seconds. Great for all fitness levels.

Instructor: Sharon Aul

Mondays
9:45 - 10:45 am

FR#9228 Sep 9 - Oct 28 \$54/6

No class Sep 30, Oct 14

FR#9229 Nov 18 - Dec 16 \$45/5

Wednesdays
9:45 - 10:45 am

FR#9230 Sep 11 - Oct 30 \$72/8

FR#9231 Nov 6 - Dec 18 \$63/7

Youth Fitness

THIS GIRL CAN

13-18 yrs • Moncrief Hall

A class specifically designed for young women and female-identifying participants. Increase your strength, endurance and overall fitness while creating healthy habits and instilling a life-long love of exercise.

Instructor: Ally Greer

Mondays
4:30 - 5:30 pm

FR#9207 Sep 9 - Dec 16 \$84/12

No class Sep 30, Oct 14, Nov 11

YOUTH SPIN & STRENGTH

13-18 yrs • Moncrief Hall

Join our exciting class combining high-energy spin sessions with dynamic weight training to boost fitness, build strength, and inspire confidence in young athletes. Get ready to feel the burn and have fun!

Instructor: Justin Wolfe

Thursdays
5:00 - 6:00 pm

FR#9195 Oct 24 - Dec 12 \$56/7

No class Oct 31



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | See page 125



Spin

RISE AND GRIND SPIN

16+ • Moncrief Hall

Get your day started with this 45 minute express class.



Focused on endurance and strength, it contains various drills which will get your heart pumping and ready to take on the day!

Instructor: Morgan Rowley

Thursdays

7:10 - 7:55 am

FR#9215 Oct 3 - Dec 19 \$84/12

POWER SPIN

16+ • Moncrief Hall

This one hour high intensity class will focus on power and strength. Each class will contain various skills and drills to help you reach your fitness goals.



Instructor: Morgan Rowley

Mondays

7:00 - 8:00 pm

#FR9216 Oct 7 - Dec 16 \$81/9

No class Oct 14, Nov 11

LUNCH EXPRESS SPINCROSS

16+ • Moncrief Hall

A challenging spin combined with core-building floor exercises delivered in a highly motivating, fun-forward group environment. Great for all-around fitness!

Instructor: Ally Greer

Thursdays

12:10 - 12:50 pm

#FR9202 Oct 3 - Dec 19 \$77/11

No class Nov 7

SPINCROSS

16+ • Moncrief Hall

Intense spins combined with floor exercises that will improve your strength, boost your fitness and deliver a fun, challenging workout every time. Find out why Paul's classes have been a local favourite for more than a decade!

Instructor: Paul Purin

Tuesdays

5:15 - 6:15 pm

FR#9193 Sep 10 - Oct 29 \$72/8

FR#9194 Nov 5 - Dec 17 \$63/7

Yoga

CHAIR YOGA

14+ • Buchanan Hall

A gentle class great for people with limited mobility or those recovering from injury.

Teacher: Christina Roersma

Mondays

10:45 - 11:45 am

FR#9188 Sep 9 - Dec 16 \$99/11

No class Sep 30, Oct 14, Nov 4, 11

YOGA FOR GUYS

14+ • Buchanan Hall

An all-levels class for guys that uses a combination of mental focus, conscious breathing and slow, mindful movement through a variety of postures and exercises to improve flexibility, balance and strength.

Teacher: Jeff Hubbick

Tuesdays

7:30 - 8:30 pm

FR#9166 Sep 10 - Oct 8 \$45/5

FR#9167 Oct 29 - Dec 17 \$72/8

WEEKEND WARRIOR YOGA

14+ • Buchanan Hall

A slow practice focusing on stretching, mobility and functional movement. Prevent injuries, promote flexibility and achieve the most from your body!

Teacher: Christina Roersma

Saturdays

9:30 - 10:30 am

FR#9190 Sep 7 - Sep 28 \$27/3

No class Sep 21

FR#9191 Nov 23 - Dec 21 \$45/5

NOON HATHA YOGA

14+ • Buchanan Hall

A balanced practice of breath, body and mind to strengthen and stabilize the body while replenishing the soul.

Teacher: Christina Roersma

Mondays

12:05 - 12:55 pm

FR#9189 Sep 9 - Dec 16 \$99/11

No class Sep 30, Oct 14, Nov 4, 11

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 - SIGN UP NOW - SIGN UP NOW



REGISTRATION CLOSING AUGUST 10TH

Fall Programs Start:
September 2024



For youth players through to adult



www.CVUSC.org

For more information contact us at:
cvuscoccer@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**

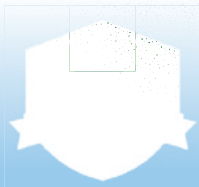
comoxvalleyringette.com



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
.....*seniorpeercounseling@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.....cvlfa@gmail.com

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

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

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur.....edlfler@icloud.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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TOWN OF COMOX

COMOX RECREATION
250-339-2255

comox.ca/rec



RECREATION
THE VILLAGE OF
CUMBERLAND
CUMBERLAND
RECREATION
250-336-2231

cumberland.ca/rec



COURTENAY RECREATION
250-338-5371
250-338-1000

courtenay.ca/rec



CVRD SPORTS &
AQUATIC CENTRES
250-334-9622

comoxvalleyrd.ca/rec



19 WING COMOX
250-339-8211
ext.252-8315

cfmws.com/comox

Where can you pick up your copy of the Comox Valley Recreation Guide?

In order to reduce our environmental footprint the CV Recreation guide will be available for pick-up at a number of convenient locations throughout the Valley.



Courtenay Area

- City Hall Courtenay - 830 Cliffe Ave
- Comox Valley Aquatic Centre - 377 Lerwick Rd
- Comox Valley Sports Centre - 3001 Vanier Dr
- Courtenay Country Market - 5352 N Island Hwy
- Courtenay Library - 300 Sixth St
- Florence Filberg Centre - 411 Anderton Ave
- Lewis Centre - 489 Old Island Hwy
- North Island College - 2300 Ryan Rd
- Quality Foods - 2751 Cliffe Ave (Driftwood Mall)
- Real Canadian Superstore - 757 Ryan Rd
- The LINC Youth Centre - 300 Old Island Hwy
- Thrifty Foods - 1551 Cliffe Ave
- Thrifty Foods - 444 Lerwick Rd

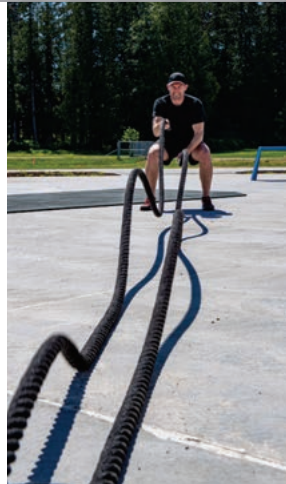
Comox Area

- 19 Wing Fitness & Community Centre - 1575 Military Row
- Comox Library - 1720 Beaufort Ave
- Comox Community Centre - 1855 Noel Ave
- Comox Town Hall - 1809 Beaufort Ave
- Glacier Gardens Arena - 1399 Military Row
- John's Your Independent Grocer - 215 Port Augusta St
- Quality Foods - 2275 Guthrie Rd

Cumberland Area

- Cumberland Library - 2724 Dunsmuir Ave
- Cumberland Recreation Centre - 2665 Dunsmuir Ave
- Seeds Natural Food Market - 2733A Dunsmuir Ave

COMOX VALLEY RECREATION GUIDE | FALL 2024



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COURTENAY RECREATION
250-338-5371
250-338-1000

We offer programs and special events for all ages. Classes include art, music, martial arts, sports, yoga, drumming, dance, and more. Also featured are drop-in fitness, squash & workouts.

Please note schedules and activities are subject to change. Please watch the City of Courtenay website for any updates.

courtenay.ca/rec

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CVRD SPORTS & AQUATIC CENTRES
250-334-9622

Swimming, skating, fitness and wellness! We offer drop-in fitness opportunities, registered programs and fun leisure and sports activities throughout the year at the CVRD Sports and Aquatic Centres and the Exhibition Grounds.

comoxvalleyrd.ca/rec

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19 WING COMOX
250-339-8211
ext 252-8315

19 Wing Recreation offers programming for the military community and the residents of the Comox Valley. Services include facility memberships, rentals to community sports organizations and programming for all ages, including swim lessons.

cfmws.com/comox

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TOWN OF COMOX

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COMOX RECREATION
250-339-2255

Find your recreation mojo at the award winning Comox Community Centre: fitness, gymnastics, children's programs and more. Register online at comox.ca/rec

comox.ca/rec

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CUMBERLAND RECREATION
250-336-2231

The Village of Cumberland is the hub of outdoor recreation in the Comox Valley! Cumberland Recreation provides programs; manages municipal parks, trails and facilities; & supports community events and organizations. Online registration is now available for recreation programs.

cumberland.ca/rec

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