

# Adapted Programs

for Youth & Adults with Diverse Abilities



## St. Patrick's Day Bingo

(18 years & over)

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

#15115 Tuesday March 18

1:00 - 2:00 pm

Lewis MP Hall

\$3



## St. Patrick's Day Dance

(18 years & over)

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

#15116 Friday March 14

12:30 - 2:30 pm

Lewis MP Hall

\$3

## Spring into Summer Dance

(15 years & over)

Come together with the Adapted Crew and dance yourself into Summer! There will be music, dancing, and treats!

#15476 Friday June 27

1:00 - 2:30 pm

Lewis MP Hall

\$5



## Neuro-Wonderful Social

(13 years & over)

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

#16459 Wednesdays Bi-Weekly

April 30 - June 18

Lewis Craft Room A

6:00 - 7:30 pm

\$30/5

## Spoonie Social

(13 years & over)

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

#16458 Wednesdays Bi-Weekly

April 23 - June 18

Lewis Meeting Room

\$30/5

## 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.

#15472 Tuesdays

April 1 - June 24

10:30 - 11:30 am

Lewis Craft Room A

\$35/13



**Courtenay  
Recreation**

### Adapted Programs

Lewis Centre, 489 Old Island Hwy Courtenay, BC V9N 3P5

phone: 250-338-5371 [courtenay.ca](http://courtenay.ca)

*All Adapted Programs  
Proudly Sponsored by:*



COMOX VALLEY  
COMMUNITY  
FOUNDATION  
Enriching Life in the Comox Valley Forever



Comox Valley  
REGIONAL DISTRICT



# Adapted Special Interest

## Adapted Programs - Kitchen Crew

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

Mondays

#15473 April 7 - May 5

#15474 May 26 - June 16

10:30 am - 12:00 pm

The LINC Kitchen

\$37/4

## Adapted Dance Party

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

#15470 Wednesdays

April 9 - June 25

1:15 - 2:00 pm

Lewis MP Hall

\$55/12

## Adapted Art Cards

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

Mondays

April 7 - June 16

#15464 1:00 - 2:00 pm

#15465 10:00 - 11:00 am

Lewis Craft Room A

Free

## Adapted Spring Bowling League

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

#15475 Wednesdays

April 2 - June 4

3:00 - 4:00 pm

Codes Country Bowling

\$5/10

## Adapted Art in the Afternoon

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

#15466 Wednesdays

April 9 - June 18

1:30 - 3:00 pm

Lewis Salish Building

\$47/11

## Adapted Young Adults Club

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

#15480 Tuesdays

April 1 - June 17

6:00 - 8:00 pm

Lewis Craft Room A

\$35/12

## Adapted Yoga

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

**Instructor:** Susan Obieglo

Tuesdays

#15478 April 1 - June 24

1:30 - 2:15 pm

Lewis Activity Room

\$80/13

#15479 July 8 - August 19

1:15 - 2:00 pm

Lewis Activity Room

\$40/7

**Adapted Spring  
Registration  
begins Tuesday  
March 18 at  
8:30 am**

# Adapted Get Active

## Adapted Chair Fit

(18 years & over)

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

**Instructor:** Nancy Victoria

Fridays

#15467 April 4 - June 20

\$90/11

#15468 July 4 - August 1

\$50/5

10:30 - 11:30 am

Lewis MP Hall

## Adapted Gymnastics

(10 years & over)

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

#16462 Mondays

April 7 - June 16

9:15 - 10:15 am

Vern Nichols Gym

\$6.50/drop-in

## Adapted Archery

(18 years & over)

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

#15463 Fridays

April 4 - June 20

12:15 - 1:30 pm

Lewis MP Hall

\$50/11

## Adapted Dance Class

(13 years & over)

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

#15469 Thursdays

April 10 - June 12

1:10 - 2:00 pm

Lewis Activity Room

\$48/10

## Adapted Diverse Sports

(16 years & over)

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

Wednesdays

#15471 April 2 - June 18

10:30 - 11:45 am

Lewis Centre Gym

\$42/12

#16453 July 9 - August 27

10:00 - 11:00 am

Vern Nichols Gym

& MP Hall

\$33/8

## Adapted Indoor Soccer

(16 years & over)

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

#15482 Mondays

April 7 - June 16

1:30 - 2:30 pm

Lewis MP Hall

\$38/9

## Challenger Baseball

(10 years & over)

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

#15462 Thursdays

April 3 - June 5

10:00 - 11:00 am

Lewis Ball Diamond 1

\$25/10



## Adapted Basketball

(16 years & over)

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

#15481 Thursdays

April 3 - June 12

1:00 - 2:00 pm

Lewis Centre Gym

\$42/11



Thank you to the Comox Valley Community Foundation and CVRD for their ongoing support that allows us to offer affordable programming options for inclusion in Courtenay Recreation programs.



# Community

## Building Friendships

The Building Friendship Program invites you to come and play pool, foosball, board games, make crafts or just hang out. Everyone is welcome!  
Mondays 2:30 - 5:00 pm  
The LINC Youth Centre,  
300 Old Island Hwy.  
FREE  
For more info, please call and ask for Building Friendships  
250-338-5371

## Agency Memberships

Courtenay Recreation has an agency membership to help agencies provide clients with a variety of recreational experiences including use of the wellness centre, squash courts and gym time. For more information, please call The Lewis Centre at 250-338-5371.

## CV REGIONAL DISTRICT:

250-334-9622  
[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)

## COMOX RECREATION:

250-339-2255  
[www.comox.ca/recreation](http://www.comox.ca/recreation)  
**TRIP (Town of Comox Recreation Inclusion Program)**  
Free and low-cost recreation opportunities are available to Comox residents on a limited income. Call the Community Centre at 250-339-2255 to find out more.

### 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 the Comox Valley and provides 52 free admissions to drop-in activities.  
Ask us how to apply!  
250-338-5371 or 250-338-1000

## Comox Valley Therapeutic Riding Society

250-338-1968  
[www.cvtrs.com](http://www.cvtrs.com)

## Comox Valley Special Olympics

250-897-1828  
[www.cvso.ca](http://www.cvso.ca)

## L'Arche Comox Valley I Belong Centre

250.871.6288  
[www.larchecomoxvalley.org](http://www.larchecomoxvalley.org)  
Arts, crafts & recreational programs for adults with and without disabilities. FMI call or email  
[herve@larchecomoxvalley.org](mailto:herve@larchecomoxvalley.org)

## Comox Valley Wheelchair Sports Society

250-897-6082  
[cwssdocs@gmail.com](mailto:cwssdocs@gmail.com)  
All-inclusive (no disability required) Wheelchair basketball. Please email for more info.

## North Island College Accessible Learning

250-334-5078  
[www.nic.bc.ca/programs-courses/accessible-learning/](http://www.nic.bc.ca/programs-courses/accessible-learning/)  
Featuring adapted courses and services.

## Program Registration & Refund Notes

**Registration:** All participants must register individually for their programs to prevent duplicate accounts. Day programs or caregivers assisting participants can call the Lewis Centre for help with account creation and to make this transition easier. All participants must make sure their accounts are in good standing before registering in new programs.

**Register by telephone:** You may register by telephone by calling The Lewis Centre (250-338-5371) or Filberg Centre (250-338-1000).

**Register online:** Visit [www.courtenay.ca/reconline](http://www.courtenay.ca/reconline) to create your account or call The Lewis Centre or Filberg Centre for assistance.

**Cancellation:** Please register early if you are interested or programs will be cancelled if minimum numbers are not met.

**Withdrawal/Refunds:** A full or pro-rated refund will be given if class is cancelled or for medical reasons. Refunds will not be approved after a program has ended.

**Away:** If you have a planned absence, please contact the Lewis or Filberg Centre office so we know not to expect you.

**One-on-One Support:** While we will do our best during programs to meet your needs, please note that we are unable to provide one-on-one support.  
For full registration policies please visit [www.courtenay.ca/rec](http://www.courtenay.ca/rec)