

What's Inside...



2
Comox
Recreation

250-339-2255
Registration starts
Monday March 6



26
CVRD Sports
& Aquatic
Centres


250-334-9622
Registration is
ongoing

50
Courtenay
Recreation

250-338-5371
Registration starts
Monday March 6

106
Cumberland
Recreation

250-336-2231
Registration starts
Monday March 6



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Green Commitment
The Comox Valley Recreation Guide is made with paper that is 80% post-consumer waste. When you are finished with this guide, please recycle it or pass it on to a friend.

Cover photo by Sara Kempner, supplied by Cumberland Recreation.



COURTENAY RECREATION
WELCOME



Welcome!

Spring break is fast approaching, and many Comox Valley parents will be looking for ideas. Whether you're looking for daycamps running throughout the week, or something for just a day or an afternoon, there's sure to be something in the pages of this guide that will interest your child. See pages 54 and 58 for details on Courtenay Recreation Spring Break offerings, or talk to the friendly staff at the Lewis Centre, Florence Filberg Centre, and The LINC Youth Centre.



Sincerely,
Larry Jangula
Mayor of Courtenay

Courtenay Recreation

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Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca/rec

click on Spring Programs

Lewis Centre

Facility Hours:

Mon - Fri 5:00 am - 10:00 pm

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

Office Hours:

Mon - Fri 7:15 am - 8:45 pm

Saturday 8:30 am - 12:00 pm & 1:15 - 4:00 pm

Sunday 8:30 am - 12:00 pm & 1:15 - 8:00 pm

Facility Closures:

Friday April 14 *Good Friday*

Monday April 17 *Easter Monday*

Monday May 22 *Victoria Day*

Phone: **250-338-5371** Fax: 250-338-8600 Email: lewis@courtenay.ca

489 Old Island Highway Courtenay, BC V9N 3P5



www.courtenay.ca/lewis

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre or Native Sons Hall facilities)

Monday to Friday 8:30 am - 4:30 pm

Facility Closures:

Friday April 14 *Good Friday*

Monday April 17 *Easter Monday*

Monday May 22 *Victoria Day*

Phone: **250-338-1000** Fax: 250-338-0303 Email: filberg@courtenay.ca

411 Anderton Avenue, Courtenay, BC V9N 6C6



www.courtenay.ca/filberg

The LINC Youth Centre & Indoor Skatepark

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

Facility Hours:

Mondays 7:00 - 9:00 pm

Tuesdays 3:00 - 7:00 pm (*Tween night 8 - 11 years*)

Wednesdays 3:00 - 8:00 pm

Thursdays 3:00 - 8:00 pm

Fridays 3:00 - 11:00 pm

Saturdays 3:00 - 11:00 pm

Hours subject to change

Phone: **250-334-8138** Email: linc@courtenay.ca

300 Old Island Highway Courtenay, BC V9N 3P5



www.courtenay.ca/linc



COZY CORNER

Preschool

at the Lewis Centre
Ages 3 - 5 years

Register now!

*We are accepting
registration for classes
starting in Spring & Fall 2017*

Play
Create
Socialize
Celebrate

"Play is the language of children; it is the window to their souls."

Child and Family Research and Development program

"The child knows instinctively what he needs to develop and he goes about it through play with whole - hearted enthusiasm."

Mashedor, 1994



Join our fully qualified and experienced Early Childhood Educators in a developmentally appropriate, fun environment of excellence.

Our goal is to provide an atmosphere for positive social interactions for all children.

Our program offers daily creative art activities, water, sand or rice play, playdough, puzzles and table top toys, blocks, dress-ups and gross motor play.

The program also includes outdoor play, field trips and celebrations of special holidays and events.

Monday, Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am

Interested in afternoons?

Leave your name on our interest list.

Monthly Fees

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

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



Parent Participation

LITTLE CRUISERS

(7 - 14 months)

Bring your baby and drop in for education, support, and socializing with other adults. You'll have free access to guest speakers, community resources, an information library, refreshments and more. Establish positive networks and develop the knowledge and skills to set up success for you and your little cruiser.

Instructor: Sandra Allen

Wednesdays

March 22 - June 14

10:00 - 11:15 am

Lewis Meeting Room

\$1/Drop-in

BABY TALK

(newborn - 6 months with adult)

Bring your baby and meet other parents, hear guest speakers, access the resource library, and gain the support and knowledge that new parents seek. This is a community-based program sponsored by St Joseph's Hospital.

Facilitator: Andrea Postal

Mondays

Ongoing

10:00 - 11:30 am

Lewis Meeting Room

\$1/Drop-in

GARDEN WITH YOUR GRANDPARENTS

(3 - 5 years)

Gardening is a great activity for grandchildren and their grandparents! Learn about different plants you can grow, decorate plant boxes, and start your own little garden.

#43325 Tuesdays

May 30 - June 20

9:30 - 11:00 am

Lewis Craft Room A

\$75/4

TREEFROG MUSIC

TOGETHER PRESCHOOL

(9 months - 5 years)

Join in the beloved Music Together® program! Start with music, movement, percussion and play, and build joy and confidence in music-making that carries over into your home and your child's life. A \$45 material fee per family will be collected by the instructor.

Instructor: Kazimea Sokil

#43229 Wednesdays

April 5 - June 7

9:15 - 10:00 am

Lewis Tsolum Building

\$135/10

\$90/second child

GROOVE WITH YOUR GRANDPARENT

(2 - 4 years)

Bond with your grandchild through music. You will sing, play with instruments and groove together. **No class May 22.**

#43353 Mondays

April 24 - June 5

9:30 - 10:15 am

Lower Native Sons Hall

\$50/6

CHILDMINDING

(all ages)

Our excellent childminding service offers you quality care in a safe, friendly and fun environment.

If you are participating in our morning programs, playing tennis, squash, or using our weightroom, you're invited to drop in.

Monday - Saturday

March 20 - July 1

9:00 - 11:00 am

Lewis Centre

\$4/1¼ hours

\$5/1¾ hours

punch cards also available

POWER HOUR PLAYTIME FUN!

(all ages)

Join the fun! There will be a little something for everyone with gym time fun, activities and more!

#42950 Tuesdays

March 28 - June 27

10:45 am - 12:00 pm

Lewis Centre MP Hall

\$4/Drop-in



COURTENAY EARLY YEARS



Springtime Promenade

(infant - 6 years with adult)

Join us on the bunny trails for activities, crafts & fun! And maybe even a visit from the Easter Bunny!

Friday, April 14

Simms Millennium Park

\$8/family

Registration Deadline - April 7th.



Lewis Centre 250-338-5371 courtenay.ca/rec

follow us  

MUCKIN' & MESSIN'

(3 - 5 years)

Get down and dirty in this active art and craft program! Create various projects, use your imagination and be creative! So bring a snack and wear your old duds, and get ready for the fun!

#43096 Monday - Friday

March 20 - 24

9:30 - 11:30 am

Lewis Salish Building

\$60/5



WEE SCIENCE

(3 - 5 years)

Put on your lab coats and try out a bunch of wild and crazy science experiments.

#43097 Monday - Friday

March 20 - 24

1:00 - 3:00 pm

Lewis Salish Building

\$60/5



MINI CHEFS

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks!

#43094 Fridays

April 21 - June 9

10:00 am - 12:00 pm

Lewis Craft Room A

\$96/8

CRAFT & SPLASH

(3 - 5 years)

Come make some fun water themed crafts. If the weather is nice we will finish off with a fun splash out in the water park.

#43327 Wednesdays

May 31 - June 21

10:30 am - 12:00 pm

Lewis Craft Room A

\$40/4

CRAFTY COOKING

(3 - 5 years)

Cook up a storm as you try all kinds of fun new kid friendly recipes. Create cool crafts as you wait for your tasty treats to take shape.

#43326 Wednesdays

April 26 - June 14

1:30 - 3:00 pm

Lewis Craft Room A

\$75/8



COURTENAY EARLY YEARS

KRAYOLA KIDS

(2 - 4 years with an adult)

Learn the colours through stories, colourful arts and craft projects and hands on demos. Don't forget to wear the colour of the day! Please bring a snack. Parent participation required. **No class May 22.**

#43060 Mondays

April 24 - June 19

1:00 - 2:30 pm

Lewis Craft Room B

\$75/8



Look for this symbol for Spring Break programs!



Oh no, you had to cancel the class?

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

Independent Programs

THE GREAT OUTDOORS

(3 - 5 years)

Experience the outdoors in our version of a summer camp out! Join us in imaginary play where we make s'mores, sing camp out songs, build forts and tents to survive the outdoors, and explore animals through crafts and activities.

#43098 Tuesdays
April 4 - May 23
9:30 - 11:30 am
Lewis Craft Room A
\$96/8

NATURE CRAFTS & PLAY

(3 - 5 years)

Explore nature through crafts, outdoor games, and exploration. Be sure to dress for the weather.

No class May 22.

#43414 Mondays
April 24 - June 5
10:00 - 11:30 am
Lewis Craft Room B
\$60/6

PIANO ADVENTURES

(5 - 7 years)

Music makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$40 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross

#43264 Thursdays
April 6 - June 22
4:00 - 5:00 pm
Lewis Tsolum Building
\$144/12

FAIRYTALE ADVENTURES

(3 - 5 years)

Get lost in your favourite Fairytales. Make crafts, cook treats, songs and explore the world of make-believe.

#43100 Wednesdays
April 5 - May 24
10:30 am - 12:30 pm
Lewis Craft Room A
\$75/8

LI'L KICKS SOCCER

(3½ - 5 years)

Run and play 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 and fitness. **No class April 17 & May 22.**

#43354 Mondays
April 3 - June 19
9:30 - 10:30 am
Lewis Centre Gym
\$75/10

SPORTS FOR TOTS

(3 - 5 years)

Run, kick, throw, and score! Active kids will love this playful and non-competitive environment. **No class April 15 & May 20.**

#43095 Saturdays
April 8 - June 10
10:30 - 11:30 am
Lewis Centre MP Hall
\$40/10

SPACE EXPLORERS!

(3 - 5 years)

Learn about space, planets, and things that fly! Make paper mache planets, star painting and more!

#43099 Thursdays
April 20 - June 8
9:30 - 11:30 am
Lewis Craft Room A
\$75/8

Please note: Children in Independent Programs must be potty trained.



COURTENAY EARLY YEARS



Dance & Movement



BEE BOPPERS

(3 - 5 years)

Bounce, B-Bop, move and groove in this introduction to up-beat dance styles. It's all about fun and learning how to move to music.

No class April 25 and May 16.

Instructor: Chai Sullivan

#43320 Tuesdays

April 4 - May 30

3:45 - 4:45 pm

Lewis Activity Room A

\$70/7

TINY TUTUS

(3½ - 5 years)

In this introduction to dance, you'll develop body awareness, creativity, coordination and an appreciation of music.

Instructor: Maggie Scofield-Reid

#42983 Wednesdays

April 19 - June 21

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10

Check receipts carefully for important program information.

HAPPY FEET & TAPPING TOES

(3 - 5 years)

Encourage creativity, imagination, and movement in this fun filled environment. Little ones will be exposed to jazz, rhythm, and musical theatre techniques while developing their listening skills. Dancers will learn choreography which will be presented at the end of the last class.

Instructor: Jenna Flint

#43142 Fridays

April 21 - June 9

10:15 - 11:00 am

Lewis Activity Room B

\$65/8

CREATIVE MOVEMENT

(4 - 6 years)

Explore natural movement with a wide variety of age appropriate music. Imagination, discovery and joyfulness are the focal points in this class.

Instructor: Jenna Flint

#43143 Thursdays

April 6 - May 25

3:00 - 3:45 pm

Lewis Activity Room A

\$40/8

PARENT & TOT DANCE PARTY

(1 - 3 years)

Shake your sillies out with this fun, child-centred dance class. Age appropriate movement strengthens large muscle development and coordination, while encouraging basic social skills such as turn-taking and cooperation.

Instructor: Jenna Flint

#43141 Fridays

April 21 - June 9

11:15 am - 12:00 pm

Activity Room B

\$40/8

GYMNASTICS

ACTIVE ARTS

(3 - 5 years)

Develop your child's sense of adventure and fine motor skills while shaking their sillies out by experimenting with gym equipment and discovering their artistic side with crafts. Activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

No class May 10.

#43010 Wednesdays

March 29 - June 21

9:30 - 11:30 am

Lewis Craft Room B & Gym

\$115/12

YOGA TOGETHER

(18 months - 4 years)

Join this playful practice that uses games, visualization and imagination to engage parents and kids in using mind and body, breath, and movement to access playfulness, balance and calm.

#43384 Thursdays

April 6 - May 25

9:30 - 10:15 am

Lewis Salish Building

\$60/8



Gymnastics

FAMILY GYMNASTICS

(1 month - 5 years)

Play together as a family in the best indoor playground around! Swing, bounce and play on our Gymnastics Equipment. **No class May 9.**

#43009 Tuesdays
March 28 - June 20
11:00 am - 12:00 pm
Lewis Centre Gym
\$84/12

GYMNASTICS KIDS & CRAFTS

(3 - 5 years)

Combine fun arts and crafts with time in the Gym. Games and activities with balls, hoops and basic gymnastic circuits encourage you to explore physical challenges. Please bring a small snack. **No class May 9.**

#43011 Tuesdays
March 28 - June 20
12:00 - 2:00 pm
Lewis Gym & Craft Room A
\$115/12

STEPPING STONES TO KINDERGYM


(2½ - 3½ years with adult)

Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience. **No class May 9 & 10.**

#43003 Tuesdays
March 28 - June 20
9:00 - 9:45 am
Lewis Centre Gym
\$84/12

#43004 Wednesdays
March 29 - June 21
9:00 - 9:45 am
Lewis Centre Gym
\$84/12

SPRING BREAK FAMILY GYM

March 20 - 24 
9:30 - 10:30 am &
10:30 - 11:30 am
\$25/week or \$10/drop-in

KINDERGYM WITH TRAMPOLINE

(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 an instructor, taking turns, moving safely around the gym, getting along with others, offering and accepting new ideas.

No class April 15, May 9, 10 & 20.

#43006 Tuesdays
March 28 - June 20
9:45 - 10:45 am
Lewis Centre Gym
\$102/12

Wednesdays
March 29 - June 21
#43007 11:00 am - 12:00 pm
#43008 1:00 - 2:00 pm
Lewis Centre Gym
\$102/12

#43005 Saturdays
April 1 - June 24
9:00 - 10:00 am
Lewis Centre Gym
\$93.50/13



CV Gymnastics Championships

Saturday March 11
9:30 am - 2:00 pm
Lewis Centre

Ribbons Trophies Friends Concession

Lewis Centre 489 Old Island Highway courtenay.ca/rec 250-338-5371



COURTENAY EARLY YEARS





Spring Break Programs

SPRING BREAK DAYCAMP

(6 - 12 years)
Do it all during these lively days of Spring Break. Games, sports, brain-teasers, arts & crafts, music, kitchen creations and more will keep you entertained all day long. Bring your lunch.

#42505 Monday - Friday (SB)
March 20 - 24
8:00 am - 3:30 pm
Lewis Craft Room A
\$125/5

LEGO CAMP

(7 - 11 years)
Combine Lego play and art. Some of the projects will include: cooking Lego creations, building Lego cars that we will make move, creating the tallest tower of Lego we can and then knocking it over, re-creating masters painting with Lego and tons more Lego fun!

#43091 Monday - Friday (SB)
March 20 - 24
10:00 am - 4:00 pm
Lewis Craft Room B
\$140/5

COUGARS TRACK AND FIELD CAMP

(9 - 13 years)
Join us for some track & field fun this Spring Break! Learn to hurdle, throw a Javelin, reach new heights in High Jump, and much more. We cover most track & field events, always with a focus on skills, fitness, & fun. Get a jump start on training for your school's track & field program! Sessions are taught by former Canadian team members.

#43191 Monday - Friday (SB)
March 20 - March 24
9:00 am - 12:00 pm
Sport Centre Track
\$89/5

SEWING - ONE DAY PROJECTS

(8 - 13 years)
Sew your own tote bag, using canvas or denim. You will need your own fabric scissors, straight pins and tape measure.

Instructor: Jean Morgan (SB)
#43112 Tuesday March 21
9:30 am - 12:00 pm
Lewis Craft Room A
\$40

DIVA GIRLS CAMP

(7 - 12 years)
Focus on fun, friends and fitness. Play new games and sports as you learn to incorporate active living into your daily routines. Round out each class with creative crafts that you can turn into keepsakes or gifts for others.

#42504 Monday - Thursday (SB)
March 20 - 23
9:00 am - 3:30 pm
Lewis MP Hall
\$95/4

GYMNASTICS CAMP

(5½ - 12 years)
Whether you are a beginner or a more accomplished gymnast, you'll have a great time. Learn new skills, and develop your strength, flexibility, balance, and more, as we work out on all apparatus. Daily challenges and progressions will be set to your individual level.

Monday - Friday (SB)
March 20 - 24
#42507 12:00 - 1:30 pm (5½ - 8 yrs)
#42508 1:30 - 3:00 pm (8 - 12 yrs)
Lewis Centre Gym
\$75/5

SPRING BREAK SMASH UP

(10 - 18 years)
Looking for some fun during spring break? Look no further! Join us for 4 days of fun that will ensure you have all sorts of exciting stories to tell when you get back to school!

Activities subject to change.
Tuesday - Rock Climbing & Swim
Wednesday - Go Karts & Mini Golf
Thursday - Monkido
Friday - Bowling, Snacks & Swim
#42517 Tuesday - Friday (SB)
March 21 - 24
10:00 am - 4:00 pm
LINC Games Room
\$190/4 days
\$50/day



See pages 54 & 70 for more Spring Break fun!

Sports

JR. GOLF CAMP

(5 - 13 years)

These clinics will provide basic fundamentals of the game of golf. The lessons will include putting, chipping and driving.

Instructor: Brian Wise



March 20 - 22

Monday - Wednesday

#43353 1:00 - 1:45 pm (5 - 9 years)

\$40/3

#43356 2:00 - 3:00 pm (10 - 13 years)

\$50/3

Glacier Greens Golf Course

JR. GOLF DAYCAMP

(5 - 10 years)

This camp will have everything golf. The fundamentals of putting, chipping and the golf swing will be taught. Also the children will have the opportunity for an arts and crafts project. Lunch will be provided.

Instructor: Brian Wise



#43357 Friday March 24

9:00 am - 3:00 pm

Glacier Greens Golf Course

\$100

GOLF FUNDAMENTALS

(5 - 9 years)

These 45 minute clinics are for younger children interested in learning golf skills through active movement and drills. The clinics will provide the fundamentals for the golf swing and other athletic movement.

Instructor: Brian Wise

Fridays

#43369 May 5 - May 26

#43370 June 9 - June 30

2:00 - 2:45 pm

Glacier Greens Golf Course

\$40/4



Look for this symbol for Spring Break programs!

CHILDREN'S BEGINNER ARCHERY

(7 - 12 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 sport which has a long history.

Saturdays

#43139 April 22 - May 13

#43140 June 3 - 24

3:00 - 4:00 pm

Lewis Centre MP Hall

\$50/4

INDOOR SOCCER & HOCKEY

(6 - 11 years)

Come out and spend 30 minutes playing indoor soccer and then 30 minutes playing indoor hockey. It's the best of both worlds. **No class April 14, 28 & May 19.**

Fridays

March 31 - June 23

#43329 1:30 - 2:30 pm (6 - 8 years)

#43330 2:30 - 3:30 pm (9 - 11 years)

Lewis Centre MP Hall

\$35/10

LEARN TO PLAY GOLF

These clinics will be one day camps that will let juniors practice their golf skills all day. The lessons will have putting, chipping and driving included. Each camp will have a portion of on course teaching.

Instructor: Brian Wise

(5 - 10 years)

#43371 Saturday May 6

#43372 Sunday May 14

(10 - 15 years)

#43373 Sunday May 7

#43374 Saturday May 13

12:00 - 4:00 pm

Glacier Greens Golf Course

\$75

See pages 65 for children's sailing programs.

DODGEBALL!

(7 - 11 years)

Duck, dodge, dip and dive as you take on your opponents in this fun action packed game. Learn a variety of different variations as you try to be the last team standing.

#43135 Thursdays

April 20 - June 8

4:00 - 5:00 pm

Lewis Centre MP Hall

\$35/8

CALIFORNIA KICKBALL

(7 - 11 years)

What do you get when you combine soccer and baseball? California Kickball! Come learn the rules and play the game. **No class May 22.**

#43138 Mondays

April 24 - June 12

3:45 - 4:45 pm

Lewis Centre MP Hall

\$30/7

TABLE TENNIS CLUB

(9 - 17 years)

Come out to learn the basics of Table Tennis. Practice serving, rallying, and strategy.

#43311 Tuesdays

April 4 - June 6

3:30 - 5:00 pm

Filberg Rotary Hall

\$50/10



COURTENAY CHILDREN



VOLUNTEER

AT Courtenay Recreation



We Need Your Help!

Lots of volunteer opportunities

For more information call 250-338-5371 or text 250-650-9930

Special Interest

MUSICAL THEATRE

(8 - 10 years)

Learn fun and silly theatre games, sing along to your favourite songs, dance it out to the latest pop and musical theatre songs and learn basic singing techniques in a relaxed and non-competitive environment.

#43332 Mondays

June 5 - 26

3:30 - 4:30 pm

Lewis Activity Room A

\$30/4

THEATRE GAMES AND MORE!

(10 - 13 years)

Learn fun and silly theatre games, practice basic singing techniques and sing along to your favourite songs and more in a friendly, relaxed and non-competitive environment.

#43333 Tuesdays

June 6 - 27

4:45 - 5:45 pm

Lewis Activity Room A

\$30/4

FLOUR POWER

(6 - 10 years)

'Mix' things up and 'beat' your early dismissal boredom. This class will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register! **No class April 14, 28 & May 19.**

#43328 Fridays

March 31 - June 23

1:30 - 4:00 pm

Lewis Craft Room A

\$150/10

KITCHEN ADVENTURES

(6 - 9 years)

Roll up your sleeves and tie on your apron for culinary fun. Combine kitchen etiquette and food safety with creative, nutritious and simple recipes. It's a great introduction to learning about food.

#43136 Wednesdays

April 19 - June 7

3:30 - 5:00 pm

Lewis Craft Room A

\$90/8

ST JOHN BABYSITTER COURSE

(11 - 18 years)

Learn about children, accident prevention, home safety and emergency procedures. Please bring your lunch & a doll. Includes a take-home first aid kit. Register early, as these classes fill quickly.

#43335 Saturday April 1

#43334 Saturday May 6

#43336 Saturday June 3

9:00 am - 4:30 pm

Lewis Meeting Room

\$69

HOME SENSE & SAFETY

(9 - 12 years)

Create a safe environment when you are home alone. Learn about meal and snack prep, household and pet safety, dealing with strangers, making emergency calls, and more.

#43129 Saturday April 8

#43130 Saturday May 13

#43131 Saturday June 24

1:00 - 3:30 pm

Lewis Meeting Room

\$25

COOKING AROUND THE WORLD

(7 - 12 years)

Tour the world through food! Learn how to cook tasty dishes and treats from different parts of the world. Register early! **No class May 18.**

#43137 Thursdays

April 6 - June 1

3:30 - 5:00 pm

Lewis Craft Room A

\$90/7

Check receipts carefully for important program information.



COURTENAY CHILDREN

SEWING BASICS

(8 - 14 years)

Get to know the basics of how to use a sewing machine, use a pattern and learn some sewing terminology that will help you begin your career as you construct your own pin cushion! For beginners only and is recommended prior to taking the 'It's Fun to Sew' program.

Instructor: Jean Morgan

#43132 Tuesdays

April 11 - May 2

3:30 - 5:00 pm

Lewis Craft Room A

\$70/4

IT'S FUN TO SEW

(8 - 14 years)

Make and sew your very own starter pillow case, then move on to pull on cotton pants that you can wear to go home in if you like! You will need your own scissors that cut fabric, straight pins and a tape measure. You will need to purchase your own fabric and thread (approx. \$15 - \$20).

Instructor: Jean Morgan

#43133 Tuesdays

May 9 - 30

3:30 - 5:00 pm

Lewis Craft Room A

\$70/4

CHILDREN'S LEVEL 2

SEWING

(9 - 14 years)

Progress to a slightly more complicated garment. You will need to purchase your own thread and fabric (approx. \$15 - \$20). Please discuss with the instructor. You will also need your own fabric scissors, straight pins and a tape measure.

Instructor: Jean Morgan

#43134 Tuesdays

June 6 - 27

3:30 - 5:30 pm

Lewis Craft Room A

\$80/4

DRAWING ANIMALS

(8 - 12 years)

Learn to draw and paint animals. Look at domestic animals, farm animals, ocean creatures and even dinosaurs. Students will learn drawing techniques and skills in drawing proportion, texture and colour.

Instructor: Jenja McIntyre

#43338 Wednesdays

May 17 - June 14

3:15 - 4:30 pm

Lewis Craft Room B

\$50/5

FUN WITH PRINTMAKING & WATERCOLOUR

(8 - 12 years)

In this class we will explore unusual ways to paint with water colour and try many ways to create prints. Students will be shown how to make mono prints, try collographs, wood block, stamp/sticker making, screen printing on bags and t-shirts and more.

Instructor: Jenja McIntyre

#43079 Fridays

April 21 - May 26

1:30 - 3:30 pm

Lewis Craft Room B

\$80/6

STAINED GLASS DESIGNS

(9 - 12 years)

Make a Mosaic Box! Create a design of your initials by gluing and grouting stained glass onto a 6x9 in. wooden box supplied in the class. Also, make a Spring Stepping Stone where you will cut and grind making stained glass flowers, bees and dragonflies and incorporate it into cement.

Instructor: Nancy Morrison

#43080 Tuesdays

April 18 - May 23

5:15 - 6:45 pm

Lewis Centre Craft Room B

\$90/6

MIXED MEDIA ARTS

(8 - 12 years)

Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a carefree way.

Instructor: Jenja McIntyre

#43076 Thursdays

April 20 - June 8

4:00 - 5:30 pm

Lewis Craft Room B

\$100/8

CREATIVE PHOTOGRAPHY

(8 - 12 years)

Take photography further than just 'point and shoot'. You will be guided along to think of photography as a way to make art. Do 'drawing with light', do photography image transfer and make photo-decals, and so much more.

Instructor: Jenja McIntyre

#43346 Tuesdays

March 28 - May 16

3:30 - 5:00 pm

Craft Room B

\$100/8



COURTENAY CHILDREN



Arts & Crafts



CLAY SCULPTING

(6 - 10 years)

Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, mask-making, graffito and glazing. Discover the joys of working with clay. **No class April 17 & May 22.**

Instructor: Jenja McIntyre

#43074 Mondays

April 3 - June 19

3:30 - 5:00 pm

Lewis Craft Room B

\$125/10

CLAY DESIGNS

(8 - 14 years)

If you are older, or have already completed an introductory course, continue developing your knowledge and abilities. Experience the joys and challenges of using a potter's wheel and expand your creative repertoire in working with clay.

Instructor: Jenja McIntyre

#43073 Wednesdays

April 5 - June 21

4:45 - 6:15 pm

Lewis Craft Room B

\$150/12

KIDS OCEAN ARTS

(5 - 8 years)

Discover the sea! Create a variety of art projects inspired by the ocean. Some projects may include ocean/wave bowls in ceramic, viking ships, ocean paintings and more.

Instructor: Jenja McIntyre

#43078 Tuesdays

May 23 - June 27

3:15 - 4:45 pm

Lewis Craft Room B

\$80/6

FAMILY CLAY ART

(4 years & over)

Spend a spring evening together, exploring the art of clay. Learn about hand-building as you make your choice of functional or ornamental art.

Instructor: Jenja McIntyre

Mondays

#43071 April 24 - May 15

#43072 May 29 - June 19

5:45 - 7:15 pm

Lewis Craft Room B

\$100/parent & child

\$20/additional child

\$50/additional parent

PET PORTRAITS

(6 - 11 years)

Create a painting of your pet on a big stretched canvas! Whether you have a cat, dog, bird, iguana or hamster, bring your picture of your pet and Jenja will help you create a portrait your pet will be proud of.

Instructor: Jenja McIntyre

#43084 Fridays

March 31 - April 7

1:00 - 3:00 pm

Lewis Craft Room B

\$40/2

LITTLE MONSTERS

ART CLUB

(6 - 12 years)

In this fun art class we will paint, draw, and sculpt our own monsters. Come use your imaginations and create your own wild characters in paintings and 3D versions to take home.

Instructor: Jenja McIntyre

#43083 Fridays

June 2 - 23

1:30 - 3:30 pm

Lewis Craft Room B

\$80/4

CARTOONING & MANGA

(7 - 12 years)

Learn to draw and shade anime, manga and all of your favourite Japanese style characters.

Instructor: Jenja McIntyre

#43337 Wednesdays

April 5 - May 10

3:15 - 4:30 pm

Lewis Craft Room B

\$70/6

LEGO PRO-D

(6 - 10 years)

Build Lego cars that move, create the tallest Lego tower to knock it over, and recreate masters paintings with Lego.

Instructor: Jenja McIntyre

#43090 Friday May 19

8:30 am - 3:00 pm

Lewis Salish Building

\$40



Dance & Music

PIANO ADVENTURES

(8 - 11 years)

Music makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$40 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross

#43263 Thursdays

April 6 - June 22

5:00 - 6:00 pm

Lewis Tsolum Building

\$144/12

Oh no, you had to cancel the class? Please register at least one week in advance to avoid disappointment.

HIP HOP

(6 - 8 years)

Got some attitude? Combine it with funky jazz movements, your favourite tunes and learn how to do the latest video dance routines with style. **No class April 25 & May 16.**

Instructor: Chai Sullivan

#43093 Tuesdays

April 4 - May 30

5:00 - 6:00 pm

Lewis Activity Room A

\$70/7

HIP HOP DANCE

(9 - 13 years)

Learn the newest styles of Hip Hop. Develop the foundations of grooving, popping, locking, and the works! Then add in choreography and a whole lot of fun. No experience is required--just bring a positive attitude. **No class April 27 & May 18.**

Instructor: Chai Sullivan

#43092 Thursdays

March 30 - June 1

6:30 - 7:30 pm

Lewis Craft Room A

\$80/8

BUDDING BALLERINAS

(5 - 7 years)

Ballet provides the foundation for all forms of dance and helps your physical development. You'll enjoy this fun, light introduction to ballet and learn position, steps and movement through floor exercises, dance steps, mime and musical interpretation.

Instructor: Maggie Scofield-Reid

#42982 Wednesdays

April 19 - June 21

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

DANCE MIX

(7 - 9 years)

Try out a variety of dance styles and enjoy a fun, active fusion experience at the same time. Explore Ballet, Jazz, Modern, Latin, African, and Hip Hop. Put steps, routines and music together.

Instructor: Jenna Flint

#43331 Thursdays

April 6 - June 8

3:45 - 4:45 pm

Lewis Activity Room A

\$75/10

Birthday Parties

HOOPY PARTY

(5 years & over)

We'll play games, dance and learn funky circus-style hoop tricks. You and your friends will get an hour of super-hoopy fun playtime in the gym followed by an hour to celebrate with your group in the craft room. Hoops provided. We can accommodate large or small groups of all ages.

Sundays starting April 2

1:00 - 3:00 pm

Gym & Craft Room

Lewis Centre

\$100/basic party

+\$30/custom

keepsake hoop

SPORTS PLAY

(3 years & over)

This party will leave you feeling breathless! We promise you lots of fun in this special edition of birthday celebrations. We offer one hour of instructor - lead sports play. Choose from one of the following options: Floor Hockey, Dodgeball, general gym games. Will include some free play with plasma-car races and more. One hour afterwards, our party-room is available for your own treats and trimmings.

Saturdays starting April 1

1:00 - 3:00 pm

MP Hall & Craft Room

Lewis Centre

\$100

GYMNASTICS PARTY

Got the birthday 'meltdown' blues? Let us make it easy for you. Bring the friends, the fuss, the mess and the muss to us. Our enthusiastic play leader will provide fun-filled activities in the gym, for the first hour only, followed by one hour in the party-room for your own trimmings and refreshments. Host parent must be present. Maximum of 10 children. We recommend you book well in advance, as some dates fill quickly.

Saturdays starting April 1

11:30 am - 1:30 pm

Gym & Craft Room A

\$100



FATHER'S DAY

Annual Kite Fly

Sunday June 19



Goose Spit Park
Registration 12:00 pm,
KiteFly 12:30 - 2:30 pm,
Awards 2:30 pm
FREE!

Park & Ride from Brooklyn Elementary School, 1290 Guthrie Road
Shuttle Bus 11:30 am - 3:30 pm
Also featuring a hot dog roast!



CITY OF
COURTENAY
Recreation

courtenay.ca/kitefly

Comox Valley
REGIONAL DISTRICT



TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, & flexibility are coupled with building mental & social skills like confidence, co-operation & focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan.

Instructor: Richard Dobbs
#42970 Tuesdays & Thursdays
April 4 - June 22
4:00 - 4:45 pm
Lewis MP Hall
\$179/24

KARATE KIDS

(5 - 7 years)

Block, kick and punch your way through this fun and focused program designed for this age group. Playing skills based games and learning traditional karate techniques will help to improve motor skills, strength and balance. **Instructor:** Brenda Bombini & Todd Robertson

#42930 Thursdays
April 6 - June 1
5:30 - 6:00 pm
Lewis MP Hall
\$65/9

INTRO TO TAEKWONDO

(5 - 10 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 10 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/ juniors class.

Instructor: Richard Dobbs
#42971 Fridays
April 21 - June 9
4:00 - 4:30 pm
Lewis Activity Room
\$64/8

TAEKWONDO JUNIORS

(8 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor.

Instructor: Richard Dobbs
Tuesdays & Thursdays
April 4 - June 22
#42972 4:50 - 5:50 pm **lower levels**
#42973 6:00 - 7:00 pm **higher levels**
Lewis MP Hall
\$210/24

JUNIOR KARATE

(7 - 14 years)

Learn self defense, improve concentration, confidence, self-discipline and sportsmanship with blocks, kicks, punches and evasive moves! Courtenay Karate teaches traditional Shito-Ryu karate with NCCP certified instruction sanctioned by Karate Canada and Karate BC ensuring the highest quality of expertise and safety.

*Please note: an annual fee will be collected in class. **No class April 17 & May 22.**
Instructor: Brenda Bombini & Todd Robertson
#42928 Mondays & Thursdays
March 27 - June 15
6:15 - 7:15 pm
Lewis Centre MP Hall
\$138/22



COURTENAY CHILDREN

Oh no, you had to cancel the class?
Please register at least one week in advance to avoid disappointment.



BEGINNER KUNG FU LEVEL 1

(5 - 7 years)

Learn valuable life skills through self defense techniques. Students learn to be considerate, tolerant and respectful community members. Games are used to help develop sharper reflexes and co-ordination. *Please note that there is an additional \$55 fee for new students for a uniform. This includes a shirt, sash and pants.

Instructor: Corny Martens

#42917 Tuesdays & Thursdays

April 4 - June 22

3:15 - 3:55 pm

Lewis Activity Room B

\$155/24

NINJUTSU

(5 - 14 years)

Experience the Japanese ancient art of the Ninjam through the practice of self defense, invisibility, awareness, and more. Learn how it leads to health, confidence and knowledge of one's place in the environment through games, stories, and the teaching of traditional skills. **No class April 17 & May 22.**

Instructor: Frank Doss

#43036 Mondays (5 - 8 years)

April 10 - June 12

4:00 - 5:00 pm

Lewis Salish Building

\$60/8

#43059 Wednesdays (7 - 14 years)

April 12 - May 31

4:00 - 5:00 pm

Lewis Salish Building

\$60/8

Check receipts carefully for important program information.

BEGINNER KUNG FU LEVEL 2

(7 - 14 years)

Building on the foundation of basic skills, this group will explore more advanced techniques. Students also build on having a golden sash attitude or what attributes are needed in becoming a Kung Fu Master. This class begins to learn basic staff techniques and forms from Traditional Wing Chun. **No class April 17 & May 22.**

Instructor: Corny Martens

#42918 Mondays & Wednesdays

April 3 - June 21

3:10 - 4:00 pm

Lewis Activity Room B

\$165/22

ADVANCED KUNG FU

(7 - 14 years)

Explore the 'Cham Kui' or bridging form as well as working on 'Chi Sao' or sensitivity training. At this level, the practitioner will be learning how to stay centered in various disadvantaged fighting scenarios. Further training with staff, Dragon pole, and chinese bladed weapons will continue. **No class April 17 & May 22.**

Instructor: Corny Martens

#42919 Mondays & Wednesdays

April 3 - June 21

4:10 - 5:15 pm

Lewis Activity Room B

\$175/22

Sailing with Comox Bay Sailing Club

OPTIMIST SAILING WET FEET

(5 - 7 years)

Just for little sailors! This course aims to help young children feel comfortable around, near, on and in the water. Sail in an Optimist dinghy which is a small sailboat specially designed for young sailors. Skills are taught using fun games and activities both on and off the water.

#43113 Fridays

June 2 - 23

4:00 pm - 6:00 pm

\$95/4



LEARN TO SAIL OPTI BEGINNER

(7 - 11 years)

For kids with very little or no sailing experience this program teaches the fundamentals of sailing the Optimist dinghy with a focus on development and fun. With opportunities to sail both alone or with a partner, students can master simple sailing techniques remarkably quickly. **No class May 22.**

#43114 Mondays

May 1 - June 26

9:00 am - 3:30 pm

\$175/8



LEARN TO SAIL OPTI INTERMEDIATE

(8 - 13 years)

Sailors are now sailing by themselves and refining their skills in the Optimist dinghy with a focus on proficiency in tacking, gybing, upwind and downwind sailing. Sailors work toward their OptiSail 1 and 2 Levels.

#43117 Tuesdays

May 2 - June 20

4:00 - 6:30 pm

\$175/8



OPTI - TEAM SAILING

(10 - 13 years)

Calling all 2016 sailors! Our best value Opti program for sailors who have a competitive spirit and are eager to refine their existing skills to compete at local Regattas. Includes a 3 day Spring Break Training Camp.

#43118 Tuesdays 4:00 - 6:30 pm

Sundays 10:00 - 3:30 pm

March 5 - June 25

\$150/month x 4 months

To register contact :
cbcsail@gmail.com



COURTENAY CHILDREN





7 Story Circus

AERIAL ARTS: THE BASICS

(10 years & over)

This class is for students new to aerial fabric. With a focus on skill & strength building, you'll start close to the ground and gain height as your confidence and abilities increase. We'll end the session with our year-end 'big show!' **No class April 14 & 21.**

Instructor: Kaya Kehl

#43288 Fridays
March 31 - June 16
3:30 - 4:30 pm
Lewis Centre Gym
\$170/10

HANDSTAND CLASS

Starting with basic support holds and working up to full handstand positions in a very natural, stress free progression. All skill levels are welcome. **No class April 14.**

Instructor: Owen Wilson

#43296 Fridays
March 31 - May 26
6:45 - 7:45 pm
Lewis Centre Gym
\$96/8
\$13/Drop-in

AERIAL ARTS: INTERMEDIATE

(10 years & over)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more. We'll end the session with our year-end 'big show!'

No class April 14 & 21.

Instructor: Kaya Kehl

#43290 Wednesdays
March 29 - June 14
6:30 - 7:30 pm
Lewis Centre Gym
\$204/12

#43289 Fridays
March 31 - June 16
4:30 - 5:30 pm
Lewis Centre Gym
\$170/10

A separate \$21 once per year 7 Story Circus membership fee must be paid to the instructor for all circus and Aerial Arts classes.

For 7 Story Circus show info follow us at 7storycircus.com & facebook.

For Open Training see page 79.

COMMUNITY CIRCUS 1

(6 - 12 years)

Activities include: aerial silks & hoop; juggling & object manipulation; stilts & rola bola; handstands & acrobatics; partner acrobatics; improvisation & performance games. We'll finish off with our year-end 'big show!' Great for beginners, younger students, & those with less than two seasons of circus experience. **No class**

April 17 & May 22.

Instructor: Kaya Kehl

#43286 Mondays
March 27 - June 12
3:30 - 5:30 pm
Lewis Centre Gym
\$200/10

COMMUNITY CIRCUS 2

We have been creating our year-end show! If you have previous circus experience and are interested in joining us, this class is for you! With a focus on polishing individual and group acts we'll produce our exciting year-end finale! **No class April 17 & May 22.**

Instructor: Kaya Kehl

#43287 Mondays
March 27 - June 12
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

AERIAL ARTS: ADVANCED

(10 years & over)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more. We'll end the session with our year-end 'big show!'

No class April 14 & 21.

Instructor: Kaya Kehl

#43291 Fridays
March 31 - June 16
5:30 - 6:30 pm
Lewis Centre Gym
\$170/10



Gymnastics

Both boys and girls will enjoy the sport of Gymnastics, for fun and fitness. Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program, with pictorial report cards and participation certificates. Students are grouped by levels: Beginner (1,2,3); Pre-Advanced (4, Silver 1,2); Advanced (Silver 3, 4, Gold 1-6). New students are evaluated for their starting level during the first two weeks of the session. **No classes April 15, May 9, 10 & 20.**

\$147/12 sessions (Tuesdays)

\$135/11 sessions (Saturdays)

\$240/Both Days/23 sessions

Lewis Centre Gym

GIRLS & BOYS MIXED

(5 - 7 years)

#43013 Tuesdays

March 28 - June 20

3:30 - 5:00 pm

#43012 Saturdays

April 1 - June 24

10:00 - 11:30 am

Please note: Children must be in Kindergarten or have taken Kindergym to register in Mixed Gymnastics (5 - 7 years)

GIRLS GYMNASTICS

(8 years & over)

#43014 Tuesdays

March 28 - June 20

5:00 - 6:30 pm

#43015 Saturdays

April 1 - June 24

12:30 - 2:00 pm

GIRLS PRE ADVANCED

(8 years & over)

Athletes progress into these programs once base skills are strong and when you are physically and mentally ready to advance. We recommend 2 classes per week to develop and maintain your skill level.

#43018 Tuesdays

March 28 - June 20

6:30 - 8:00 pm

#43019 Saturdays

April 1 - June 24

2:00 - 3:30 pm

BOYS GYMNASTICS

(8 years & over)

Separate 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.

#43017 Tuesdays

March 28 - June 20

5:00 - 6:30 pm

#43016 Saturdays

April 1 - June 24

12:30 - 2:00 pm

BOYS ADVANCED

(8 years & over)

Prerequisite for this class: Minimum Level Silver 3 or assessed ahead of time by instructor Sheri Roffey.

#43379 Tuesdays

March 28 - June 20

6:30 - 8:00 pm

#43378 Saturdays

April 1 - June 24

2:00 - 3:30 pm

GIRLS ADVANCED

(8 years & over)

Prerequisite for this class: Minimum Level Silver 3 or assessed ahead of time by instructor Sheri Roffey.

#43376 Tuesdays

March 28 - June 20

6:30 - 8:00 pm

#43375 Saturdays

April 1 - June 24

2:00 - 3:30 pm

TRAMPOLINE

(6 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the BC Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun! **No class May 10.**

#43323 Wednesdays

April 5 - June 21

3:30 - 4:30 pm

Lewis Centre Gym

\$93.50/11

#43324 Wednesdays

April 5 - June 21

4:30 - 5:30 pm

Lewis Centre Gym

\$93.50/11

CV Gymnastics Championships



Ribbons
Trophies

Friends
Concession

Saturday March 11
9:30 - 2:00 pm
Lewis Centre



COURTENAY CHILDREN





Skatepark

SKATEBOARD FUNDAMENTALS 1

(6 - 10 years)

Build confidence learning the basics of skateboarding with our two instructors. Learn the basics of balance, pushing & cruising and then try out the ramps, & learning a trick or two in this extended session! This class is geared for beginner to novice skaters. **No class April 17 & May 22.**

#43075 Mondays

April 3 - June 19

4:30 - 5:30 pm

The LINC Skatepark

\$99/10

\$109/with rental

SCOOTER SUNDAYS

(6 - 12 years)

Learning to scooter or want to? Our instructors will teach you the basics, and help you progress through different tricks in the skatepark. Here's your chance to get rolling in this extended session!

No class April 16 & May 21.

#43307 Sundays

April 2 - June 18

9:30 - 10:30 am

The LINC Skatepark

\$99/10

\$109/with rental

SKATEBOARD FUNDAMENTALS 2

(7 - 14 years)

Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class size and two instructors will give you individual time and help you progress. This class is geared to skaters who have participated in Skate FUNDamentals previously or are novice-intermediate skaters.

No class April 17 & May 22.

#43077 Mondays

April 3 - June 19

5:45 - 6:45 pm

The LINC Skatepark

\$99/10

\$109/with rental

Check out The LINC's hours on page 72 to find out when you can get extra practice time in the skatepark!

PRIVATE SKATEBOARDING OR SCOOTERING LESSONS

(6 - 13 years)

Want to refine your skateboarding or scootering or get an edge up on your friends? Are you brand new to the sport and unsure where to start? Try out a private lesson with our skilled instructors; they will give you tips, tricks and pointers to help keep you safe and progressing your skills. Rentals available.

#43271 Wednesday April 5

#43273 Wednesday April 12

#43274 Wednesday April 19

#43275 Wednesday April 26

4:30 - 5:15 pm

#43277 Friday April 7

#43279 Friday April 21

#43280 Friday April 28

2:30 - 3:15 pm

\$20

SKATEPARK TOURS

(8 - 18 years)

Try out new skateparks and take on new challenges as we load our bus and hit the road! Tour some of the Island's best outdoor skateparks. Skateboards and scooters are welcome, helmets are mandatory and available. Please bring a lunch. Drop-ins welcome if minimum numbers met.

#43089 all four days

#43281 May 27 - **Campbell River**

#43282 June 3 - **Parksville/Nanaimo**

#43283 June 10 - **Cedar**

#43284 June 17 - **Chemainus**

Parks may be subject to change based on youth interest and weather.

Saturdays

May 27 - June 17

9:30 am - 4:00 pm

LINC Multipurpose Room

\$70/4

\$20/day



LEARN TO SAIL LASER - BEGINNER

(13 - 17 years)

New sailors will be introduced to basic sailing skills in the Laser, the world's most popular one person boat, and follow the CANSail 1 and 2 course curriculum.

#43119 Tuesdays
May 2 - June 20
4:00 - 6:30 pm
\$190/8



LEARN TO SAIL C420 - BEGINNER

(13 - 17 years)

New sailors will be introduced to basic sailing skills in the two person C420 dinghy and follow the CANSail 1 and 2 course curriculum.

#43121 Tuesdays
May 2 - June 20
4:00 - 6:30 pm
\$190/8



LASER TEAM SAILING

(13 - 17 years)

For competitive sailors who want to refine their existing skills to a higher level and compete at local Regattas. Includes a Spring Break Training Camp.

Tuesdays,
4:00 - 6:30 pm
Saturdays,
10:00 am - 3:30 pm
March 4 - June 24
4:00 - 6:30 pm
\$150/month x 4 months



C420 TEAM SAILING

(13 - 17 years)

Calling all 2016 sailors! For sailors with a competitive spirit who are eager to refine their existing skills to compete at local Regattas. Includes a Spring Break Training Camp. Great value!

Tuesdays,
4:00 - 6:30 pm
Saturdays,
10:00 am - 3:30 pm
March 4 - June 24
\$150/month x 4 months



GIRLS ON THE MOVE

(10 - 16 years)

Try a bit of everything in this sport and recreation sampler. Activities may include golf, Zumba, yoga, racquet sports and more. After trying on a new activity, help create a healthy snack to enjoy. Let's have fun being active!

Tuesdays
#43081 April 4 - 25
#43082 May 9 - May 30
3:45 - 5:45 pm
LINC Multipurpose Room
\$60/4

OUTDOOR ADVENTURES

(10 - 15 years)

Let's go enjoy Vancouver Island. Each week will be a different adventure! Activities may include hikes, geocaching, rock climbing, go karts and frisbee golf and are guaranteed to keep you busy for the day!

Instructor: Tia Botta
#43088 Saturdays
April 15 - 29
10:00 am - 3:30 pm
LINC Multipurpose Room
\$96/3

Sailing programs are instructed by Comox Bay Sailing Club. Please contact cbcs.sail@gmail.com to register in team programs.

BIRTHDAY PARTIES AT THE LINC

(8 years & over)

Have The LINC all to yourself and 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, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

No birthdays April 15 & 16, May 6, 20 & 21.

Saturdays starting April 1
12:30 - 2:30 pm
Sundays starting April 2
11:00 am - 1:00 pm **or** 1:30 - 3:30 pm
\$110 or
\$150/with 3 large pizzas

We recommend you book your birthday well in advance as dates fill quickly.



COURTENAY YOUTH



LET'S CELEBRATE YOUTH WEEK MAY 1 - 7TH

MAY 2: Tween Dance
MAY 3: TBA
MAY 4: onethirtythree skate jam
MAY 5: 8th Annual Young Ones vs. Old Ones
 Mini Hockey Tournament
MAY 6: Gnarly Little Spring Craft Fair &
 8th Annual Youth Week Party & BBQ
and other special drop-in activities

Check the May LINC calendar and facebook for additional details.



250-338-5371



GNARLY LITTLE SPRING CRAFT FAIR

(9 - 19 years)

Build your entrepreneurial skills and register your table now for our new spring craft fair! Showcase your talents in crafts, painting, photography, jewelry, art cards, baking and more!

#43386 Saturday May 6

11:00 am - 3:00 pm

\$10/table

LIVE AUDIO BASICS

(14 - 18 years)

Learn the ins and outs of audio production and stage management in this workshop series. We'll teach you the tools you need to get involved in both volunteer and paid contracts. Then put the skills you have learned into action helping out with Elevate the Arts June 1 - 4!

Instructor: Bobby Herron

#43197 Thursdays

May 4 - 18

7:30 - 9:00 pm

LINC Multipurpose Room

\$15/3

ACTING AND IMPROV GAMES

(10 - 18 years)

Learn to act, make new friends and experience the fun & excitement of performing in our spring break camp! This camp offers a fun learning environment to start acting or take your skills up a notch! Actors will build self-confidence and self-awareness through improvisation games, cold readings, audition practice and assessing themselves on camera. Taught by award-winning film director, Jennifer Pickford.

#43309 Monday - Friday

March 20 - 24

10:00 am - 3:30 pm

LINC Multipurpose Room

\$175/5



Check out other spring break programs on page 58

LEADERS IN TRAINING

(13 - 18 years)

Have fun, get involved and gain experience as you become an awesome leader and build your resume! Participants will build teamwork and leadership skills throughout this workshop series. Learn to play and lead games, activities and behaviour management. Then test them out as a volunteer during the Springtime Promenade or children's spring programs.

#43385 Tuesdays

March 28 - April 25

5:00 - 7:00 pm

LINC Multipurpose Room

\$36/5

FOODSAFE LEVEL 1

(14 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

#43195 Saturday April 22

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98



Get Creative

MOTHER DAUGHTER AROMATHERAPY

(10 - 70 years)

Celebrate with your mom this Mother's Day as you experiment with the latest trends in essential oils and aromatherapy. Explore the world of smell as you learn the basics of aromatherapy, how to blend essential oils and create your own take-home mist spray!

Instructor: Deanna Papineau

#43244 Saturday May 13

10:30 am - 12:00 pm

LINC Multipurpose Room

\$26/person

UPCYCLING: FROM SECOND HAND TO SIMPLY GRAND!

(11 - 16 years)

Do you have a cool old wooden chair, but it needs some colour or a favourite shirt with bleach on it? Let's see what unique, functional and cool alternatives can be created or re-purposed with what we have, instead of buying more!

Instructor: Larissa Pelletterio

#43245 Wednesdays

April 5 - 19

4:30 - 7:00 pm

LINC Multipurpose Room

\$40/3

MAGICAL MASKS

(10 - 14 years)

Create decorative wall art or a unique costume piece in this mask making workshop. Using prepared Demi-Masks, we will transform the simple base into mystical crowns, magical beasts or other mythical creatures, using paint, paper mache, fabric and other embellishments.

Instructor: Larissa Pelletterio

#43246 Thursdays

April 27 - May 11

4:30 - 6:00 pm

LINC Multipurpose Room

\$36/3

MINECRAFT FOR DESIGN

(8 - 14 years)

Take your Minecraft designs to the next level! You'll learn how to import objects into your Minecraft Worlds and edit them using MCEdit. You will also have the opportunity to be 3D scanned into Minecraft and have one of your creations 3D printed! Participants must have their own Minecraft license (computer version).

Instructor: Julian Rendell

#43306 Tuesdays

May 9 - May 30

5:30 - 7:00 pm

LINC Multipurpose Room

\$50/4

SPRING SMOOTHIES, SALADS AND SWEETS

(8 - 14 years)

Join us on your day off of school as we blend, chop, mix and make a variety of smoothies, salads and sweets to spice up your spring lunches. Leave with a book of recipes to keep you creating healthy and tasty snacks all year long!

Instructor: Larissa Pelletterio

#43257 Friday April 28

10:00 am - 3:00 pm

The LINC Games Room

\$45

PIANO ADVENTURES

(12 - 18 years)

Have you always wanted to play the piano? Take a step into the wonderful world of music! Using the Piano Adventures program, and small group classes, you'll study the basics of music, then you choose more! Book cost is \$45, bought from the instructor at the first lesson.

Instructor: Debbie Ross

#43344 Thursdays

April 6 - June 22

6:00 - 7:00 pm

Lewis Tsolum Building

\$144/12

*Moonlight Magic
painting done in Larissa's class*

PAINT NIGHT

(10 - 18 years)

Join us for a different workshop each week as we delve into different painting projects. We'll explore different artists, techniques and tools as we put our own spin on each piece.

Instructor: Larissa Pelletterio

Thursdays

#43248 May 18 - June 1

#43249 May 18 Moonlight Magic

#43250 May 25 Kandi Flowers

#43251 June 1 Rainbow Animals

4:30 - 6:00 pm

LINC Multipurpose Room

\$12/1 or

\$30/3

FABRIC COLLAGE - SEASONS

(11 - 18 years)

Paint with fabric! Take a canvas, pick your colours and textures using fabrics, paints, buttons and other embellishments and create a unique and expressive piece of art. Pick a season or all four and go for it!

Instructor: Larissa Pelletterio

#43247 Wednesdays

May 17 - 31

4:30 - 6:00 pm

LINC Multipurpose Room

\$30/3



COURTENAY YOUTH



LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- indoor skatepark
- skateboard & scooter rentals
- youth-access computers
- digital arts
- media & tech nights
- ping pong
- air hockey
- foosball
- pool
- XBox 360
- PS2
- Wii
- Super Nintendo
- Nintendo
- concession
- kitchen
- bigscreen TV
- basketball court
- outtrips
- special events
- private rentals

SPRING Hours

- Mondays** 7 - 9 pm
(Adult Skate until March 13)
- Tuesdays** 3 - 7 pm
(Tween Night 8 - 11 years)
- Wednesdays** 3 - 8 pm
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm

FEES

- Youth** (8 - 18 years):
 - \$2.50 Drop-In
 - \$15/month pass
 - \$25/11 punch pass
- Adult** (Skatepark ONLY):
 - \$4 Drop-In
 - \$20/month membership
 - \$40/11 punch pass

**skatepark is open to all ages Wed - Sat*



COURTENAY YOUTH

TWEEN PRO D DAY

(7 - 13 years)
Enjoy your day off at school at The LINC! We'll keep you busy playing air hockey and dodgeball, practicing tricks in the skatepark and making tasty snacks in the kitchen. After lunch we'll relax at the wave pool!

- #43085 Friday April 28
- #43086 Friday May 19
- 8:30 am - 4:30 pm
- The LINC Games Room
- \$32

YOUTH COUNCIL

(9 - 18 years)
Looking for new ways to get involved in your community as youth? Join The LINC's youth council and gain leadership skills as you help plan and facilitate drop-in activities, special events, community projects and more!

- Thursdays
- 4:00 - 5:00 pm
- FREE

MEDIA ARTS DROP-IN

(11 - 18 years)
Are you curious about digital media and want to learn to create or edit photos, videos or music? Stop by and have our intern show you how to turn your project into something cool! The lab is also open for youth wanting to game or work on their resumes.

- Thursdays** 3:00 - 8:00 pm
- Fridays** 3:00 - 11:00 pm
- Saturday** 4:30 - 11:00 pm
- \$2.50/Drop-in

PAINTING LANDSCAPES IN OIL OR ACRYLIC

Get ready for the upcoming summer season by learning how to paint beautiful landscapes now. From making your sketch to getting the colours right and defining the leaves, water and clouds. All the skills you'll need to learn in order to tackle the fun of painting landscapes on your own! **No class April 17 and May 22.**

Instructor: Teresa Knight

#42907 Mondays

April 3 - June 5

6:30 - 8:30 pm

Filberg Centre Craft Room
\$125/8

RINGS, RINGS AND MORE RINGS

Bring your creative energy to this Metalsmithing class where you will create 2 different rings while learning various skills; how to texture metal, rivet, and drill stones and pearls. You will work with brass, copper and silver and a variety of embellishments. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs

#43238 Saturday April 22

9:30 am - 4:30 pm

Lewis Tsolum Building
\$85

FOLD FORM EARRINGS

Take a one day workshop with instructor Cheryl Jacobs and create some amazing fold formed earrings, learn this new technique of folding and bending metal sheet to create jewelry. You will be astounded at the results. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs

#43239 Saturday May 6

9:30 am - 4:30 pm

Lewis Tsolum Building
\$85

BEGINNERS PAINTING (OILS OR ACRYLICS)

Learn every basic skill you'll need to have a solid foundation in painting. You'll learn how to draw, mix colours, recognize and get accurate tone, create great compositions and more! All in easy steps with a great atmosphere!

Instructor: Teresa Knight

#42910 Wednesdays

April 5 - May 24

6:30 - 8:30 pm

Filberg Centre Craft Room
\$125/8

BEACH STONE & STERLING SILVER JEWELRY

Come enjoy this one day workshop with jewelry and get inspired by natural beachstones that are polished in nature and complement them with sterling silver embellishments. Learn to rivet, drill stone, design and texture sterling silver and create one of a kind pieces of jewellery to go home with. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs

#43312 Saturday June 3

9:30 am - 4:30 pm

Lewis Tsolum Building
\$85

PAINTING WITH WATERCOLOURS

In a step by step demonstration driven teaching process you will learn techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. Projects are selected to illustrate specific elements of water colour technique. **No class April 17 and May 22.**

Instructor: Bill Kerr

#43258 Mondays

April 3 - June 5

6:30 - 9:30 pm

Lewis Tsolum Building
\$175/8

#43256 Mondays (55+)



April 3 - June 5

9:00 am - 12:00 pm

Lewis Tsolum Building
\$175/8

Check receipts carefully for important program information.



COURTENAY ADULT

Recreation Access

Apply for coupon books that provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds.

How do I apply?

Recreation Access application forms are available at the Lewis Centre, Florence Filberg Centre and City Hall.





Creative Pursuits

BUILD A BASIC WEBSITE

Have you ever been told you need a website but it just seemed too big and confusing and expensive to tackle? It doesn't have to be that way when you learn the basics. In this two-part course you'll learn how to build a simple WordPress website for less than \$100. Use it as an online profile, to expand your business or for your creative expression.

Instructor: Kara Foreman

#43254 Sundays
April 30 & May 7
12:00 - 5:00 pm
Filberg Centre
Soroptimist Lounge
\$99/2

READING THE TAROT

Learn to practice this ancient art of 'sooth saying.' You'll learn how to choose and understand your cards, which layouts or spreads to use in different situations, and how to read for yourself and others. Bring a deck of Tarot cards with you if you have them.

Instructor: Kara Foreman


#43253 Saturday April 8
1:00 - 4:00 pm
Filberg Centre
Soroptimist Lounge
\$35

WRITE YOUR LIFE STORY

(55 years & over)

Do you have a story you want to tell? Are you interested in recording your memories on paper? In this class, we'll discuss aspects of the writing craft, including description, narration and basic structure. But mostly, we'll focus on the writing itself. Priming the pump so your memories flow and cohere. Come with pen and paper and a willingness to share your life story!

Instructor: Traci Skuce

#42912 Thursdays
 April 27 - June 15
1:00 - 2:30 pm
Filberg Soroptimist Lounge
\$140/8

WRITING YOUR MEMOIRS

In this workshop, we'll walk through the steps necessary to take your life's memories and turn them into a published legacy piece for personal or commercial use.

Instructor: Kara Foreman

#43255 Saturday June 10
1:00 - 4:00 pm
Filberg Centre
Soroptimist Lounge
\$35

ESSENTIAL OILS AND THE CHAKRA SYSTEM

Join us for a very informative Aromatherapy Class. Learn how essential oils work with the Chakra's (our Energy centres). Create a Chakra blend to take home. Taught by Certified Clinical Aromatherapist Deanna Papineau.

#43310 Wednesday March 22
7:00 - 9:00 pm
Lewis Craft Room B
\$55

INTRODUCTION TO NUMEROLOGY

Numerology is the study of the energy of the numbers in your name and birthdate, and how these energies can affect, or be employed by you in different areas of your life. You'll learn about your innate strengths, what drives you and what is likely to challenge you. You'll also learn how to 'work' your numbers.

Instructor: Kara Foreman

#43252 Saturday May 20
1:00 - 4:00 pm
Filberg Centre
Soroptimist Lounge
\$35

CREATIVE PHOTOGRAPHY

This class is for people with little to no photography experience but would like to get more artistic with their photos. Topics include aperture/depth of field, shutter speed, composition and movement within photography. Then we look at ways to use photography in creative ways.

Instructor: Jenja McIntyre

#43315 Thursdays
6:30 - 8:00 pm
April 6 - May 25
Lewis Craft Room B
\$105/8



STAINED GLASS STEPPING STONES

Turn your garden into a tropical paradise with our colourful stained glass stepping stones. These mosaic stepping stones can be used in the garden or as a patio table top. You will learn the basics of cutting glass, grinding, working with patterns and assembling designs. A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#43235 Tuesdays
April 11 - 25
7:00 - 9:00 pm
Lewis Craft Room B
\$45/3

STAINED GLASS 101

A more in depth class to unleash your creativity! Several designs and custom colour choices make this a popular choice. You will be making a small sun catcher to introduce you to the step by step process and then a 8x14 in. window panel. Register early! A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#43234 Wednesdays
April 12 - May 31
7:00 - 9:00 pm
Craft Room B
\$120/8

SEWING BASICS

Get familiar with the basics of the sewing machine and skills needed to actually sew (how to hem, mend or alter clothing) while we take on a simple project together. Bring your own machine or use one of ours. **No class April 13 & June 8.**

Instructor: Jean Morgan

Thursdays
#43242 March 30 - May 4
#43345 May 25 - June 29
1:30 - 3:00 pm
Lewis Craft Room A
\$50/5

SPRING WINDCHIME

Using a mix of iridescent glass you will learn to cut glass and compose a beautiful design. Perfect in the garden or on the deck. A \$30 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#43237 Tuesdays
May 23 - June 13
7:00 - 9:00 pm
Lewis Craft Room B
\$60/4

CLAY WORKS

Whether you like traditional sculpture or would like to create funky, functional pieces of art, this class is for you. We will be using under-glazes and glazes to finish the sculptures. Tools, under-glazes and some glazes will be provided. Some supplies required. **No class**

April 17 & May 22.

Instructor: Jenja McIntyre

#43313 Mondays
7:30 - 9:00 pm
April 3 - June 19
Lewis Craft Room B
\$160/10

STAINED GLASS GARDEN ORNAMENT

Create a beautiful stained glass iridescent butterfly or dragonfly using hobby lead attached to a metal rod to artfully display in the garden. A \$30 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#43236 Tuesdays
May 2 - 16
7:00 - 9:00 pm
Lewis Craft Room B
\$45/3

INTRO TO STAINED GLASS

Get your feet wet by making a beautiful butterfly sun catcher. Test the waters learning basic cutting, grinding, foiling and soldering. A \$20 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#43233 Tuesday April 4
6:30 - 9:30 pm
Lewis Craft Room B
\$30

Oh no, you had to cancel the class?
Please register at least one week in advance to avoid disappointment.



COURTENAY ADULT





Drumming

BEGINNERS AFRICAN DRUMMING

Drumming in community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming or those not ready to move to the beyond beginner level. Please contact instructor if unsure. **No class April 13.** **Instructor:** Monica Hofer

Thursdays

#42875 March 30 - May 11

#42876 May 25 - June 29

5:00 - 6:00 pm

Native Sons Hall Lower

\$84/6

GOLDEN BEATS DRUMS ALIVE

'Golden Beats' is a new Drums Alive program designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace. **No class April 13.**

Instructor: Monica Hofer

#42882 Thursdays

April 6 - June 29

10:30 - 11:30 am

Native Sons Grand Hall

\$84/12

BEYOND BEGINNER AFRICAN DRUMMING

If you are looking for a place to enhance your drumming skills, but you aren't a beginner and not quite ready to leap to intermediate level, this is the class for you! This class will cater to returning 'beyond beginner' drummers and those students who are ready to move up from beginners level.

Please contact instructor if unsure of your level. **No class April 19 & May 10.** **Instructor:** Monica Hofer

Wednesdays

#42877 April 5 - May 17

\$70/5

#42878 May 24 - June 28

5:30 - 6:30 pm

Native Sons Grand Hall

\$84/6

DRUMS ALIVE POWER BEATS

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit!

No class April 19 & May 10.

Instructor: Monica Hofer

#42881 Wednesdays

April 5 - June 28

7:00 - 8:00 pm

Native Sons Grand Hall

\$77/11

INTERMEDIATE AFRICAN DRUMMING

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove'! New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. This class is intended for those with previous experience. **No class April 17, May 22 & June 12.**

Instructor: Monica Hofer

Mondays

#42879 April 3 - May 8

#43383 May 15 - June 26

11:45 am - 12:45 pm

Native Sons Grand Hall

\$70/5

To learn more about African Hand Drumming check out rhythm-spirit.blogspot.com or contact Monica at drumdeva@gmail.com



To learn more about Drums Alive, check out [Drums Alive Co-mox Valley on Facebook](#). Please bring a ball if dropping in to Drums Alive classes.



COURTENAY ADULT

Music & Dance

BEGINNER PIANO

(55 years & over)

Have you always wanted to play the piano? Music makes your brain work better and here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$30 and a piano or keyboard is recommended for practising at home. **Instructor:** Debbie Ross

#43265 Thursdays

EG April 6 - June 22

2:00 - 3:00 pm

Lewis Tsolum Building

\$180/12

LINE DANCE

(55 years & over)

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! **No class June 13.**

Instructor: Joan Wydenes

#42896 Tuesdays (**Intermediate**)

EG May 2 - June 27

1:00 - 2:00 pm

Native Sons Grand Hall

\$48/8

#42897 Wednesdays (**Beginner**)

May 3 - June 28

1:00 - 2:00 pm

Lewis Activity Room A

\$54/9

See page 78 for more dance programs.

INTERMEDIATE PIANO

(55 years & over)

Have you always wanted to play the piano? Music makes your brain work better and here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$30 and a piano or keyboard is recommended for practising at home. **Instructor:** Debbie Ross

#43266 Thursdays

EG April 6 - June 22

3:00 - 4:00 pm

Lewis Tsolum Building

\$180/12

HULA DANCE

Hula is the graceful Polynesian dance of the Hawaiian Islands. In this 4 week series, you will learn the basic movements of hula as well as learn a couple of dances. A fun new way to move your body as you learn to tell a story with your hands. No experience necessary.

Instructor: Jacqueline Nybo

#42998 Tuesdays

April 4 - 25

9:30 - 10:30 am

Native Sons Hall Lower

\$60/4

RECORDER

Because music makes your brain work better! Try a new instrument, join a small group ensemble, and meet new friends. This is a great way to learn to read music as well as to keep your brain and fingers agile. Soprano recorder and book cost will be \$30, bought from the instructor at the first lesson. Alto and tenor recorders will be available to try.

Instructor: Debbie Ross

#43267 Thursdays

April 6 - June 22

7:00 - 8:00 pm

Lewis Tsolum Building

\$180/12

UKULELE

Learn Ukulele from Master musician "Anela Kahiamoe" in a fun and friendly group atmosphere. "Anela" is of pure Hawaiian descent and a 35 year veteran of the Honolulu live music scene. All lessons 1 hour with the final lesson a 2 hour collaboration with Hula class students. Talk about a fun lesson package to get you started on Ukulele.

Instructor: Anela Kahiamoe

#42999 Tuesdays

April 4 - 25

10:45 - 11:45 am

Native Sons Hall Lower

\$60/4



COURTENAY ADULT





Dance & Martial Arts

MAITRI IN MOTION (NIA)

Nia is a fitness/movement practice incorporating dance, martial arts and healing arts. Moving together to music that invigorates and inspires, this practice focuses on the natural intelligence of the body as it moves towards health. Every body welcome. **No class April 17, May 22 & June 12.**

Instructor: Ann Marie Lisch

#42906 Mondays

March 27 - June 26

5:30 - 6:45 pm

Filberg Centre Rotary Hall

\$99/11

BEGINNER ADULT BALLET

Develop strength and flexibility through classical technique in this adult oriented class. Beginners welcome!

Instructor: Jenna Flint

#43388 Tuesdays

April 4 - June 20

8:00 - 9:00 pm

Lewis Activity Room

\$72/12


SILVER SWANS BALLET

(55 years & over)

Develop strength and flexibility through classical technique in this 55+ class. Beginners welcome! No experience necessary. Class is based on Royal Academy of Dance Graded syllabus. Please wear comfortable and non-restrictive clothing and tie back long hair. **No class April 14, 17 & May 22.**

Instructor: Jennifer Flint

#43268 Fridays

 March 31 - June 16

2:00 - 3:30 pm

Lewis Activity Room

\$66/11

#43269 Mondays

April 3 - June 19

1:30 - 3:00 pm

Lewis Activity Room A

\$60/10

INTERMEDIATE ADULT BALLET

Develop strength and flexibility through classical technique in this adult oriented class. Previous experience necessary.

Instructor: Jenna Flint

#43316 Thursdays

April 6 - June 22

7:45 - 8:45 pm

Lewis Activity Room

\$72/12

KARATE

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). **No class April 17 & May 22.**

Instructor: Brenda Bombini & Todd Robertson

#42929 Mondays & Thursdays

March 27 - June 15

7:30 - 9:15 pm

Lewis Centre MP Hall

\$146/22

ADULT KUNG FU

Applied Body Mechanics Ving Tsun (ABMVT) is a tested system of Ving Tsun (Wing Chun) Kung Fu that emphasizes small movements for maximum results. This class is skill based training in an encouraging and safe, non-threatening environment. Being a form of Chinese Boxing, this class develops fast hands with progressive sparring drills and pad work. **No class April 17 & May 22.**

Instructor: Corny Martens

#42920 Mondays & Wednesdays

April 3 - June 28

8:00 - 10:00 pm

Lewis Activity Room

\$285/24



Evergreen Club members receive 25% off of all 55+ classes.



Circus & Gymnastics

ADULT AERIAL ARTS

For beginner - advanced aerialists. Focus is on skill & strength building, starting close to the ground, gaining height as your confidence & abilities increase. Meet others who love it too! We'll end the session with our year-end show, participation is optional. For show info follow us at 7storycircus.com & on facebook. **No class April 14 & 21.**

Instructor: Kaya Kehl

#43292 Wednesdays
March 29 - June 14
7:30 - 8:30 pm
Lewis Centre Gym
\$204/12

#43294 Thursdays
March 30 - May 25
9:30 - 11:00 am
Lewis Centre Gym
\$225/9

#43301 Fridays
March 31 - June 16
6:45 - 7:45 pm
Lewis Centre Gym
\$170/10

COMMUNITY CIRCUS 2

We have been creating our year-end show! If you have previous circus experience and are interested in joining us, this class is for you! With a focus on polishing individual and group acts we'll produce our exciting year-end finale! For show info follow us at 7storycircus.com & on facebook. **No class April 17 & May 22.**

Instructor: Kaya Kehl

#43287 Mondays
March 27 - June 12
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

OPEN TRAINING

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills too! All equipment is available for practice. This is a supervised, non-instructional class open to anyone with circus &/or aerial experience. Info at 7storycircus.com & on facebook. **No training April 14 & 21.**

Instructor: Kaya Kehl

#43297 Fridays
April 7 - June 2
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

ADULT GYMNASTICS

Join us for fun and laughter as you develop strength, tone, flexibility and more. Try out all gymnastics equipment and work on your individual skill areas. Encouragement gives you the confidence to reach out for more. Appropriate for all, from beginner to advanced levels.

No class May 9.

#43380 Tuesdays
March 28 - June 20
8:00 - 9:00 pm
Lewis Centre Gym
\$96/12

HANDSTAND CLASS

Discover your next passion in 7 Story Circus's Handstand classes! Our course is designed to maximize skill and strength development while building confidence in one's abilities. Starting with basic support holds and working up to full handstand positions in a very natural, stress free progression. All skill levels are welcome. **No class April 14.**

Instructor: Owen Wilson

#43296 Fridays
March 31 - May 26
6:45 - 7:45 pm
Lewis Centre Gym
\$96/8
\$13/Drop-in

PRIVATE HULA SKILLS CLINIC

There's 101 ways you can use hula hoops to enhance your healthy lifestyle. With this one on one session, you can expand your skills in a supportive and attentive environment that is focused on your goals, and fits your schedule! Hula Hoops provided.

Instructor: Tracey Clarke

\$35/session
Call for more info



COURTENAY ADULT





Sports

BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport!
No games April 14, 17, May 9 & May 22.

#42922 Monday, Thursday, Friday
 March 27 - June 30
 1:00 - 3:00 pm
 Lewis Centre Gym
 \$3/Drop-in

#42894 Thursdays
 March 23 - June 29
 6:00 - 10:00 pm
 Native Sons Grand Hall
 \$3/Drop-in

#42893 Mondays
 March 27 - June 26
 8:00 - 10:00 pm
 Lewis Centre Gym
 \$3/Drop-in

#43387 Tuesdays
 March 28 - June 20
 7:30 - 10:00 pm
 Lewis Centre MP Hall
 \$3/Drop-in

PICKLEBALL

Join in and have fun playing this exciting paddle game! Like a mini tennis game, Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided.

#42895 Tuesdays & Thursdays
 March 21 - May 25
 2:30 - 4:30 pm
 Native Sons Grand Hall
 \$2.50/Drop-in


INTRO TO LAWN BOWLING

Enjoy a strategic, challenging and fun course that can be enjoyed by anyone. Get introduced to the rules of the game, then get together and play the game with your friends on the green. During these three sessions you can expect 30 minutes of demonstrations and learning followed by playing the game.

Instructor: Courtenay Lawn Bowling Club
#43270 Mondays
 April 24 - May 8
 6:30 - 8:00 pm
 \$30/3


NORDIC POLE WALKING LEVEL 1

(55 years & over)
 Nordic pole walking is a low impact, total body workout. Learn the four basic steps for the correct Nordic pole walking technique, as well as, warm-up and cool-down exercises. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan
#43272 Fridays
 April 28 - June 16
 11:00 am - 12:00 pm
 Lewis Centre
 \$80/8

NORDIC POLE WALKING LEVEL 2

(55 years & over)
 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. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan
#43276 Fridays
 April 28 - June 16
 12:30 - 1:30 pm
 Lewis Centre
 \$80/8

SQUASH LESSONS

Squash is a healthy sport for fun and fitness. Learn how to swing, rally and keep score in 5 easy lessons. Equipment is included.

Instructor: Sue Tompkins
#43381 Mondays **beginner**
 April 10 - May 15
 5:30 - 6:30 pm

Bump your game up a notch. Work on length, strength and footwork through fun active drills.

#43382 Mondays **intermediate**
 April 10 - May 15
 6:45 - 7:45 pm
 Lewis Squash Court 2
 \$60/5



Wellness

MINDS IN MOTION

This class is designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise followed by activities or games and social time in a relaxed atmosphere. Light refreshments will be provided.

Instructor: Jennifer White
Wednesdays

#43031 April 19 - June 7
\$60/8

#43032 June 14 - July 26
1:00 - 3:00 pm
Lower Native Sons Hall
\$52.50/7

GETTING TO KNOW DEMENTIA

This introductory session reviews information about Alzheimer's disease and other dementias, and the challenges of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, and how to begin planning for the future. People with a diagnosis of dementia, care partners and family members are all invited to attend.

Instructor: Jane Hope, Alzheimer Society of BC

#42843 Thursday March 30
1:00 - 3:00 pm
Native Sons Hall Lower
FREE, please register

EG
Evergreen Club
members receive
25% off of all 55+
classes.

QIGONG

Qi Gong is an ancient healing art that combines flowing movements and breath, aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment.

Instructor: Corny Martens
#42949 Tuesdays & Thursdays
March 28 - June 22
9:30 - 10:15 am
Lewis Centre MP Hall
\$180/26

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

#42978 Thursdays
March 30 - June 29
7:15 - 8:15 pm
Lewis Meeting Room
\$84/14

CHAIR FIT

(55 years & over)
A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class April 14 & 21 and June 13.**

Instructor: Wendie Matte
#42908 Tuesdays & Fridays
March 21 - June 30
9:15 - 10:15 am
Filberg Centre Rotary Hall
\$162/27

TAI CHI

(55 years & over)
Derived from the martial arts, tai chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai chi improves overall fitness, coordination, and agility. People who practice tai chi on a regular basis tend to have good posture, flexibility, and range of motion, are more mentally alert, and sleep more soundly.

Instructor: Ivy Wang
Wednesdays
March 29 - June 28
#42887 9:00 - 10:00 am
#42886 10:00 - 11:00 am
#42888 11:15 - 12:15 pm
Native Sons Hall Lower
\$168/14

*Check receipts carefully
for important program
information.*



COURTENAY ADULT





Outdoor Pursuits

LET'S GET STARTED

This clinic provides a fun & relaxed environment for the new golfer. The focus will be on building strong fundamentals in their full swing so they can enjoy the game for years to come.

#43350 Wednesdays
 April 26 - May 17
 1:30 - 2:30 pm
 \$92/4

LADIES CLINIC

This program offers a fun and relaxing learning environment. We will cover the full swing, putting and chipping throughout the 4 weeks of clinics. Ideal for the ladies who want to drop a few strokes off their handicap.

#43349 Sundays
 March 12 - April 2
 11:30 am - 12:30 pm
 \$92/4

DROP THE SCORE

Explore the fine points of the short game of golf.

#43348 Fridays
 April 21 - May 12
 1:00 - 2:00 pm
 \$92/4

SWING INTO SPRING

This class is designed to knock off the winter rust. It is important to make sure you start the golf season with a solid foundation. In this class we will focus on importance of good sound basic fundamentals in the full swing, chipping and putting.

#43347 Fridays
 April 21 - May 12
 3:00 - 4:00 pm
 \$92/4

FROM TEE TO GREEN

This clinic covers all aspects of the game from the putting green to the tee off and is great for beginners or those wanting a refresher on their game.

#43351 Thursdays
 May 18 - June 8
#43352 Fridays
 May 19 - June 9
 11:30 am - 12:30 pm
 \$92/4

Golf programs instructed by Bill Kelly at Glacier Greens Golf Course.

DINGHY FUN RACING

For any level sailors. Racing for the fun of it! On water coaching provided. Bring your own dinghy or Club dinghies are available for use at no charge - supply is limited. CBSC membership required.

Instructor: Comox Bay Sailing Club

#43123 Wednesdays
 April 19 - June 7
 5:30 - 8:30 pm
 Free with
 CBSC membership



ADULT LEARN TO SAIL C420 - BEGINNER

This course follows the CANSail 1 and 2 curriculum and emphasizes refined boat handling and knowledge in the C420 double handed dinghy while developing a greater understanding of how a sailboat moves and works. This course fills fast.

Instructor: Comox Bay Sailing Club

Mondays, Wednesday & Fridays
#43126 May 8 - May 19
#43127 May 29 - June 9
 9:00 am - 3:30 pm
 \$335/6



ADULT INTRODUCTION TO SAIL C420

In this very popular course, new adult sailors are introduced to basic double-handed sailing skills in the C420 dinghy and follow the CANSail 1 course curriculum. A perfect way to try the sport!

Instructor: Comox Bay Sailing Club

Tuesdays & Fridays
#43124 May 9 - May 30
#43128 June 2 - June 23
 6:00 - 8:30 pm
 \$225/7



COURTENAY ADULT

Kayaking

KAYAK RESCUES - PART 1

Learn how to get yourself (and your paddling companions!) back into your kayak after a capsizing in the pool. Take this course on its own to increase confidence on the water, or take as the first step towards a Paddle Canada Basic Kayak certification.

Instructor: Comox Valley Kayaks

#43207 Wednesday March 22

#43209 Monday April 3

#43210 Wednesday April 12

#43211 Wednesday April 26

#43212 Monday May 1

#43217 Wednesday May 24

#43213 Monday May 29

#43214 Wednesday June 14

#43215 Monday June 19

#43216 Monday June 26

7:45 - 9:30 pm

\$58

PADDLING SKILLS - PART 2

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4 hour kayak rental from Comox Valley Kayaks & Canoes! Prerequisite: Kayak Rescues.

Instructor: Comox Valley Kayaks

#43219 Saturday May 20

#43218 Saturday June 10

#43220 Saturday June 24

10:00 am - 1:00 pm

\$58

WEATHER, TIDES & NAVIGATION WORKSHOP

Navigating our coastal waters requires a solid understanding of navigation and of our changeable weather & sea state. Learn new skills or expand your existing knowledge. This course covers all the basics of reading marine charts, plotting a course, calculating speed and distance, interpreting weather and understanding tides and currents.

Instructor: Doug Taylor

#43228 Wednesdays

May 24 - 31

5:30 - 8:30 pm

Filberg Evergreen Lounge

\$48/2

PROGRESSIVE PADDLING SKILLS - PART 3

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4 hour kayak rental from Comox Valley Kayaks & Canoes! Prerequisite: Kayak Rescues & Paddling Skills

Instructor: Comox Valley Kayaks

#43221 Saturday June 10

#43222 Saturday June 24

2:00 - 5:00 pm

\$58

INTRO TO STAND UP PADDLE BOARDING

SUP borrows some techniques from canoe paddling and is a dynamic sport that engages your core muscles and balance. Beginner boards are wide & stable, and offer a whole new perspective on our beautiful local aquatic environment.

Instructor: Comox Valley Kayaks

#43225 Saturday May 6

3:00 - 5:00 pm

#43226 Saturday June 10

6:00 - 8:00 pm

\$40

SENIORS INTRO TO KAYAKING

If you have never tried kayaking (or haven't been out paddling in a while) and are interested in exploring the beautiful Courtenay River Estuary from a whole new vantage point, then this is a great course for you! Join us on the water to learn about kayaks, equipment, and paddling skills with a certified instructor.

Instructor: Comox Valley Kayaks

#43227 Friday June 30

9:00 am - 12:00 pm

\$48

PADDLE CANADA SEA KAYAKING: LEVEL 1

Take your Sea Kayaking skills to the next level. In this multi-day course we build intermediate paddling skills, learn about weather, navigation, tides & risk assessment, and plan & undertake a day trip. Prerequisite: Paddling Skills

Instructor: Comox Valley Kayaks

#43223 Saturday & Sunday

June 3 - 4

9:00 am - 5:00 pm

\$260/2



COURTENAY ADULT





Lewis Centre Squash Courts

To reserve a court:

Come in to the Lewis Centre office or call 250-338-5371.

Payment is due at time of booking.
To book by phone you must have a pre-paid booking card.

4 squash courts
Low rates for Non-prime time bookings
Equipment rentals
Childminding (see page 27)

Prime Time:

Monday to Friday 11:15 am - 1:30 pm
& 4:30 - 10:00 pm

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 - 7:45 pm

For Squash Club and Squash League info, contact:
dgaudia@yahoo.com

Why Play Squash?

Playing squash gives you many health benefits:

- Improve cardiovascular health
- Increase strength and fitness
- Maintain healthy weight
- Promote good coordination, agility and flexibility
- Build hand-eye coordination

See page 80 for Squash Lessons

Court Fees (per person)

	Adult	Student
DROP-IN (45 min.)		
Prime Time	\$6	\$4
Non Prime Time	\$4	\$3
BOOKING CARD (10 uses)		
Prime Time	\$55	\$35
Non Prime Time	\$35	\$21

All fees include 5% GST

Unlimited Play Passes

A great deal for regular court users.
Unlimited 1/2 court bookings.

	Annual	6 month
Adult	\$450	\$275
Student	\$200	\$125
Special Needs	\$200	\$125
Older Adult (55+)	\$370	\$215
Family	\$925	\$585

Shower Passes

	1 year	6 month	3 month
Adult	\$36	\$18	\$9



Wellness Centre

Ages 13 & Over
(13-15 years with adult supervision)

Services Include:
Professional Assistance
Drop-in
Instructional Programs
Personal Training

Hours:
Monday - Friday 5:00 am - 10:00 pm
Saturday 8:30 am - 4:00 pm
Sunday 8:30 am - 8:00 pm
Hours subject to change

Pass Suspensions
Passes may be suspended in advance for a minimum of one month for medical reasons. 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
- Jungle Gym
- Treadmills
- Cross Trainers
- Stair Climbers
- TRX
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights

NOTE:

- Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times.
- Schedule is subject to change.
- Weight belts available during supervised hours only.

Fees

Drop-in & Punch Cards
(includes 5% GST)

	Drop-in	11 Punches
Adult	\$6.50	\$65
Student	\$3.50	\$35
Evergreen	\$5.00	\$50
Special Needs	\$3.50	\$35

Memberships (includes 5% GST)

	1 year	6 month	3 month	1 month
Adult	\$360	\$250	\$150	\$65
Student	\$180	\$115	\$75	\$35
Evergreen	\$270	\$190	\$115	\$50
Special Needs	\$180	\$115	\$75	\$35
Family	\$695	\$430	\$240	\$95

Childminding

(All ages)
If you're participating in our programs, playing tennis, squash, or using our Wellness Centre, your children are invited to drop in and play.
Mondays - Saturdays
9:00 - 11:00 am
\$4.00/1¼ hour drop-in (ask about other options)



Wellness Centre Classes & Supervision Hours

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am							
6 am	CLOSED	5:00 - 9:00 am		5:00 - 9:00 am			CLOSED
7 am			TRX		TRX		
8 am			6:00 - 9:00 am		6:30 - 10:30 am	7:00 - 10:00 am	
9 am							
10 am	9:00 am - 2:00 pm	55+ TRX 55+ ST	55+ TRX	55+ TRX 55+ ST	55+ TRX		8:30 am - 4:00 pm
11 am		55+ ST	55+ ST	55+ ST	55+ ST	55+ ST	
12 pm							
1 pm		55+ ST	12:00 - 2:00 pm		12:00 - 2:00 pm	11:30 am - 2:30 pm	
2 pm		55+ ST	Easy Does It	55+ ST	Easy Does It		
3 pm		55+ ST		55+ ST			
4 pm		3:00 - 8:00 pm	55+ TRX		55+ TRX		
5 pm			3:00 - 7:00 pm	3:00 - 9:00 pm	3:00 - 7:00 pm	3:00 - 6:00 pm	
6 pm		TRX Body Blast					
7 pm							CLOSED
8 pm			Circuit Training		Circuit Training		
9 pm	CLOSED						
10 pm							

On your own drop-in
 Supervised drop-in
 Registered class in progress

Please note: the Wellness Centre is open for drop-in during registered class times.



CIRCUIT TRAINING

This quick-paced, fat burning, muscle building class combines cardio intervals and strength training. Get a great workout using a variety of equipment in the Wellness Centre.

Instructor: Juan Blancas
#43111 Tuesdays & Thursdays
 March 21 - June 22
 7:00 - 8:00 pm
 Lewis Wellness Centre
 \$168/28

EASY DOES IT STRENGTH TRAINING

This program has been developed to accommodate those with minor injuries or for those new to strength training. Build your strength gradually while working at your own pace under the supervision of our qualified instructor.

Instructor: Juan Blancas
#43110 Tuesdays & Thursdays
 March 21 - June 22
 1:30 - 2:30 pm
 Lewis Wellness Centre
 \$168/28

TRX BODY BLAST

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build your strength, flexibility and core all at once! **No class April 17 & May 22.**

Instructor: Kim Hamilton
#43198 Mondays
 April 3 - June 26
 5:00 - 6:00 pm
 Lewis Wellness Centre
 \$66/11

SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength. They 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. **No class April 17, May 22 & June 12.**

Instructor: Joyce Leong & Steve Thomson

#42889 Mondays & Wednesdays

EG March 20 - June 28

10:15 - 11:15 am

Native Sons Grand Hall

\$162/27

SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class April 17, May 22 & June 12.**

Instructor: Joyce Leong & Steve Thomson

#42890 Mondays & Wednesdays

EG March 20 - June 28

9:00 - 10:00 am

Native Sons Grand Hall

\$162/27

CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class April 14, 21 & June 13.**

Instructor: Wendy Matte

#42908 Tuesdays & Fridays

EG March 21 - June 30

9:15 - 10:15 am

Filberg Centre Rotary Hall

\$168/28

CARDIO & STRENGTH

(55 years & over)

This class takes a modern approach to low impact aerobics, stretching and strength training. This all around balanced fitness class will work your whole body. Classes are designed to improve your fitness level by using weights, tubing and stability balls and throwing in a 'healthy dose' of cardio! This class is much like Simply Strength but with a cardio component. **No class April 14 & May 12.**

Instructor: Joyce Leong

#42911 Fridays

EG March 24 - June 30

9:00 - 10:00 am

Native Sons Grand Hall

\$78/13

STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class April 17, May 22 & June 12.**

Instructor: Janice Bradford

#42899 Mondays & Thursdays

EG March 20 - June 29

9:00 - 10:00 am

Filberg Centre Rotary Hall

\$162/27

FOAM ROLLING

Offset your high intensity training with our foam roller class. Foam rolling helps improve posture, reduces the risk of muscular injury by loosening up the connective tissue, releasing tension from trigger points, increasing blood flow, freeing tight muscles and increasing your core stability.

Instructor: Michelle Boyd

#43200 Wednesdays

March 21 - June 28

10:15 - 11:15 am

Lewis Activity Room B

\$90/15

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. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support at every turn. **No class April 14, 17 & May 22.**

Instructor: Juan Blancas

EG Mondays & Wednesdays

March 20 - June 21

#43105 10:00 - 11:00 am

#43107 11:15 am - 12:15 pm

#43106 1:00 - 2:00 pm

#43108 2:15 - 3:15 pm

\$156/26

Tuesdays & Thursdays

March 21 - June 22

#43104 10:30 - 11:30 am

Lewis Wellness Centre

\$168/28

#43103 Fridays

March 24 - June 23

10:00 - 11:00 am

Lewis Wellness Centre

\$78/13



COURTENAY ACTIVE LIVING



Drop-in Fitness Schedule effective March 20 unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	Zumba	HathaYoga 8:30am The Works	BootCamp Blast+	Core N' Cuts	Sizzling Saturday (starts April 1)
10:30 am	Zumba & Kickboxing	BootCamp Blast+		55+ Zumba		
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm	TGIF HIIT 12:10pm	
5:15 pm	Hatha Yoga Zumba Toning 5:30pm	PowerSpin & Beyond	Zumba 5:00pm Tabata 5:30pm	BootCamp Blast		Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class
6:45 pm	15/15/15 Intense 7:00 pm		Yin/Yang Yoga			

Please note: This schedule is subject to change
Pay & sign in at the office

For Fitness Schedule before March 20, please check courtenay.ca/fitness



Drop in & Punch Card Fees including GST

Pass Type	Adult	Evergreen	Student	Special Needs
Drop-in	\$6.50	\$5	\$3.50	\$3.50
11 Punch	\$65	\$50	\$35	\$35
1 Year	\$360	\$270	\$180	\$180
6 Months	\$250	\$190	\$115	\$115
3 Months	\$150	\$115	\$75	\$75
1 Month	\$65	\$50	\$35	\$35

Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, it is City of Courtenay's policy that children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 53.

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.

Drop-in Fitness

CARDIO CHAOS+

Monday 9:00 - 10:15 am

Anything goes in this upbeat class that will improve your overall cardio, strength and core stability. It is a high energy, mixed impact workout with a variety of exercises and equipment. Every class is different, but you will jump, kick and step your way to a sweating body by the time you're finished the class.

Instructor: Tammy Jones

ZUMBA

Tuesday 9:00 - 10:00 am

Wednesday 5:00 - 6:00 pm

Join the Zumba Fitness Party! This hour long class combines fun, easy Zumba moves with mild-moderate body conditioning exercises for a well-rounded workout. It's so much fun you won't realize that you're working out!

Instructor: Lyla Pettis & Gloria Grieve

SPIN, STRETCH & STRENGTH

Mondays & Wednesdays

12:00 - 1:00 pm

New to spin or prefer a change of routine? This class will offer a mix of spinning followed by core exercises culminating with a good overall stretch!

Limited to 17 participants.

Instructor: Steve Thomson

POWER SPIN & BEYOND

Tuesdays 5:15 - 6:15 pm

A high intensity, low impact class that will blast away the fat. Be ready to workout through a variety of phases: warm-up, steady cadences, speed sprints, hill climbs, and cool-downs as well as body work done off the bike. Limited to 17 participants.

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 to create a calorie-torching, strength training dance fitness party. Using Zumba® toning sticks, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

Instructor: Milena Spratt

BOOTCAMP BLAST

+ Tuesdays 10:30 - 11:45 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

In this sweaty bootcamp workout you'll get your butt kicked with a mix of equipment based and bodyweight only exercises. This dynamic class combines cardio, functional training and conditioning exercises. It's all about working hard, facing a challenge and getting results! Get ready to blast every part of your body with an intense circuit training class!

Instructor: Steve Thomson

HATHA YOGA DROP-IN

Mondays 5:15 - 6:15 pm

Wednesdays 8:30 - 9:45 am

This class delivers fundamental poses that build strength, balance, flexibility and focus, dynamically moving from pose to pose. Modifications and options will be offered for all levels, allowing you to adapt and/or challenge yourself to what feels best for you on each day - everyone is welcome!

Instructor: Wendy Davies

THE WORKS

Wednesdays 9:00 - 10:00 am

Designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility, endurance and speed. Using all styles of cardio and resistance training in an interval fashion, this is a combination style class for everyone, beginner to advanced. Guaranteed to be boredom-proof!

Instructor: Michelle Boyd

TABATA

Wednesdays 5:30 - 6:30 pm

The Tabata protocol is a high intensity training regime that produces astonishing results through an assortment of training techniques. Be prepared to try out different styles of equipment that will tax you aerobically and tone any trouble spots.

Instructor: Wendie Matte

CORE N' CUTS

Fridays 9:00 - 10:00 am

A core based exercise class intermixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. We recommend you arrive early as numbers may be limited.

Instructor: Steve Thomson

SIZZLING SATURDAY +

Saturdays 9:00 - 10:30 am

Mix things up this Spring. Combine 45 minutes of fun cardio exercise with 45 minutes of strength training and stretching for a well-rounded workout.

Sign in sheet for drop-in classes will be out 30 minutes before the start of class.





CARDIO KUNG FU

A hard-hitting, aggression releasing, cardio, strength training, self defense work-out for the bored with the spa scene. Learn self-protection skills while gaining flexibility, strength and you get to hit things! *Please note the first class will be more instructional to ensure safe delivery of striking techniques into heavy bags. Participants will need hand-wraps and bag gloves.

Instructor: Corny Martens

#42944 Tuesdays

April 4 - June 20

6:45 - 7:45 pm

Lewis Activity Room

\$72/12

ZUMBA & KICKBOXING

Come out for a rockin' good time with this lively class that will make you sweat. Each class will be a mix of different Zumba and Kickboxing routines. Have fun dancing and kicking to popular songs in a workout designed for all ages. **No class April 17 & May 22.**

Instructor: Tammy Jones

#42921 Mondays

April 10 - June 26

10:30 - 11:30 am

Lewis Centre MP Hall

\$60/10

ZUMBA (EVERGREEN)

(55 years & over)

Ditch the workout, Join the Party! This class is a Little slower than our regular Zumba classes. Fun, easy Zumba moves inspired by Latin and International music as well as current hits. Guaranteed to keep you smiling and moving!

Instructor: Lyla Pettis

#42967 Thursdays

EG March 23 - June 29

10:30 - 11:30 am

Lewis Activity Room

\$90/15

\$6.50/Drop-in

ZUMBA

Join the Zumba Fitness Party. It's so much fun you won't realize that you're working out!

Instructor: Gloria Grieve

#42932 Wednesdays

March 22 - June 28

5:00 - 6:00 pm

Lewis Centre MP Hall

\$90/15

\$6.50/Drop-in

Instructor: Lyla Pettis

#42931 Tuesdays

March 21 - June 27

9:00 - 10:00 am

Lewis Centre Activity Room

\$90/15

\$6.50/Drop-in

HIIT - HIGH INTENSITY INTERVAL TRAINING

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. Intensity and difficulty of sets will be gradually increased and a stretch and cool down will be performed in each class.

Instructor: Tammy Jones

#42939 Tuesdays

April 4 - June 27

#42940 Thursdays

April 6 - June 29

12:10 - 12:45 pm

Lewis Activity Room

\$65/13

\$5/Drop-in

TGIFHIIT

Alternate low intensity training with high intensity moves for an extreme burn and fired-up metabolism. Thank Goodness It's Friday!

No class April 14.

Instructor: Michelle Boyd

#43300 Fridays

March 24 - June 30

12:10 - 12:45 pm

Lewis Activity Room

\$63/14

\$5/Drop-in



30/30 SPIN TRX HYBRID

Get the best of both worlds, spinning 30 minutes to crank up the heart rate - then train 30 minutes with equipment designed for Navy Seals. The TRX is a suspension training method using leveraged bodyweight exercises designed to build power, strength, flexibility, balance and mobility. Guaranteed to make you sweat, bring a towel and some water for this full body workout!

Instructor: Kim Hamilton
Tuesdays & Thursdays
#42872 April 4 - May 11
\$96/12
#42874 May 16 - June 29
\$112/14
6:30 - 7:30 am
Lewis Activity Room

55+ TRX AND RESISTANCE TRAINING

(55 years & over)
Suspension training is perfect for the older adult allowing the 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 comfort level. **No class April 17 & May 22.**

Instructor: Kim Hamilton
#43230 Mondays & Wednesdays
April 3 - June 28
9:00 - 10:00 am **Level 2**
Lewis Wellness Centre
\$144/24
#43231 Tuesdays & Thursdays
April 4 - June 29
9:00 - 10:00 am **Level 1**
Lewis Wellness Centre
\$156/26
#43232 Tuesdays & Thursdays
April 4 - June 29
2:45 - 3:45 pm **Level 2**
Lewis Wellness Centre
\$156/26



15/15/15 INTENSE

This intense, 45 minute, high-energy class blends cardio and strength into one great workout! 15 minutes of cardio is followed by 15 minutes of strength and 15 minutes of core/stretching finishes it out. **No class April 17 & May 22.**

Instructor: Wendy Matte
#42924 Mondays
March 20 - June 26
7:00 - 7:45 pm
Lewis Activity Room
\$65/13
\$5/Drop-in

FLEX CORE

This new class will be targeting deep core musculature along with the glutes and low back body weight exercises progressing further to Swiss ball, Bosu and more. Stretching and mobility will also be intermixed with this new and challenging program. All fitness levels welcome and results are guaranteed.

Instructor: Steve Thomson
Thursdays
#42974 March 23 - May 11
\$48/8
#42975 May 18 - June 29
\$42/7
6:30 - 7:30 pm
Lewis Activity Room

FALL PROOF BALANCE & MOBILITY TRAINING

(55 years & over)
This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class April 17, May 22 & June 12.**

Instructor: Kim Hamilton
#42891 June 1 - July 10
1:00 - 2:00 pm
Native Sons Grand Hall
\$99/11
#42892 April 20 - May 29



COURTENAY ACTIVE LIVING





Yoga

INTRO TO MEDITATION (WITH YOGA)

Each class begins with a short Gentle Yoga practice to prepare body and mind for sitting. We will briefly discuss the week's meditation and then try it out. Discover a new technique each week and learn how to choose a practice that fits your personality. Gather helpful tools for taking meditation home with you. All levels welcome.

Instructor: Sheron Jutila

#42968 Thursdays

April 6 - May 18

2:00 - 3:30 pm

Lewis Centre Meeting Room
\$84/7

MEDITATION AND YOGA

A Gentle Yoga practice will warm up our bodies and shift away some of the busyness of the mind. Then we will practice 20 - 25 minutes of Silent Seated Meditation. Some meditation experience beneficial.

Instructor: Sheron Jutila

#42969 Thursdays

May 25 - June 29

2:00 - 3:30 pm


Lewis Meeting Room
\$72/6

IYENGAR YOGA

(55 years & over)

Iyengar Yoga promotes integration of body, mind and spirit through the practice of traditional yoga postures with an emphasis on developing strength, endurance, balance and correct body alignment. The aim of this practice is to develop and fine-tune the student's inner awareness.

Instructor: Traci Skuce

 Thursdays

April 6 - June 15

#42884 8:30 - 10:00 am

\$132/11

#42885 10:15 - 11:30 am

\$110/11

Filberg Centre Rotary Hall

GOOD MORNING YOGA

Leave the class feeling energized yet calm and relaxed. Build body and mind awareness through yoga posture, breathing practice and meditation. Requires previous yoga experience. **No class April 14.**

Instructor: Akiko Shima

#42981 Fridays

March 31 - June 30

9:15 - 10:45 am

Lewis Meeting Room

\$156/13

PLUS YOGA

Curious about Yoga, but wondering if you could manage it, in a round body? Try it out in a safe, supportive, and fun environment. We'll be in chairs, or standing - no need to get up and down from the floor.

Instructor: Catherine Reid

#42962 Wednesdays

March 22 - June 28

3:30 - 4:30 pm

Lewis Centre Meeting Room
\$135/15

YIN & YANG YOGA

Link fitness moves with traditional yoga postures in a flowing format to increase your overall strength, tone, and conditioning. This class will improve the health and performance of athletes or individuals interested in increasing their level of fitness.

Instructor: Wendie Matte

#42959 Wednesdays

March 22 - June 28

6:45 - 7:45 pm

Lewis Activity Room

\$90/15

\$6.50/Drop-in

RESTORATIVE YOGA

Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not limited to those recovering from injury or illness or who have limited range of motion. All levels welcome including those who prefer slow practice. **No class April 14.**

Instructor: Helen Pattinson

#42976 Thursdays

March 30 - June 29

5:15 - 6:45 pm

Lewis Centre Meeting Room

\$210/14

Instructor: Akiko Shima

#42977 Fridays

March 31 - June 30

11:00 am - 12:15 pm

Lewis Meeting Room

\$130/13



HATHA LEVEL 1

Get introduced to the basics of yoga postures and breathing practices. If you have a fundamental level of fitness, as well as little or no back pain, this class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class April 17 & May 22.**

Instructor: Catherine Reid

#42926 Mondays

March 20 - June 26

6:00 - 7:00 pm

Lewis Meeting Room

\$117/13

PRENATAL YOGA

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome. **No class April 17 & May 22.**

Instructor: Akiko Shima

#42964 Mondays

March 27 - June 26

9:15 - 10:30 am

Lewis Salish Building

\$120/12

#42963 Wednesdays

March 29 - June 28

6:30 - 7:45 pm

Lewis Salish Building

\$140/14

55+ GENTLE YOGA

A blend of styles that includes mostly low to the ground poses with a bit of standing. A calming practice with stretching and easy strengthening poses. Suitable for those that are slow in getting up and down from the floor or have limited mobility. **No class April 17, May 22 & June 12.**

#43409 Mondays

April 10 - June 26

10:15 - 11:15 am

Filberg Rotary Hall

\$72/9

HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class April 17 & May 22.**

Instructor: Catherine Reid

#42927 Mondays

March 20 - June 26

7:15 - 8:45 pm

Lewis Centre Meeting Room

\$156/13

YOGA FOR GUYS

(WHO'VE DONE SOME YOGA)

If you've done some yoga in the past, and understand the basics of breathing, as well as what it feels like to be aligned in a pose, this class is for you. Enjoy some stress relief, and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations.

Instructor: Catherine Reid

#42961 Wednesdays

March 22 - June 28

5:00 - 6:15 pm

Lewis Meeting Room

\$150/15

THE DRAGON DANCE

The Dragon Dance is a blend of Indian yoga and Daoist alchemy, designed to stimulate the flow of energy (prana or chi) through directed awareness and vigorous movements. Minimal yoga experience necessary.

Instructor: Wendy Davies

#43303 Wednesday April 5

#43304 Wednesday May 3

#43305 Wednesday June 14

5:45 - 7:00 pm

Lewis Craft Room A

\$10/Class

55+ HATHA YOGA

(55 years & over)

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class April 14, 17, May 22 & June 12.**

Instructor: Sheron Jutila

Mondays

#42900 April 10 - June 26

2:00 - 3:30 pm

Filberg Centre Rotary Hall

\$108/9

Fridays

April 17 - June 30

#42904 10:00 - 11:30 am

#42902 2:00 - 3:30 pm

\$132/12

VINYASA YOGA

Vinyasa yoga is a dynamic practice in which postures are linked with breath to cleanse and strengthen the body, focus the mind and deepen your inner awareness. **No class April 17 & May 22.**

Instructor: Wendie Matte

#43339 Mondays

March 27 - June 19

5:15 - 6:15 pm

Craft Room A

\$60/11

\$6.50/Drop-in





YOGA FOR JOINT HEALTH

(55 years & over)

This series of gentle postures focuses on bringing mobility to the joints. This class moves slowly, giving time to explore and modify as we go. The 'joint releasing series' can be used alone as a gentle practice or as a warm up for other activities.

Instructor: Sheron Jutila

#42948 Tuesdays

EG April 11 - June 27
10:15 - 11:30 am
Meeting Room
\$120/12

Thursdays

#42945 April 6 - June 29

10:00 - 11:30 am
Lewis Meeting Room
\$130/13

Oh no, you had to cancel the class?

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

CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class June 13.**

Instructor: Catherine Reid

#42898 Tuesdays

EG March 21 - June 27
11:00 am - 12:00 pm
Native Sons Grand Hall
\$126/14

YOGA FOR HEALTHY VISION

This session will focus on how breath awareness, meditation and specific movements can improve your vision. Additionally, yogic relaxation can significantly improve eyesight, because relaxed eyes work better.

#43410 Saturday April 29

#43412 Saturday May 27
11:00 am - 12:30 pm
Lewis Meeting Room
\$10

YIN YOGA

Yin Yoga is a quiet, meditative and slow moving practice. It uses long held (sometimes prop supported) passive poses to target and release connective tissue and deeply held parts of the body and mind. This class includes mostly 'low to the ground' poses (seated, lying on back or belly). **No class June 6.**

Instructor: Wendy Davies

#42951 Tuesdays

April 11 - June 20
5:30 - 6:45 pm
Lewis Meeting Room
\$90/9

Instructor: Helen Pattinson

#42952 Wednesdays

March 29 - June 28
12:30 - 2:00 pm
Lewis Meeting Room
\$168/14

LAUGHTER WELLNESS

Need to lighten up in life?! Laughter Wellness is a series of playful, interactive exercises designed to stimulate laughter. A willingness to laugh is all that's needed! Check out www.invokelaughter.com for more info.

Instructor: Joanne McKechnie

#43302 Sundays

April 9, May 14 & June 11
4:30 - 5:30 pm
Lewis Activity Room
\$18/3

GENTLE YOGA

Slowly and gently getting into posture and breathing practice helps enhance the range of motion.

Suitable for beginners and those who prefer a gentle practice. **No class April 17 & May 22.**

Instructor: Akiko Shima

#42965 Mondays

March 27 - June 26
\$120/12

#42966 Wednesdays

March 29 - June 28
\$140/14

10:45 am - 12:00 pm
Lewis Salish Building



Personal Training Team



Juan Blancas
 Personal Trainer, Weight Training,
 Fitness Theory, Third Age
 Certified Since: 2002
 Training Specialties:
 - Step, Resistance Tubing, Dumbbell
 - Stability Ball
 - Body Ball, Core activation,
 Assessment & Training



Kim Hamilton
 Personal Trainer, OsteoFit, Third Age
 Fitness Leader, 200 Hour Yoga
 Alliance Program
 Certified Since: 2005
 Training Specialties:
 - Working with 50+ age group
 - TRX and Spin
 - Osteoporosis or less mobility
 Certified Osteofit Instructor Certified
 Fallproof Balance & Mobility Instructor



Tammy Jones
 Personal Training, Group Fitness,
 Third Age, Zumba, TRX, Spin,
 Fitness Theory, Aquafit
 Certified Since: 2006
 Training Specialties:
 - Cardio-Kickboxing
 - Bootcamps
 - H.I.I.T.



Cathy Riopelle
 BScHN (Bachelor of Science in
 Holistic Nutrition)
 Personal Trainer, Weight Training,
 Third Age, Group Fitness, TRX, Spin
 Training Specialties:
 - Strengthening Muscular Imbalances
 - Core Conditioning
 - Boot Camp/HIIT
 - Weight Management
 - Older Adults



Michelle Boyd
 Personal Trainer, Group Fitness,
 Weight Training, Fitness Theory,
 Health and Wellness Coach
 Certified Since: 2016
 Training Specialties/Interests:
 - Awesome Abs
 - Introduction to fitness
 - Gaining confidence in the weightroom
 - Obtaining specific goals through diet
 and exercise



Joyce Leong
 Group Fitness Leader, Music Module,
 Strength Module,
 Spinning Module, Third Age
 Certified Since: 1995
 Training Specialties:
 - Older Adults, New gym users
 - Mobility/Balance issues
 - Core training, Sport Specific

Benefits of Personal Training

- **Improve Your Overall Fitness.**
 Improve cardiovascular health, strength, flexibility, endurance, posture, balance and coordination.
- **Learn to Stick to It.**
 Qualified personal trainers can provide motivation for developing a healthy lifestyle.
- **Find the Right Way to Work Out.**
 You will learn the correct way to use equipment, and appropriate form and technique.
- **Stop Wasting Time.**
 Get maximum results in minimum time with a personal program.
- **Benefit From the Buddy System.**
 What could be better than making a commitment to regularly meet with someone who will provide you with individualized attention and support?

Personal Training Prices

Private		Semi Private (2 people)	
1 session	\$50	1 session	\$75
3 sessions	\$135	3 sessions	\$203
5 sessions	\$200	5 sessions	\$300
10 sessions	\$325	10 sessions	\$490
15 sessions	\$375	15 sessions	\$563

5 sessions and over will receive a complimentary 11 punch Wellness Centre pass

Express Personal Training **New!**
\$75/3 thirty minute sessions (private only)



COURTENAY ACTIVE LIVING





Join Today! Membership Includes:

- Over 40 activity clubs to choose from
- Day trips & travel opportunities
- Special Events
- Monthly Newsletter
- Discount on selected Recreation Programs, Fitness & Wellness Centre
- Evergreen Lounge Food Service weekdays 8 am to 3 pm

The Evergreen Club is supported by Courtenay Recreational Association and provides leisure activities for those 55 years of age or better. Membership fees are paid annually and are required to participate in most Evergreen activities. \$27+GST/year

The Evergreen Club is located at the Courtenay Recreation Florence Filberg Centre at 411 Anderton Avenue in Courtenay. Come to the centre to pick-up a copy of our monthly newsletter with details of all of our clubs, programs, trips and events. The newsletter is also available online at www.evergreenclub.ca

For more information, call 250-338-1000 or visit the Evergreen Club website:

www.evergreenclub.ca

Evergreen Club Activities

Computer Lab

- P.C.'s with printers
- Internet
- WiFi
- Scanner

Computer training available in one to one or small group classes.

Special Events

- Dinner/Dances
- Armchair Travel
- Fashion Shows
- Pancake Breakfasts
- Educational Lectures
- Bazaars
- Luncheons
- At the Movies

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Table Tennis
- Snooker
- Pickleball
- Badminton

Music & Dancing

- Choristers
- Friday Night Dances
- Valley Echoes Band
- Gospel Sing Along
- Ukulele Club
- Karaoke
- Recorder
- Heartstrings
- Happy Gang

Crafts & Hobbies

- Computer Club
- Quilting
- Fabric Painting
- Art Club
- Drama Club
- Android Tablet Group
- Genealogy Club
- Stamp Club
- Camera Club
- Book Club
- Knit & Crochet
- Brazilian Embroidery
- Meet & Greet (Singles) Group

Cards & Games

- Cribbage
- Bridge
- Mahjong
- Texas Hold'em
- Mexican Train
- Canasta
- Chess
- Scrabble
- Bingo
- Darts
- Whist



Evergreen Events

The Evergreen Club invites members of the public to attend our many special events at the Florence Filberg Centre this spring. Tickets are available at the Florence Filberg Centre office.

A Wee taste of Ireland

Friday March 17 noon
Irish luncheon & Mary Murphy concert
members \$20, non members \$22

Second Stage Players present

"Oh, Nurse!" A hilarious comedy, written by local author/playwright Betty Annand
Wednesday March 22 1:30 pm
Thursday March 23 7:00 pm
Tickets \$10

Pancake Breakfast

Saturday April 1
8:00 am - 11:00 am
\$5 per person

Comox Valley Concert Band

"Let Me Entertain You" Hear one hundred years of hits from stage, screen, television and radio.
Sunday May 14 2:00 pm
\$5 per person

Evergreen Volunteers



We want to save a seat for you at our next volunteer appreciation event!

Come discover your path to volunteering at the Evergreen Club...

Deanne McRae, our volunteer coordinator, wants to meet with you! Come see what volunteer positions are currently available at www.evergreenclub.ca, or call 250 338-1000 ext 232 or email dmcrae@courtenay.ca

Florence Filberg Centre • 250-338-1000



Friday Night Dances

Enjoy local bands at the Evergreen Club's Friday Night Dances most Fridays 7:30 - 10:30 pm throughout the year.

Evergreen Food Service

Support your Evergreen Club by dropping in for a light lunch or snack prepared by our friendly volunteers. Fresh baked muffins, soups, salads, sandwiches, lunch specials, desserts & more are available.

The food service is open:

Monto Fri, 8:00 am - 3:00 pm



COURTENAY EVERGREEN



Recreation for Special Needs

(18 & over)

- Sewing
- Fitness
- Music
- Karate
- Zumba
- Hip Hop
- Yoga
- Bowling Leagues
- Creative Dance
- Archery
- Cooking
- Young Adult Club
- Golf

Check our website & newsletter for current information www.courtenay.ca/specialneedsrec check us out on the City of Courtenay Facebook page

Volunteers

Volunteers are the key to participation in any program. *We need you!* If you have a few hours every week that you would like to share with others, call the Special Needs Coordinator, Lydia Neville 250-338-5371.

Remember, YOU make a difference!

Volunteers needed for Art Cards, Sewing, Bowling and Special Events.

Join a great team!

specialneedsrecreation@courtenay.ca



Comox Valley Accessibility Committee
See page 111 for details

Upcoming Special Events:

St. Patrick's Bingo

Thursday, March 16 12:45 - 2:15 pm

Easter Bingo

Thursday, April 6 12:45 - 2:15 pm

Easter Chocolates

Wednesday, April 5 1:15 - 2:30 pm

St Patrick's Day Dance

Friday, March 17 12:30 - 2:30 pm

Stampede Dance & Talent Show

Friday, June 16 12:30 - 2:30 pm

check out our newsletter for more info!

Special Needs programs proudly sponsored by:



Sign me Up!

Spring Program Registration begins **Monday March 6** at 7:15 am

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

By Fax

250-338-8600 Lewis Centre
250-338-0303 Filberg Centre
Fax registration (this page)
Use your Visa or Mastercard

By Mail

Mail registration form (this page) with payment to:

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

Filberg Centre, 411 Anderton Ave Courtenay, BC V9N 6C6

Refunds

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- All requests for refunds, credits or transfers will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$5 will be charged on all cash, cheque, Visa, Mastercard and Debit Card refunds.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- Please note there may be exceptions to this policy (eg. Cozy Corner Pre-school, programs of short duration, workshops, etc.).
- Refunds will not be approved after a program has ended.

Registration Information

Name: _____

Birthdate: _____ Care Card# _____

Allergies/Medical Conditions: _____

Address: _____

City: _____ Postal Code: _____

Home Phone: _____

Alternate Phone: _____ Email: _____



Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

Total Fees: \$ _____ + 5% GST (if over 14 yrs): \$ _____

= TOTAL: \$ _____

Payment: (Must be included with your registration)

() Cheque () Visa () MC Cardholder's Name: _____

Credit Card #: _____

Expiry Date: _____ Phone #: _____

Registration Policy

- All registrations are processed on a first come first serve basis.
- Pre-registration is required for all classes except when specified as a drop-in class.
- Fees are to be paid in full at the time of registration by cash, cheque, Visa, Mastercard or Debit Card. Please make cheques payable to the City of Courtenay.
- Registration is limited to the immediate family plus members from one other family only. Some restrictions may apply.
- 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 confirmation receipts carefully for information on dates, times, supplies, etc.



Courtenay Recreation Facility Rentals

Lewis Centre

- Craft Rooms
- Meeting Rooms
- Two Gymnasiums
- Four Squash Courts
- Wellness Centre
- Activity Rooms
- Outdoor Skatepark
- Outdoor Pool
- Wheelchair accessible
- Outdoor Stage



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

- Accommodates 50 - 100 people
- 1,000 sq. feet
- Kitchen, washrooms



Call the Lewis Centre
at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

- Accommodates 40 - 80 people
- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



**View these facilities
on the virtual tour
on our website:**
www.courtenay.ca

The LINC Youth Centre

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



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.

Meetings Rooms:

- The Conference Hall is 6,000 square feet with seating capacity of 400 for banquets.
- The Rotary Hall is 3,000 square feet and is ideal for dances, larger meetings and events.
- The Evergreen Lounge is a large comfortable meeting space with kitchen access.

Features:

- Customized to suit specific needs
- Hourly rates available
- Wheelchair accessible
- Ample parking
- Air conditioned
- Audio/Visual equipment & Wifi available



Evergreen Lounge



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.

Meetings Rooms:

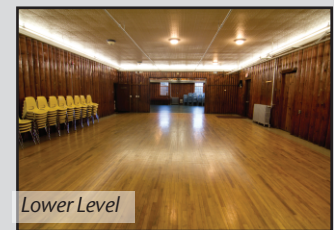
- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

Features:

- Fully equipped kitchens on both levels
- Hourly rates available
- Wheelchair accessible
- Ample parking



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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

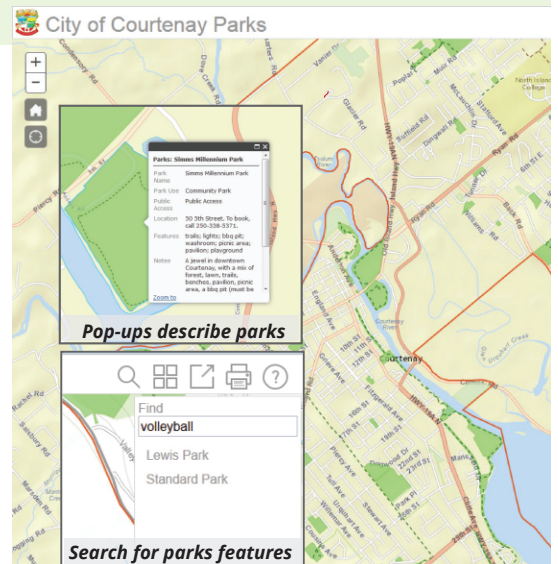


Courtenay Parks News

Parks Interactive Map

- Zoom in to find parks in Courtenay and to see walking trails, special features, and photos
- Print any section of the map customized to the park and trail information needed
- The map is designed for use on all screen sizes including tablets and mobile views
- Accurate locations are based on GIS with map layers featuring streams and topography
- Linked to Google Map's directions

courtenay.ca/parks



2017 Simms Park Summer Concerts

Enjoy FREE Sunday evening concerts this summer at Simms Millennium Park (located by the 5th Street Bridge and across from Lewis Park) from July 2 to August 27 (no concerts July 16 & August 6), 7:00 - 8:30 pm.

Concerts feature great local performers in a variety of genres including folk, country, rock, big band, jazz and blues.

Check back in May 2017 for a full concert schedule:

courtenay.ca/simms



Courtenay Park Bookings

Courtenay Recreation coordinates the use of all parks and school playing fields located in the City of Courtenay.

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

Courtenay Recreation also books the Artificial Turf Field located at GP Vanier. *Please note that only limited spaces are available.*

To book a park or play field, **call the Lewis Centre at 250-338-5371.**

Schools:

- Arden
- Mark Isfeld
- Lake Trail
- G.P. Vanier
- Valley View
- Huband Park
- Queneesh El.
- Courtenay El.
- Puntledge Park

City Parks:

- Bill Moore Park
- Puntledge Park
- Lewis Park
- Valley View Park
- Martin Park
- Woodcote Park
- Standard Park
- Simms Park
- Courtenay Riverway



Mile of Flowers Celebrates in 2017



photo by
Ron Pogue

*Mile of Flowers, the biggest planting event in Courtenay, is marking **50 years** of filling Cliffe Avenue with blooms and **Canada's 150th birthday** in 2017!*



The Plant-In is a tradition dating back to 1967, when Kathleen Kirk set out to commemorate Canada's centennial year. That year she planted 7,800 seedlings as a welcome to tourists. What began as the initiative of one woman now involves hundreds of volunteers and 40,000 flowers.

In 2017, the Mile of Flowers happens Tuesday, May 30th starting at 5:00 pm and going until around 7:30 pm. Volunteers from the community are asked to fill the garden beds on both sides of Cliffe Avenue with summer flowers. The Parks department provides all the flowers. Youth groups are also encouraged to attend, with a chance to win a pool party prize draw. Between 200 and 500 volunteers are needed to plant everything on this special evening.

Tyler Johns, the City's horticultural supervisor, said the event will be extra special this year. "Expect to see a lot of red and white flower combinations to celebrate Canada's 150th," noted Johns. "We'll be in full celebration mode, so I hope many people and organizations come out and share the fun."

As in previous years, Courtenay Rotary and the Parks Department will host an appreciation BBQ for planters in Standard Park (Cliffe Avenue/14th Street). In 2017, the BBQ will be bigger than ever with local entertainers, and special cupcakes to commemorate the 50th anniversary year.

Did you know that aside from looking great every year, the Mile of Flowers is also now designed to conserve water? Parks horticulture staff painstakingly adds compost, mulch and new soil to improve water retention. Staff hand water with a special tractor and avoid the use of pesticides. Careful hand weeding and deadheading keep the blooms coming all summer. Some of the beds also are looking great year round since changing over to perennial blooms.

The Parks staff sends heartfelt thanks to all the community volunteers who have helped for so many years.

For more information:

- City of Courtenay, 250-334-4441
 - info@courtenay.ca
- www.courtenay.ca/mileofflowers**



Get to Know Courtenay Parks

Park	Location	Acres	Baseball Diamonds	Basketball	Community Centre	Horseshoe Pitch	Kayak/Canoe Dock	Lawn Bowling	Marina	Meeting Rooms	Nature Park	Parking	Playground	Picnic Area	Showers	Skateboarding	Soccer/Football Fields	Softball Diamond	Street/Roller Hockey	Swimming/Wading Pool	Swings	Tennis	Trails	Volleyball Courts	Washroom	Water Park
Bear James	Robert Lang Drive	2.91																								
Bill Moore	23rd St & Kilpatrick	14.73																								
Cooper	England off 14th St	0.68																								
Dogwood	Dogwood & Kilpatrick	5.7																								
Galloway	1084 Galloway Cr.	0.32																								
Harmston	Harmston & 6th	2.9																								
Hawk Glen	Hawk Drive	1.5																								
Hobson	10th St East & Hobson	2.2																								
Hurford Hill	Back Road	25.0																								
Idiens	Idiens Way/Suffolk Crescent	2.4																								
Krebs	Krebs Crescent	0.84																								
Knights of Columbus	Tunner Drive	1.0																								
Lerwick Nature	Lerwick Road	7.64																								
Lewis	Old Island Highway	17.39																								
Malcolm Morrison Sr.	Embleton Crescent	1.2																								
Maple	18th Street & Grieve	0.64																								
Marina - Air	Cliffe & 20th Street	25.0																								
Martin	20th St & Choquette	3.65																								
Millard Nature	S. Island Highway	13.76																								
Mission	2345 Mission Road	2.37																								
Monarch	Monarch Drive	0.57																								
Morrison	Arden Road	32.0																								
Pinegrove	5th St East & Lerwick	4.77																								
Puntledge	First Street	10.05																								
Riverside	Anderton Avenue	1.5																								
Sandwick	Muir Road	6.52																								
Simms Millennium	Old Island Highway	9.0																								
Sunrise Rotary	Dingwall & McIntyre	2.43																								
Standard	Cliffe & 14th Street	2.76																								
Sussex	1760 Sussex Drive	0.58																								
Trumpeter Glen	10th St East & Chaster	0.35																								
Valley View	Lerwick Road	10.5																								
Walbran	2304 Walbran Drive	0.68																								
Woodcote	17th & Cumberland	3.75																								



The COMOX VALLEY ART GALLERY is a professional public contemporary gallery dedicated to featuring work by local, regional and national artists. The GALLERY GIFT SHOP offers a selection of original ceramics, jewellery, paintings, prints, cards, glasswork, woodwork and more.

ADMISSION IS BY DONATION



580 DUNCAN AVE. COURTENAY BC V9N 2M7
250.338.6211 COMOXVALLEYARTGALLERY.COM

GALLERY
SHOP

TUESDAY TO SATURDAY 10-5
MONDAY TO SATURDAY 10-5

Courtenay
and District

Museum & Paleontology Centre

207 Fourth Street
Courtenay
ph: 250-334-0686
www.courtenaymuseum.ca



Discoveries happen here!

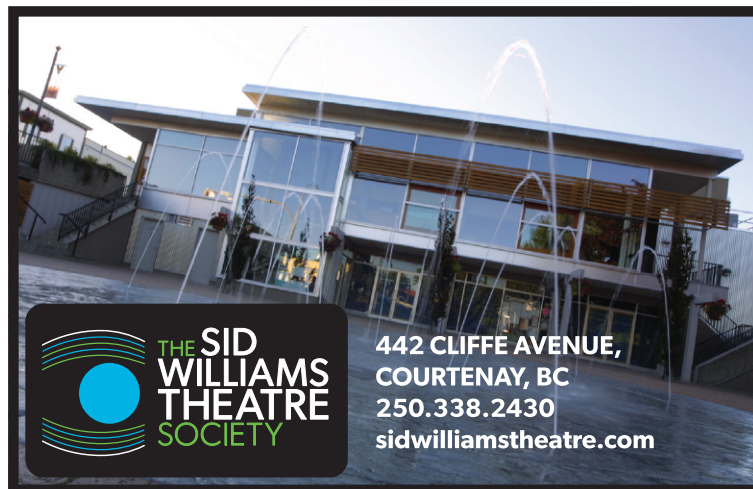
Knowledge and fun for the whole family.
Paleontology, First Nations and settlement exhibits.
Year round school programmes, fossil tours,
field trips, lectures and gift shop.

Hours of Operation

(closed on statutory holidays)

Tuesday to Saturday: 10 am - 5 pm
closed Sunday & Monday

*Book a fossil
tour and travel
80 million years
back in time!*



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



CONTEMPORARY MUSIC. THEATRE.
COMEDY. DANCE.
CLASSICAL & WORLD MUSIC. FILM.
VARIETY. MAGIC.

COME&SEE



COURTENAY
CULTURE

Contact City of Courtenay Recreation & Cultural Services for further information: 250-334-4441



Volunteer Opportunities

Courtenay Recreation

VOLUNTEERING.....a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre and Special Events. Volunteers are a gift to the Community!

www.courtenay.ca

Call **250-338-5371** or text **250-650-9930**



Special Needs Recreation

Programs for healthy lifestyles for anyone who has special needs. Volunteers welcome with all our programs, lots of fun activities. A few hours of your time makes a difference!

250-338-5371 Ineville@courtenay.ca or

www.courtenay.ca/specialneedsrec



MARS Wildlife Rescue Centre

We need YOUR help working with Public Education and Special Events. Training is provided.

MARS volunteers must be 18 years or over with membership \$15 per year.

Call **250-337-2021**

or visit www.wingtips.org



MARS
WILDLIFE RESCUE CENTRE

The Salvation Army

We have dozens of volunteer positions to consider, from short term special events to regular weekly opportunities. The Salvation Army would love to hear from you!

Call Nancy **250-338-5133** ext.223, or

volunteer@cvsalarmy.ca



Giving Hope Today

Volunteer Comox Valley

Ready to volunteer? Not sure where to start? We can help match your interests with a group who will involve you in a good cause. Call 250-334-8063 or drop by Unit C1 - 450 Eighth Street, Courtenay (open Monday - Friday, 10 am - 3 pm). Browse our online Volunteer Directory and register to volunteer today!

www.volunteercomoxvalley.ca

Volunteers grow community!



Therapeutic Riding

Volunteers needed to assist people with disability: no experience necessary, training provided. A desire to help people, work with horses, & enjoy a fun social atmosphere is required! Positions require some physical ability, e.g. walking on trails and in the indoor arena. Committing to one hour a week for an 8 - 10 week session is ideal.

Call **250-338-1968** or

visit: www.cvtrs.com



Comox Valley Accessibility Committee

Help us advocate for better access for people with disabilities. Help us make the Comox Valley barrier free! Meetings are held monthly.

FMI Lydia **250-338-5371**

comoxvac@gmail.com

www.cvaccess.ca



Comox Valley
**ACCESSIBILITY
COMMITTEE**

Building a Barrier Free Society

The Gardens on Anderton

Experience all the joys and benefits of gardening at The Gardens on Anderton! Make new friends, learn from seasoned gardeners, get outdoors. Opportunities abound!

www.gardensonanderton.org

Call Joan **250-334-3089**

The Gardens on Anderton
...where growth happens

National Volunteer Week

April 23 - 29, 2017



Live Learn & Play

Highly Valued Community
Volunteers, Thank You!



CITY OF
COURTENAY
Recreation



Low Cost Recreation

Father Involvement Network

Join us for our FREE recreation nights every 2nd and 4th Monday of the month @ Courtenay Elementary school gym, 6:45-7:45pm. Look for other FREE events: Spring Movie Night, Father's Day Kite Fly, Summer Overnight Camp, Fall Swim. Call **250-792-2270** for info.

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

Active Comox Valley

Look for our maps, 12 Great Places to Get Active For Free and Another 12 Great Places to Get Active for Free at your local recreation centre. Also pick up our new guide to free and low-cost activities in the Comox Valley, Active Is What You Make It.

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. For info call the Lewis Centre **250-338-5371**.

Prenatal Classes

FREE prenatal classes are available at Public Health to pregnant women and their support people. Classes are offered as a series starting early in your pregnancy. Register at **250-331-8562**, as soon as you know you are pregnant. For info or to register with Public Health's Right from the Start program go to www.viha.ca/children.

Town of Comox TRIP Program

Eligible Comox residents may qualify for select, discounted admissions and programs. Contact **250-339-2255** or info@comox.ca for more information.

If you would like to promote your free/low cost service, please call 250-338-5371 and refer to this page!

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 Coupon Books

These 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 the Lewis Centre, Florence Filberg Centre and City Hall.

Call **250-338-5371** or **250-338-1000**

189 Port Augusta Sea Cadets

(12 - 18 years) Would you like to experience Fun, Friendship & Challenges? 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: 189portaugust@gmail.com or commandingofficer@portaugusta.ca or Phone: **250-339-8211** ext.3606
www.189portaugusta.ca

Fun Freebies to Do in Courtenay!

(to get and stay active)

- Walk your four-legged friend along the trails in one of our many City Parks.
- Fly a kite on a windy day.
- Work out at Courtenay Riverside Fit Park
- Watch for rare birds in the Courtenay Estuary
- Skateboard at the Courtenay Comox Skatepark or at the Lewis Park Skatepark
- Throw some hoops at The LINC's outdoor basketball court.
- Walk, cycle or rollerblade around the Courtenay Airpark.
- Find all of the playgrounds in Courtenay and swing, climb and hang upside down.
- Play table tennis or enjoy open gym at the Lewis Centre

Comox Valley United Soccer Get your kicks locally!

2017 Youth Spring Soccer Programs

Spring Break Soccer Camp -

March 20 - 24

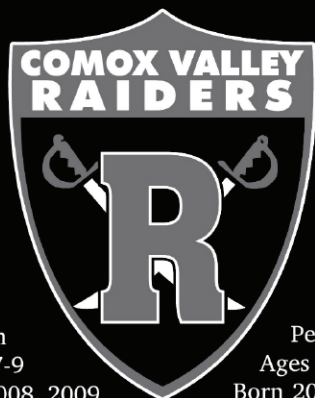
Spring House League: April - June

Summer Camps - July/August

For program information,
please visit our website www.cvusc.org
cvuscsoccer@gmail.com 250-334-0422



SPRING FOOTBALL



Atom
Ages 7-9
Born 2007, 2008, 2009

PeeWee
Ages 10 & 11
Born 2005 & 2006

Jr. Bantam
Ages 12 & 13
Born 2003 & 2004

Full Island League Play April to June
Gear Included

To Register or FMI go to
ComoxValleyRaiders.com
or email President@ComoxValleyRaiders.com

Comox Valley

Athletic Association Basketball

Club Programs for Boys and Girls Ages 5-17



March - July 2017

Girls Fastbreak Program for Girls gr 5-12
Boys Fastbreak Program K-2 and gr 5-7
Jr NBA program for boys and girls K-gr 2

For complete North Island Basketball
Newsletter and more info:
drpedro@telus.net



New Turf, New Era for Field Hockey.

Comox Valley Field Hockey League

For girls, boys, women and men ages 8 - 68.

Spring Sessions

April - June 2017



For more info & registration contact: info.cvfhlg@gmail.com
www.comoxvalleyfieldhockey.ca



Boys & Girls Clubs
of Central Vancouver Island

Adventure Club

Daily after school program at Aspen Park Elementary specializing in the adventures and challenges young leaders (Gr. 4-7) crave. Pick up from Brooklyn and Robb Rd available.



Teen Entrepreneur Club (TEC)

Youth leaders (13-18 yrs) and local business partners connect! Experience how passion + interests x well-developed skills = Entrepreneurial SUCCESS. Participants pitch their ideas at the "Teen Tycoon" showdown at the end of this FREE program. Winners launch their new business out of a busy Downtown Courtenay storefront-- Rent-Free!



Comox Valley youth program information and registration
www.bgccvi.com 250-898-9282

Blue Devils

SUMMER SWIM CLUB



It's a great way to get fit
and have fun.

Try our Little Devils,
Aquatic Conditioning, Com-
petitive
Swimming or Masters
programs.

For more information
please contact
Rob Webb (President)
coachwebb@shaw.ca

or

250-339-7304

or

www.bluedevilsswimclub.com

Comox Bay Sailing Club



www.ComoxBaySailingClub.ca



Offering a full range of sailing programs for kids, teens and adults; beginner to expert, recreation or competition.

Learn to Sail Courses

Kids • Teens • Adults • Sailing Team • Competition

Certified Sail Canada Instructors
Comox Valley's *CANSail* course provider

For Spring 2017 course dates and times see the CV Recreation Guide. See the full list of 2017 programs at: comoxbaysailingclub.ca/sailing-school



Comox Valley



Financial assistance available through Courtenay Rec Access, Kidsport and Jumpstart



Contact:

cbscsailing@gmail.com

Located at the Comox Marina



COMOX VALLEY Baseball Association

Spring Season
April - June, 2017
Co-ed Baseball:
For players born
1999 - 2013



For registration details, please visit our website at www.cvba.ca or email registrar@cvba.ca

COAL HILLS BMX RACING

Family Fun for riders of all skills and ages 3 - 73+

First Race FREE!!! Just mention this add.

All you need is a bike and helmet. There is a group for every rider and skill level.




NEW RIDERS ALWAYS WELCOME
 Practice: Monday 5:45 - 8:00 pm
 Racing: Visit COALHILLSBMX.COM
 2815 Dunsmuir Road, Cumberland BC
 Check us out! Coal Hills BMX 

© lee cajalvo photography



Boys & Girls Clubs of Central Vancouver Island

EXPERTS IN PLAY!

Outstanding licensed before and after school programs and camps for children ages 5 - 12.

Vancouver Island's largest childcare provider!

Trusted by more parents than any other.




- Passionate qualified staff
- Diverse weekly Core Programming
- Affordable, accessible and reliable
- Hours catering to working families

Aspen Park Elementary
250-650-2274
aspenpark@bgccvi.com

Brooklyn Elementary
250-650-1458
brooklyn@bgccvi.com

After school pick-ups available from Ecole Robb Road

Great Futures Start Here
Register Online at www.bgccvi.com



CUMBERLAND COMMUNITY SCHOOLS SOCIETY

Working with you toward a healthy & vibrant community




Photo by Sara Kempner

Providing Community School Programs & Events since 2000

- Life-long learning for all ages
- Volunteer opportunities
- Reel Youth Film Festival
- Thunderballs 2017
- Weekly Bingo nights and more!

FMI: www.cumberlandcommunityschools.com or find us on Facebook



Comox Valley **Sports & Social** Club

SPORTS LEAGUES



Register for Spring Leagues by April 10

- Beach Volleyball • Soccer
- Ultimate Frisbee
- Flag Football • Slo-Pitch

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

Black Creek Community Centre

- Modern Fitness Room open 6 am to midnight
- Fitness programs including Bootcamp, Boxerfit, H.I.I.T., Tai Chi, Yoga, Karate and more!
- Kids' fitness programs including Karate, Hip Hop, Dance and more
- Childminding available Monday, Wednesday and Friday mornings
- Rent our Hall complete with kitchen and seating for 175 people

BCCA AGM Thursday March 16 2017 @ 7pm
Woodland Egg Hung! Saturday April 8, 12 - 2 pm

Visit www.blackcreek-cc.com for all the details

Look for the BCCA's Winter 2017 Activity Guide for upcoming classes and special events



For more information, please call 250-337-5190
Like us on Facebook!

DIRECT FROM LAS VEGAS

OH WHAT A NIGHT!



A MUSICAL TRIBUTE TO FRANKIE VALLI AND THE FOUR SEASONS

FRI APRIL 14 | 7:00 PM

Tickets starting at \$52
(plus applicable fees).



CENTRE STAGE
AT THE SID

sidwilliamstheatre.com

Phone 250.338.2430

Ticket Centre Hours

Tues to Sat 10 am - 4 pm
1 hour prior to show time



Girl Guides
of Canada
Guides
du Canada

Girl Guides is a mix of outdoor activities, camping, crafts, community service, music, and games.



- Sparks for 5 & 6 year olds
- Brownies for 7 & 8 year olds
- Guides for 9 to 11 year olds
- Pathfinders for 12 to 15 year olds
- Rangers for 15 to 17 year olds
- T Rex for 12 to 17 year olds

Register now at www.girlguides.ca.
No previous Guiding experience necessary for girls or adults.

Leaders are needed throughout the Comox Valley. Girl Guides of Canada leadership is open to all women, 19 and over. Recruiting now.

For local information: cvdistrict.ggc@gmail.com or phone 1-800-565-8111

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

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 - Courtenay.....	250-334-3234
- Cumberland.....	250-336-8313
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 Le Leche League-Gill.....	250-941-6450
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 Line	1-888-494-3888
- Office.....	1-877-753-2495
Fanny Bay Community Hall - Vanessa.....	250-335-2832
Food Security Hub.....	250-331-0152
Help Line for Children.....	Zenith 1234
Immigrant Welcome Ctr.....	250-338-6359
Juvenile Diabetes Research Foundation	www.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.....	www.kitycatpals.com
Lilli House 24 hr Crisis Line.....	250-338-1227
Meals on Wheels - Diane	250-331-8522
Mountaineer Avian Rescue.....	250-337-2021
(Pager - Wildlife Emerg).....	1-800-304-9968
Social Planning Council - Elizabeth Shannon.....	250-335-2003
St. John Ambulance.....	250-897-1098
St. Joseph's Hospital Volunteer Services - Pat.....	250-339-1548
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... www.transitiontowncv.org United Way (Comox Valley).....	250-338-1151
VI Regional Library Courtenay.....	250-334-3369
VI Visitor Centre..... info@investcomoxvalley.com Welcome Wagon - Mary Lynn.....	250-338-8024
Y.A.N.A.....	250-871-0343

Clubs & Organizations

Church Groups

CV Aglow - Debra.....	250-871-7678
CV Community Church The Salvation Army	250-338-8221
CV Presbyterian Church	250-339-2882
CV Unitarian Society.....	250-890-9262
Comox Community Baptist	250-339-0224
Shepherd of the Valley Lutheran ELCIC	250-334-0616
Unity Comox Valley	1-866-853-9866

Dog Clubs

CV Kennel Club (1990) - Frank	250-331-0185
Forbidden Plateau Obedience & Tracking Club -Margot.....	250-338-4792
N.I. Schutzhund Dog Club - Doug Wilson.....	250-337-8253

Horticulture

CV Growers & Seed Savers Society - Susan.....	250-334-4008
CV Horticultural Society	comoxvalleyhortsociety.ca
N.I. Rhododendron Soc.....	www.nirrhodos.ca

Public Speaking

CV Toastmasters - Sylvain.....	250-338-1431
Komoux Toastmasters-Gaynor	250-334-3664
60 Minute Toastmasters - Gaynor	250-334-3664

Other

Association Francophone de la Vallée de Comox-Pauline Tardif.....	250-334-8884
Beekeepers Association - Urs.....	250-337-8858
Beta Sigma Phi - Gerrie	250-338-8557
Telus Community Ambassadors - Shirley	250-339-5917
Camera Club - Lin Auerbach	250-703-2850
CV Classic Cruisers - Richard.....	250-338-9540
CV Family History Research Group - Courtenay Museum.....	250-334-0686
CV Humanists	cvhumanists.org
Newcomers Club	cvnewcomers.net
Orca Probus Club - Patrick	250-338-8728
Radio Control Aeronautics Assoc. - Frank	250-337-5320
Raw & Living Foods Vegan Potlucks - Rose.....	250-334-2251
Taoist Tai Chi Society - Arlene.....	250-890-3671
CV Ukrainian Cultural Society - Sharon McEwan.....	250-871-3899
University Women's Club	comoxvalleycfuw@gmail.com
Vancouver Island Paleontology - Betty	250-339-7372

Seniors

Comox Senior Centre.....	250-339-5133
CV Eldercollege.....	250-334-5000 ext 4602
Evergreen Senior's Club.....	250-338-1000
Senior Peer Counselling Society	seniorpeercounselling@shaw.ca

Health & Wellness

Adult & Teen Day Therapy.....	250-339-1496
Al-Anon - Rene.....	250-334-2392
- Jan	250-338-2947
Alcoholics Anonymous	250-338-8042
Anderton Therapeutic Garden Society Joan	250-334-3089
Canadian Cancer Society	250-338-5454
CV Mental Health & Addictions Services	250-331-8524
CV Hospice Society (Info. & bereavement support).....	250-339-5533
CV Nursing Centre	250-331-8502
CV Stroke Recovery Branch.....	250-890-0711
Cumberland Health Centre & Lodge Recreation Department....	250-336-8531 ext 271
CV Head Injury Society	250-334-9225
CV Ostomy Support Group.....	250-871-4778
Heart&Stroke Foundation-Ollie.....	250-339-4009
On the Move Fitness Service.....	250-923-8291
Overeaters Anonymous	www.ooa.org
Options for Sexual Health.....	250-331-8572
Red Cross (Health Equipment Loans).....	250-334-1557
St. Joseph's General Hospital Auxiliary Society - Pat	250-339-1407
AIDS Vancouver Island - Sarah	250-338-7400
Therapeutic Riding Association.....	250-338-1968
Public Health Nursing.....	250-338-1711
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. 28	250-336-2361
CV Kinsmen Club - Jim Lilac	250-334-9444
CV Lions Club	250-339-6232
CV Monarch Lions Club	250-338-9602
Elks Club #60	250-334-2512
Harmony Rebekahs Lodge #22 - Carol Briggs	250-336-8373
Kiwanis Club of Comox - John	250-334-2190
Kiwanis Club - Courtenay - Bill.....	250-703-2222
Knights of Columbus - Rodger	250-339-1176
Baynes Sound Lions - John.....	250-335-0365
IODE Laura Gordon Chapter..... - Louisa	250-338-1162
Order of the Royal Purple - Irene	250-334-4740
Pythian Sisters - Diana Harris.....	250-335-2451
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

Empire Days - Leslie Baird.....	250-336-2718
CV Exhibition.....	250-338-8177
Filberg Festival - Sylvia.....	250-334-9242
- www.filbergfestival.com CV Highland Games Society - Laurie	250-897-8885

This directory is provided as a community service. Groups listed are responsible for updating their own information by contacting us at 250-338-5371 with any changes. New listings will be added space permitting.

Sports

Adult Leagues

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

Aquatics

CV Aquatic Club (Sharks) Kris.....250-650-1680

CV Orcas Synchronized Swim Club
.....*cvorcas@gmail.com*

Baseball/Softball

CV Minor Baseball*www.cvba.ca*

CV Minor Softball.....*www.cvba.ca*

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

CV Ladies Fastball - Michele.....250-702-3916

CV Ladies Slo Pitch - Jennifer.....250-898-1371

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

Basketball

CV Men's Masters Basketball - James.....
.....250-941-1204

CV Youth Basketball Assoc.
- Anthony Edwards250-898-9973

Ladies Recreational Basketball
- Iris Churchill.....(250)338-5409

Steve Nash Basketball Youth Programs
.....*isfeldlockquell@gmail.com*

Wheelchair Basketball - Rene.....(250)650-8780

Ice Sports

CV Glacier Kings Jr. Hockey
- Iris250-338-5409

CV Minor Hockey - Dale.....250-334-0567

CV Ringette - Haley.....250-898-8884

CV Skating Club250-339-9872

Women's Ice Hockey
Pam - Breakers.....250-897-1253

Kelly - Whalers.....250-338-9786

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

Russion Martial Arts - Vali.....250-335-2781

The Academy of Martial Arts
& Fitness.....250-465-9073

Warriors Realm.....(250-703-0092

Racquet Sports

CV Tennis Club - Pat McGrath
.....*mcgrathpm@shaw.ca*

Courtenay Sr. Badminton Club
- Daryl Bissell250-339-3383

CV Squash Club -David Audia250-203-3215

Skiing/Snowboarding

JumpCamp.....*www.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
Barb Kelly.....250-339-1904

Vancouver Island Society for Adaptive
Snowsports.....*www.visasweb.ca*

V.I. Biathlon Club.....250-338-6247

Soccer

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

Men's Soccer - Andy.....250-339-7309

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

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

Community Groups

Other

Chimo Gymnastics250-339-2255

Comox Valley Tri-K - Rick250-334-3124

Courtenay Knights Floor Hockey
- Tim250-792-3332

Courtenay Lawnbowling Club
- Pete Harding.....250-871-4145

CV Cougars Track & Field Club
.....*www.comoxcougars.org*

CV Curling Centre250-334-4712

CV Ringette Association
- Helen Oliphant250-890-0818

CV Pickleball Assoc.*www.cvpickleball.ca*

Field Hockey CV *www.comoxvalleyfieldhockey.ca*

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

Killerwhale/Lake Trail Olympic
Weightlifting - Ed Lafleur250-338-9657

Minor Lacrosse Association, CV Wild
.....*www.comoxlacrosse.ca*

Road Runners CV*www.cvrri.ca*

Rugby - Kicker's Club
- Aimee Eurlay250-703-6677

Rugby - Saratoga Beach Over 40
- John Gotto250-338-8142

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

Outdoor Groups

Boating

Canadian Power & Sail Squadron
- Curt(250)339-1964

Comox Bay Sailing Club...*comoxvaysailingclub.ca*

Compass Adventures...*www.compassadventure.ca*

Dragon Boat Society (Blazing Paddles)
- Erica Roy(250)703-0707

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

CV Rowing Club-Geoff...*www.rowingcanada.com*

Comox Valley Yacht Club.....
.....*www.comoxvalleyyachtclub.com*

Comox Valley Paddlers Club
- Monica(250)339-2950

Outrigger Canoe Club - Annie... (250)339-1978

Other

Coal Hills BMX..... *www.coalhillsbmx.com*

Comox District Mountaineering (Hiking)
Club - Ken Rodonets(250)871-1245

Comox Glacier Wanderers
(Volkswalk Club) - Crystal(250)898-8612

CV Ground Search & Rescue(250)334-3211

CV Gowers & Seed Savers..... *www.cvgss.org*

CV Naturalists Society -Robin (250)339-4754

CV Land Trust - Jack(250)331-0670

Comox Golf Club(250)339-4444

Courtenay Fish & Game Protective
Association(250)338-9122

CCCTS (Cycling).....*www.cccts.org*

Fanny Bay Salmonid Enhancement Society
.....(250)335-1575

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

Horne Lake.....(250)248-7829

Strathcona Wilderness Inst.....(250)337-1871

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

Dance Groups

Ocean Waves Square Dance Club
- Cathy and Guy Moreau(250)338-7942

Scottish Country Dance
- Heather(250)338-9060

Dolyna Ukranian Dancers
- Janette Martin-Lutzer(250)339-0793

Visual/Performing Arts

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

Comox District Concert Band
- Pat Jackson(250)339-5091

CV Clown Club - Dolores VanderMaaten
.....(250)334-4255

CV Potters Club - Laurie(250)339-4229

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

CV Community Arts Council
.....(250)338-4417 (ext.2)

CV Pipe Band Society - Bill(250)339-6444

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

CYMC/CV Youth Music Centre ..(250)338-7463

Fiddlejam - Ann Freeman.....(250)339-4249

Filberg Lodge & Park Association
- Glen & Lynn(250)339-2715

Just in Time Jazz Choir
- Wendy(250)338-0244

Les Harmonies Francos
- Pauline Tardif(250)334-8884

Letz Sing Community Choir
-Tina.....(250)923-7709

Needlearts Guild - Doreen(250)871-6739

North Island Choral Soc.- Vivian .(250)334-2092

North Island Music Teachers Association
- Ginny Lawrie.....(250)338-9464

NOVA Firespinners - Tracey.....(250)331-0880

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

Rainbow Youth Theatre
.....*www.rainbowtheatre.com*

Strathcona Symphony Orchestra
.....(250)331-0158

Theatreworks - Kim.....(250)792-2031

Island Phoenix Acapella Chorus
- Sandy.....(250)923-0101

Vancouver Island Music Fest
- Megan(250)336-7981

Youth

Scouting

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

Scouting Inquiries - Chris(250)339-2424

Cadets

Air Cadets - 386 Squadron(250)339-9198

Army Cadets -(250)339-8211 ext 7995

Sea Cadets - Tracey Court.....(250)339-6726

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) - Lisa(250)871-2730

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

Nature Kids*comox@naturekidsbc.ca*

Saltwater School - Michelle.....(250)871-7777

19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



Membership Rates

	Regular	Ordinary	Associate
Single 1 year	\$132	\$245	\$482
Family 1 year	\$203	\$337	\$658 Plus gst

Former Canadian Forces members & their dependents are NOW included in the 'Regular' category.

High Quality Cardio Equipment
Weightroom
25 Metre Ozone Pool
Hot Tub

Steam Room
Squash Courts
Spin Bikes
Specialty Fitness Classes & more!

Now Open until 9:00 pm Monday - Friday

Weekends/Holidays 8:30 am - 6:00 pm

*ask about 'Military Only' timings in the early am and during lunch hour

Drop by or Contact us:
19 Wing Comox Recreation
250-339-8211 Local 7173 or 6989
www.cfgateway.com and choose Comox

