



CVRD Sports & Aquatic Centres



Courtenay Recreation



Comox Recreation

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Spring Registration
starts **March 2**

Look for the Spring
Recreation Reporter
March 1

Green Commitment

The Comox Valley Recreation Reporter is made with paper that is 80% post-consumer waste. When you're finished with this brochure, please recycle it or pass it on to a friend.

Welcome!

Courtenay's centennial is coming to a close soon, and what a great year it has been. Thank you to everyone who helped celebrate this milestone with us. I'd also like to thank all the wonderful volunteers, in particular the Courtenay Centennial Committee, for all their hard work on the many centennial events that took place throughout the year.

Courtenay Recreation knows how to keep the fun going each and every year. The pages of this guide include a wide variety of activities. If you need help finding a program that's right for you, just see our friendly staff at the Florence Filberg Centre, the Lewis Centre, and The LINC Youth Centre and they'll be happy to help.



Sincerely,
Larry Jangula
Mayor of Courtenay



For Winter Break Programs, see pages 34-35

Courtenay Recreation
Welcome

Courtenay Recreation

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Contact Us

Program Registration
 250-338-5371 or
 250-338-1000

Lewis Centre
 250-338-5371
 Fax 250-338-8600

Florence Filberg Centre
 250-338-1000
 Fax 250-338-0303

The LINC Youth Centre
 250-334-8138
Community Services Dept
 250-334-4441

www.courtenay.ca
 click on the Recreation
 Reporter link



Courtenay Recreation Facility Hours

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

Facility Closures:

Thursday December 25
Christmas Day
Friday December 26
Boxing Day
Thursday January 1
New Year's Day

Hours subject to change



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 the Florence Filberg Centre or
Native Sons Hall facilities)
Monday to Friday
8:30 am - 4:30 pm



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

Fall Hours:

Mondays 7 - 9 pm (*Adult Skate Night-starts Oct.26*)
Tuesdays 3 - 7 pm (*Tween night 8 - 11 years*)
Wednesdays 3 - 8 pm (*Jr Youth Night 11 - 14 years*)
Thursdays 3 - 8 pm
Fridays 3 - 11 pm
Saturdays 3 - 11 pm

Hours subject to change



Phone **250-334-8138**
300 Old Island Highway Courtenay, BC V9N 3P5 www.courtenay.ca/linc

COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



Courtenay Recreation
Cozy Corner

Register now!

We are accepting registration for classes starting in Winter & Spring 2016

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

Our fully qualified and experienced Early Childhood Educators offer developmentally appropriate fun experiences in an 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 and dress-ups.

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

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 free, community-based program sponsored by St Joseph's Hospital.

Facilitator: Nell Divinagracia
Tuesdays Ongoing
10:00 - 11:30 am
Lewis Meeting Room
\$1/Drop-in

Parent & Tot Dance Party

(1 - 3 years)
Shake your sillies out with this fun, child-centered 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
#39780 Fridays
January 29 - March 18
1:00 - 2:00 pm
Lewis Activity Room A
\$40/8

Treefrog Music Together Preschool

(9 months - 5 years with adult)
Join in this beloved music program! Start with music and movement, percussion and play, and build joy and confidence in music-making that carries over into your home and your child's life. **Instructor:** Kazimea Sokil

#39864 Wednesdays
January 6 - March 9
9:15 - 10:00 am
Lewis Tsolum Building
\$170/Parent & Child/10

Little Cruisers

(7 - 14 months)
Bring your baby for education, support, and socializing with other adults. You'll have 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: Chris Chapple
Wednesdays
starting January 13
10:00 - 11:15 am
Lewis Meeting Room
\$1/Drop-in

Nurtured Heart Approach

Learn practical, accessible techniques. Shift ineffective, stressful or inherited parenting skills to supportive, positive and successful skills. Learn how connected relationships & nurturing inherent greatness can transform challenging/intense behaviors while helping children gain self-regulation and enduring self-worth. **Instructor:** Marnie Elliot

#39863 Wednesdays
March 2 - 16
6:30 - 7:30 pm
Lewis Salish Building
\$59/3

Yoga Together

(Walking tot - 5 years with adult)
Join this playful practice that uses games, visualization, and imagination to engage parents & kids in using the mind and body, breath, and movement to access strength, playfulness, balance & calm. **Instructor:** Sky Hellyar

#40050 Fridays
9:30 - 10:15 am
January 15 - March 4
Lewis Salish Building
\$50/8

New!

Childminding

(all ages)
Our excellent childminding service offers you 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
9:00 - 11:00 am
Lewis Centre
\$4/1¼ hours
punch cards also available

Power Hour Playtime Fun!

(all ages)
Join the fun! There will be a little something for everyone with gym games, activities, freetime play and more!

#39867 Tuesdays
January 5 - March 15
10:30 am - 12:00 pm
Lewis Centre MP Hall
\$40/pre-registration
\$4/Drop-in

Join us for Family Day
February 8
see page 37 for details



Courtenay Recreation
Early Years



Children's Christmas Party

(9 years & under with adult)

Saturday December 5

1:00 - 2:30 pm

Lewis Centre

FREE

with donation to the Food Bank

Featuring
Captain
Thunderpants
& Santa!



courtenay.ca/christmas

Also taking place is the Youth

Gnarly Little Craft Fair 11:00 am - 3:00 pm

Courtenay Recreation
Early Years

Santa Baby

(1 month - 1½ years with adult)
Celebrate your baby's first holiday season by making memorable keepsakes. Christmas cards made with little feet imprints, and handprint Christmas ornaments are sure ways to make lasting memories for your friends and family.

Instructor: Dawn Stevens

#39866 Thursdays

December 3 - 17

9:00 - 10:45 am

Lewis Craft Room A

\$35/3



Rudolph & Friends

(2 - 4 years with adult)
Christmas crafts, games, songs and stories spark your imagination in this morning time delight. Big friends and little friends will enjoy the social aspects of this fun Christmas kick-off!

Instructor: Dawn Stevens

#39153 Fridays

December 4 - 18

10:00 - 11:30 am

Lewis Craft Room A

\$35/3



Elf Academy

(3 - 5 years)

Spend a morning at Santa's Workshop Training Academy. Make crafts, a no-bake treat, and play Reindeer games. Learning to be an Elf isn't easy, but it sure is fun! We'll keep your child busy with crafts, sweet treats, sing-songs, and holiday themed activities while you finish those last minute holiday errands, or find a few moments to yourself!

#39881 Monday to Wednesday

December 21 - 23

10:00 am - 12:00 pm

Lewis Craft Room A

\$45/3



Christmas Kindercrafts

(3 - 5 years)

Gather together as we celebrate the season and create special memories. Crafts, games, songs and more, are just some of the treasures that we'll pull out of our stocking, just for you.

#39154 Tuesdays & Thursdays

December 8 - 17

3:30 - 4:30 pm

Lewis Craft Room A

\$40/4

Candy Cane Wishes & Holiday Fun

(1 month - 8 years with adult)
Celebrate this holiday season with your loved ones by making ornaments, decorating gingerbread, and sipping on hot chocolate as you finish with gym time fun, music and games.

#39871 Tuesday December 22

12:00 - 3:00 pm

Lewis Centre MP Hall

\$10/pre-registration

\$15/Drop-in



Crackerjack Kids

(3 - 5 years)

You'll have a crackerjack time in this holiday program of creative crafts and active games. Plenty of action and creative art projects stimulate both your imagination and your desire for bone-shaking fun. Please bring a snack.

#39872 Tuesday to Thursday

December 29 - 31

9:30 - 11:30 am

Lewis Craft Room A

\$45/3



Independant Programs

Dinosaurs Galore

(4 - 6 years)

Lock all the windows and all the doors; we're up to our drawers in dinosaurs. We'll explore the ones that roar, that live on the shore, and even the ones that soar. If you adore the dinosaur, sign up quick there's fun in store.

#39882 Tuesdays
February 9 - March 15
3:30 - 5:00 pm
Lewis Craft Room A
\$65/6

Mini Chefs

(3 - 5 years)

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

Instructor: Alycia Maskiew
#39873 Fridays
January 15 - March 4
12:00 - 2:00 pm
Lewis Craft Room A
\$96/8

Hockey Stars

(4 - 6 years)

Play games, practice stick handling, and have fun while being introduced to the basics of floor hockey. Learn how to play as a part of a team, develop coordination, and follow instruction as you build skills.

Instructor: Sean Pisto

#39876 Saturdays
January 16 - February 20
11:45 am - 12:45 pm

#39877 Fridays
February 12 - March 18
3:00 - 4:00 pm
Lewis Centre MP Hall
\$40/6



Kinderchefs & Play

(4 - 6 years)

Cook up a storm as you try all kinds of fun new kid friendly recipes. Play games and more as you wait for your tasty treats to take shape.

Instructor: Alycia Maskiew
#39874 Tuesdays
January 26 - March 1
3:30 - 5:00 pm
Lewis Craft Room A
\$70/6

Dad's Night Out

(2 - 6 years with adult)

Free weekly drop-in for dads. Come and create healthy meals together with your kids. You and your kids will learn about the benefits of family meals and enjoy eating together.

Fridays
January 15 - February 19
4:00 - 6:00 pm
Native Sons Lower Kitchen
FREE

Soccer Stars

(3½ - 6 years)

Run, pass and play! For those children who have developed basic soccer skills and just want to play the game! **No class February 8 or March 12.**

Instructor: Breanne Hague
#39869 Mondays
January 18 - March 14
10:45 - 11:45 am
Lewis Centre Gym
\$60/8

Instructor: Sean Pisto
#39870 Saturdays
January 30 - March 19
10:30 - 11:30 am
Lewis Centre MP Hall
\$55/7

Ahoy Mateys

(3 - 5 years)

Walk the plank, or scrub the deck, for it's the life of a pirate for you. Your ship will be sailing through the sea as you explore treasure maps and create pirate crafts, and play active games.

Instructor: Lisa Beaulieu
#39875 Thursdays
February 11 - March 17
10:00 am - 12:00 pm
Lewis Craft Room A
\$65/6

Soccer Tots

(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 February 8.**

Instructor: Breanne Hague
#39868 Mondays
January 11 - March 7
9:30 - 10:30 am
Lewis Centre Gym
\$60/7



Mixed Media 5 - 7 years
see page 32





Mixed Media

(5 - 7 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

#39983 Tuesdays

January 26 - March 15

3:30 - 5:00 pm

Lewis Craft Room A

\$100/8

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

#39778 Fridays

January 22 - March 18

10:45 - 11:45 am

Lewis Activity Room A

\$65/9

Dance Mix

(4 - 6 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. **No class February 8.**

#39781 Mondays

January 18 - March 14

4:45 - 5:30 pm

Lewis Activity Room A

\$55/8

Creative Dance

(4 - 6 years)

Get in on the most wild and creative ride. Stories and movement games, rhymes and using musical instruments, we will create a performance for the end of the session. Using lots of creative games, silk scarves, and hand held musical instruments this is a class to be free, focused and cooperative.

Instructor: Jenna Flint

#39865 Thursdays

January 28 - March 17

4:15 - 5:00 pm

Lewis Activity Room A

\$50/8

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

#39774 Wednesdays

January 13 - March 16

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10

Dance

Hip Hoppers

(3 - 6 years)

Bounce, B-bop, move and groove in this introduction to Hip Hop. It's all about fun and learning how to move to music. **No class February 8.**

Instructor: Alma Romo

#39775 Wednesdays (3 - 5 years)

January 13 - March 16

1:00 - 2:00 pm

Lewis Activity Room A

\$75/10

#39776 Mondays (4 - 6 years)

January 18 - March 14

3:30 - 4:30 pm

Lewis Activity Room A

\$60/8

Kinder Tap

(4 - 6 years)

Learn basic tap dance skills in a non-competitive environment. Short performance at end of session.

Instructor: Jenna Flint

#39779 Fridays

January 29 - March 18

3:30 - 4:15 pm

Lewis Craft Room A

\$50/8



Birthday Parties
see page 35



Gymnastics

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.

Instructor: Sheri Roffey & Breanne Hague

#39889 Tuesdays
January 12 - March 15
or

#39890 Wednesdays
January 13 - March 16
9:00 - 9:45 am
Lewis Centre Gym
\$70/10

Gymnastics Kids & Crafts

(3 - 5 years)
Combine fun arts and crafts with time in Gymnastics. Games and activities with balls, hoops and basic gymnastic circuits encourage you to explore physical challenges. Please bring a small snack.

Instructor: Lisa Beaulieu & Sheri Roffey

#39891 Tuesdays
January 12 - March 15
12:00 - 2:00 pm
Lewis Gym & Craft Room A
\$95/10

Gymnastics
Championships
see page 43

Baby Gym

(1 month - 3 years with adult)
It's the most fabulous indoor playground! Join us for toddler-friendly novelty and challenge, as you play together on gymnastics and pre-school equipment. Discover and explore motor skills and learn the basics of movement. Then, end with circle time and a favourite song. Please remind your favourite adult to come dressed to play.

Instructor: Sheri Roffey & Breanne Hague

#39887 Wednesdays
January 13 - March 16
9:45 - 10:45 am
\$70/10
\$8/Drop-in

Kindergym with Trampoline Advanced

(3 - 5 years)
For children who have successfully completed Kindergym with Trampoline. Pre approval to register is required.

Instructor: Sheri Roffey

#39892 Wednesdays
January 13 - March 16
1:00 - 2:00 pm
Lewis Centre Gym
\$85/10

Family Gymnastics

(1 month - 5 years with adult)
Play together as a family in the best indoor playground around! Swing, bounce and play on our gymnastic equipment.

#40002 Tuesdays
January 12 - March 15
11:00 am - 12:00 pm
Lewis Centre Gym
\$70/10
\$10/Drop-in/family

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

Instructor: Sheri Roffey & Breanne Hague

#39884 Tuesdays
January 12 - March 15
9:45 - 10:45 am

or
Wednesdays
January 13 - March 16

#39885 11:00 am - 12:00 pm

#39886 1:00 - 2:00 pm
\$85/10

or
#39883 Saturdays
January 9 - March 5
9:00 - 10:00 am

Lewis Centre Gym
\$80/9





Girls Night In

(8 - 12 years)

Do your nails, create awesome hair pieces, make delicious treats, sing karaoke and more as you get ready to have a blast as you take over the Lewis Centre. Snacks Included!

#40008 Friday December 11
6:00 - 8:00 pm
Lewis Craft Room A
\$20

Boys Night In

(8 - 12 years)

Dodgeball, Floor hockey, and make your own pizza night are just some ways you will take over the Lewis Centre. Get ready to rumble as you have a guy's night in.

Instructor: Sean Pisto
#40009 Friday February 19
6:00 - 8:00 pm
Lewis Craft Room A
\$20

Christmas Bake-Off

(8 - 13 years)

Create an assortment of Christmas Baking in this 2-day workshop. Cookies, bars, and treats galore. You'll be a hit at the holiday parties! Participants will leave with an assortment of treats to share and a recipe book to continue the baking at home!

Instructor: Gyneil Atchison
#39925 Tuesday & Wednesday
December 22 & 23
9:30 am - 1:00 pm
The LINC Games Room
\$35/2

For Early Years Winter Break Activities, see page 30

Winter Break Activities

Winter Break Daycamp

(6 - 12 years)

Embrace the holiday season and play your days away! Active games, arts and crafts, and lots more too, provide you with a sleigh full of fun. Please bring your lunch. Register at least one week in advance. Includes a lunch on Tuesdays.

#39994 Monday - Wednesday
December 21 - 23
8:00 am - 4:00 pm
Lewis Craft Room A
\$95/3

#39995 Tuesday & Wednesday
December 29 & 30
8:00 am - 4:00 pm
Lewis Craft Room A
\$65/2

One Day Winter Wonders

(6 - 12 years)

Blast away the Winter weather with this day filled with fun, food, and games!

Instructor: Alycia Maskiew
#39996 Thursday December 31
8:00 am - 3:00 pm
Lewis Centre
\$35

Winter Smash Up

(9 - 14 years)

Looking for some fun during winter break? Join us for two action-packed days that will ensure you have all sorts of exciting stories to tell when you get back to school! Activities may include swimming, rock climbing, 10 pin bowling, snacks & more!

#39933 Tuesday & Wednesday
December 29 & 30
10:00 am - 4:00 pm
The LINC
\$65/2

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.

Ask us how to apply?





Floor Hockey

(7 - 9 years)

Holidays and hockey! What better way to burn off energy than to run hard, play hard and have fun. It's a great way to be active and to meet new friends. Register early to ensure minimum numbers are met.

#40010 Monday - Thursday
December 21 - 24
9:30 - 10:30am
Lewis Centre Gym
\$12/4

Candy Cane Wishes & Holiday Fun

(1 month - 8 years with adult)

Celebrate this holiday season with your loved ones through making ornaments, decorating gingerbread, and sipping on hot chocolate as you finish with gym time fun, music and games.

#39871 Tuesday December 22
12:00 - 3:00 pm
Lewis Centre MP Hall
\$10/pre-registration
\$15/Drop-in

Family Drop-in at The LINC

(all ages)

Enjoy The LINC as a family - play ping pong, air hockey, pool, or skateboard alongside your children in the skatepark! All-ages welcome with an adult. This program is based on regular participation and may be cancelled if numbers are low.

Sundays starting Jan 3
3:00 - 5:00 pm
\$5/family



Winter Break Drop-In Hours at THE LINC

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 22 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 23 Family Drop-in 12 - 3pm Tween Night 3 - 8pm	Dec. 24 CLOSED	Dec. 25 CLOSED	Dec. 26 CLOSED	Dec. 27 Family Drop-in 12 - 3pm
Dec. 29 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 30 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 31 CLOSED	Jan. 1 CLOSED	Jan. 2 CLOSED	Jan. 3 Family Drop-in 12 - 3pm

Crafty Hula Hoop Parties

(5 years & up)

Celebrate your day as you play games and learn fancy hula hoop tricks to amaze your friends and family. You can also make your own durable hula hoop as a party keepsake (ages 7 & up only).

Sundays starting Jan 17
12 - 2:00 pm (Hula Hoop only)
12 - 2:30 pm (Make your own hoop)
Lewis Centre
\$100
*\$15/per person extra to make your own hula hoop - due to program instructor

LINC Birthdays
see page 48



Gymnastics & Trampoline Birthday Parties

(4 years & over)

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 leader will provide fun-filled activities in the gym for the first hour, followed by one hour in the party-room for your own trimmings and refreshments. Host parent must be present. **Maximum of 10 children.**

Saturdays starting Jan 9
11:30 am - 1:30 pm
Lewis Centre Gym
& Craft Room A
\$100

Saturday Sports Play Birthday Parties

(3 years & over)

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

Saturdays starting Jan 9
1:00 - 3:00 pm
Lewis Centre MP Hall
& Craft Room
\$100





Special Interest

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.

Instructor: Alycia Maskiew

#39988 Saturday January 23

#39989 Saturday March 5

1:00 - 3:30 pm

Lewis Meeting Room

\$25

St. John Ambulance Babysitter Training

(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.

Instructor: St John's Ambulance

#39895 Saturday January 30

#39896 Saturday March 19

9:00 am - 4:30 pm

Lewis Tsolum Building

\$69

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!

Instructor: Alycia Maskiew

#40017 Thursdays

February 4 - March 17

3:30 - 5:00 pm

Lewis Craft Room A

\$75/7 Sessions



Birthday Parties
see page 35



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 and cooking.

Instructor: Alycia Maskiew

#39987 Wednesdays

January 20 - March 9

3:30 - 5:00 pm

Lewis Craft Room B

\$85/8

Piano Adventures

(5 - 7 years)

Explore the world of music using a wide range of musical styles. Suitable for beginners. \$40 material fee due to instructor.

Instructor: Debbie Ross

Thursdays

January 7 - March 17

#39897 4:30 - 5:30 pm (5 - 7 years)

#39898 5:30 - 6:30 pm (8 - 11 years)

Lewis Tsolum Building

\$132/11

Please check your
receipts carefully for
important program
information!

Spring Break-out! Pro D

(6 - 12 years)

Break out of winter and dive into spring! Make your own cupcakes, play sports, go on an out trip and more! Dress for the weather and get ready to have fun!

Instructor: Alycia Maskiew

#39990 Friday February 26

8:00 am - 4:00 pm

Lewis Craft Room A

\$40

PLC Fun

(5 - 10 years)

Join us in a variety of activities on early dismissal days. A variety of activities will be offered. Register for one or all!

Wednesdays

#40018 **January 13**

Cookers Delight

#40019 **February 3**

Valentine's Day Dash

#40020 **February 17**

Out Trip

#40021 **March 2**

Weird Science

#40022 **March 16**

Spring Out Trip

12:30 - 3:30 pm

Lewis Centre

\$15/per day

\$70/all 5 days

Arts & Crafts

Crafty Doll Furniture

New!

(7 - 12 years)

Make a bed and wardrobe for a 12 inch doll! Using new and recycled materials we will design and construct a comfy bed and wardrobe storage unit for your doll. Customize your playtime!

Instructor: Tracey Clarke

#39993 Saturday February 20
9:00 am - 12:00 pm
Lewis Salish Building
\$20

Cartooning & Manga Pro-D

Pro D

(7 - 12 years)

Doodle your day away as you learn to draw and shade anime, manga and all of your favourite Japanese style characters.

Instructor: Jenja McIntyre

#39980 Friday February 26
8:30 am - 3:00 pm
Lewis Craft Room B
\$50

New! LINC Youth Centre Family Drop-in, see page 48 for info

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.

Instructor: Jenja McIntyre

#39976 Fridays
January 22 - March 18
3:30 - 5:00 pm
Lewis Craft Room B
\$90/9

Clay Designs

(8 - 14 years)

If you 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

#39975 Thursdays
January 14 - March 17
4:00 - 5:30 pm
Lewis Craft Room B
\$100/10

Winter Family Clay

(4 years & over)

Spend a Winter's eve together making memorable clay Christmas pieces.

Instructor: Jenja McIntyre
Thursdays

#39977 January 28 - February 11
#39978 February 25 - March 10
6:00 - 7:30 pm
Lewis Craft Room B
\$80/3

Stained Glass Designs

(9 - 12 years)

Bring some light into the winter season by working with glass! Create a beautiful mosaic Treasure Box, a Sunburst Stepping Stone, a Whimsical Wind Chime incorporating beads and crystals, and Fused Glass necklaces.

Using easy and fun techniques you'll produce personalized and unique works of art. **No class February 8.**

Instructor: Nancy Morrison

#39971 Mondays
February 1 - March 14
4:00 - 5:30 pm
Craft Room B
\$80/6

Courtenay Recreation
Children



Courtenay Recreation

Family Day! February 8

Free Activities taking place between 10:00 am - 4:00 pm

Family Gymnastics	LINC Youth Centre Family
Fitness	Drop-in 11 am - 2 pm
Youth Zone	
Arts & crafts	
Games and Activities & more!	*Squash & Wellness Centre open regular fees apply



courtenay.ca/rec 250-338-5371





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 sewing career! For beginners only and is recommended prior to taking the 'It's Fun to Sew' program.

Instructor: Jean Morgan

#39972 Tuesdays
January 5 - 19
3:30 - 5:00 pm
Lewis Craft Room B
\$50/3

Children's Level 2 Sewing

(9 - 14 years)
Progress to a higher level of skill. Work on a simple pattern of your choice; please discuss with the instructor. You will need to purchase your own thread and fabric. You will also need your own fabric scissors, straight pins and tape measure.

Instructor: Jean Morgan

#39974 Tuesdays
February 23 - March 15
3:30 - 5:30 pm
Lewis Craft Room B
\$55/4

It's Fun to Sew

(8 - 14 years)
Make and sew your very own starter pillow case, and pull on cotton pants! You will need your own scissors that cut fabric, straight pins and tape measure. You will need to purchase your own fabric and thread.

Instructor: Jean Morgan

#39997 Tuesdays
January 26 - February 16
3:30 - 5:00 pm
Craft Room B
\$70/4

Creative Photography

(8 - 12 years)
Take photography further than just 'point and shoot'. Be guided along to think of photography as a way to make art. Do 'drawing with light', make giant photos without a camera big enough that you can be inside them, do photography image transfer and make photodecals, and so much more. Please bring your own camera. **No class February 8.**

Instructor: Jenja McIntyre

#39981 Mondays
January 25 - March 21
3:30 - 5:00 pm
Lewis Craft Room A
\$98/8

Mixed Media Arts

(5 - 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. **No class February 8.**

Instructor: Jenja McIntyre

#39982 Mondays (8-12 years)
January 25 - March 21
5:30 - 7:00 pm
Lewis Craft Room B
\$100/8

#39983 Tuesdays (5-7 years)
January 26 - March 15
3:30 - 5:00 pm
Lewis Craft Room A
\$100/8

Cartooning & Manga

(7 - 12 years)
Learn to draw and shade anime, manga and all of your favourite Japanese style characters.

Instructor: Jenja McIntyre

#39979 Wednesdays
February 10 - March 2
3:30 - 5:00 pm
Lewis Tsolum Building
\$55/4

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.

#40023 Tuesdays
January 19 - March 8
6:00 - 7:30 pm
Lewis Centre
\$90/8



7 Story Circus

Aerial Arts: The Basics

(10 years & over)

Designed for students new to aerial fabric. With a focus on skill and strength building you'll start close to the ground and then, gain height as your confidence and abilities increase. Eventually, you will be dancing in the air!

Instructor: Kaya Kehl

#39965 Fridays

January 8 - March 18
3:30 - 4:30 pm
Lewis Centre Gym
\$165/11

Community Circus 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! Finish off the session with a show for family & friends. For beginners to pre-professionals! (OR 10+ with CIRCUS experience & permission by the instructor).

No class February 8.

#39723 Mondays

January 4 - March 14
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

Community Circus 1

(6 - 12 years)

Join 7 Story Circus! Activities include aerial silks and hoop; juggling and object manipulation; stilts and rola bola; handstands and acrobatics; partner acrobatics; improvisation and performance games. Finish off the session with a show for family and friends. Great for beginners, younger students and those with less than two seasons of Circus experience. **No class February 8.**

Instructor: Kaya Kehl

#39964 Mondays

January 4 - March 14
3:30 - 5:30 pm
Lewis Centre Gym
\$200/10

Aerial Arts:

Intermediate-Advanced

(10 years & over)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We will focus on skills, form, combinations, creative development, strengthening, group work and much more.

Instructor: Kaya Kehl

#39966 Wednesdays

January 6 - March 9
6:30 - 7:30 pm
Lewis Centre
\$150/10

Fridays

January 8 - March 18

#39967 4:30 - 5:30 pm

#39968 5:30 - 6:30 pm

Lewis Centre Gym
\$165/11

Please note: \$21 once/year 7 Story Circus membership fee due to instructor at first class.

Open Training
see page 56

2016 New Year's Resolution

- ✓ Volunteer (14 years & older)
- ✓ Get Involved
- ✓ Gain Experience
- ✓ Try Something New
- ✓ Give Back
- ✓ Have Fun



There are lots of Volunteer Opportunities!



CITY OF
COURTENAY
Recreation

For more information call Courtenay Recreation
Lewis Centre 250-338-5371 or text 250-650-9903



Dance

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-Ried

#39782 Wednesdays

January 13 - March 16

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

Hip Hop Dance

(5½ - 8 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. **No class February 8.**

Instructor: Alma Romo

#39785 Mondays (5½ - 8 years)

January 18 - March 7

5:45 - 6:45 pm

#39786 Wednesdays (9 - 13 years)

January 27 - March 16

3:30 - 4:30 pm

Lewis Activity Room A

\$60/8

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 & more, as you work on all apparatus. Daily challenges and progressions will be set to your individual levels.

Tuesday - Friday

March 29 - April 1

#40044 12:00 - 1:30 (5½ - 8 years)

#40045 1:30 - 3:00 pm (8 - 12 years)

Lewis Centre Gym

\$60/4

Dance Mix

(4 - 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. **No class February 8.**

Instructor: Alma Romo

#39781 Mondays (4 - 6 years)

January 18 - March 14

4:45 - 5:30 pm

Lewis Activity Room A

\$55/8

#39784 Fridays (7 - 9 years)

January 15 - March 11

4:45 - 5:45 pm

Lewis Activity Room A

\$60/9

Hip Hop Intro

(6 - 12 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 February 8.**

Instructor: Alma Romo

#39787 Fridays (6 - 8 years)

January 22 - March 11

3:30 - 4:30 pm

#39788 Monday (9 - 12 years)

January 18 - March 14

5:45 - 6:45 pm

Lewis Activity Room A

\$60/8

Spring Break Daycamp

(6 - 12 years)

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

Monday - Thursday

#40042 March 21 - 24

or

Tuesday - Friday

#40043 March 29 - April 1

8:00 am - 3:30 pm

Lewis Centre

\$100/4

March Break Sneak Peaks

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.

#40041 Monday - Thursday

March 21 - 24

9:00 am - 3:30 pm

Lewis Centre

\$95/4

Martial Arts

Beginner Kung Fu

(5 - 14 years)

Learn valuable life skills through self defense techniques. This group learns simple movements and Chinese boxing drills to increase co-ordination, timing, and self-awareness. **Please note:** there is an additional \$55 fee for new students for a uniform - includes shirt, sash and pants.

Instructor: Corny Martens
Tuesdays & Thursdays
January 5 - March 17

#39926 3:15 - 3:55 pm (5 - 9 years)

#39928 4:00 - 5:00 pm (10-14 years)
Lewis MP Hall
\$155/22

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 February 8.**

Instructor: Frank Doss

#39969 Mondays (5 - 8 years)
January 11 - March 7
4:00 - 5:00 pm

#39970 Wednesdays (7 - 14 years)
January 13 - March 2
4:00 - 5:00 pm
Lewis Salish Building
\$60/8

More Martial Arts on
page 42

Level 2 & 3 Advanced Beginner Kung Fu

(5 - 9 years)

Building on the foundation of basic skills, 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 February 8.**

Instructor: Corny Martens

#39922 Mondays & Wednesdays
January 4 - March 16
3:15 - 4:10 pm
Lewis MP Hall
\$165/21

Junior Karate

(9 - 14 years)

Karate is a fun and focused way for fitness, flexibility and personal development. Learn self defense, improve concentration, confidence, self-discipline and sportmanship 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.

No class February 8.

Instructor: Todd Robertson

#39894 Mondays & Thursdays
January 4 - March 17
6:00 - 7:20 pm
Lewis MP Hall
\$129/21

Level 4 + Intermediate Kung Fu

(7 - 14 years)

Students in this class begin to 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 February 8.

Instructor: Corny Martens

#39923 Mondays & Wednesdays
January 4 - March 16
4:15 - 5:25 pm
Lewis MP Hall
\$165/21

Celebrate
Family Day with us!
See page 37
for details.





Intro to Taekwondo

(5 - 9 years)

For all of our new students! This introductory class is designed to teach kids the basics before starting Taekwondo full time. Students learn foundation skills: kicking, blocking, punching and life skills: confidence, courtesy, perseverance. Kids over 10 please join the Junior class.

Instructor: Richard Dobbs

#39899 Fridays

January 15 - March 11

4:00 - 4:30 pm

Lewis Activity Room

\$65/9

Please note: Intro class is a prerequisite for the Junior & Tigers programs.

Trampoline

(6 years & up)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the B.C. 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!

Instructor: Sheri Roffey & Vern Nichols

Wednesdays

January 13 - March 16

#39801 3:30 - 4:30 pm

#39802 4:30 - 5:30 pm

Lewis Centre Gym

\$75/10

Oh no, you had to cancel the class?

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



Get Active

Taekwondo Tigers

(5 - 7 years)

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

Instructor: Richard Dobbs

#39919 Tuesdays & Thursdays

January 5 - March 17

4:00 - 4:45 pm

Lewis Centre

\$154/22

Indoor Soccer Kids

(5 - 7 years)

For those just wanting to play soccer in a fun supervised environment. Do a warm up and then get into a game. Please note: Instructors are on hand to provide warm-up and supervision only. **Instructor:** Sean Pisto

#39984 Saturdays

January 16 - March 5

10:30 - 11:30 am

Lewis MP Hall

\$57/8

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.

Instructor: Richard Dobbs

#39920 Tuesdays & Thursdays

January 5 - March 17

lower level

4:50 - 5:50 pm

#39921 Tuesdays & Thursdays

January 5 - March 17

higher level

(blue stripe & up)

6:00 - 7:00 pm

Lewis Centre

\$176/22

Gymnastics

Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program. New students must be evaluated for Advanced and Pre-Advanced levels.

\$108/9 Sessions (Saturdays)
 \$120/10 Sessions (Tuesdays)
 \$195/ Both Days (19 Sessions)
 Lewis Centre Gym

Girls & Boys Mixed

(5 - 8 years)

#39789 Saturdays
 January 9 - March 5
 10:00 - 11:30 am

#39790 Tuesdays
 January 12 - March 15
 3:30 - 5:00 pm

Girls Gymnastics

(8 years & over)

#39791 Saturdays
 January 9 - March 5
 12:30 - 2:00 pm

#39792 Tuesdays
 January 12 - March 15
 5:00 - 6:30 pm

Gymnastics Assessments
 available for new students
 entering Pre-advanced &
 Advanced levels

Girls Pre Advanced

(8 years & over)

Athletes progress into these programs once base skills are strong and when they are physically and mentally ready to advance. Two classes per week are recommended to develop and maintain your skill level.

#39793 Saturdays
 January 9 - March 5
 2:00 - 3:30 pm

#39794 Tuesdays
 January 12 - March 15
 6:30 - 8:00 pm

Girls Advanced

(8 years & over)

#39795 Saturdays
 January 9 - March 5
 2:00 - 3:30 pm

#39796 Tuesdays
 January 12 - March 15
 6:30 - 8:00 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.

#39797 Saturdays
 January 9 - March 5
 12:30 - 2:00 pm

#39798 Tuesdays
 January 12 - March 15
 5:00 - 6:30 pm

Boys Advanced

(8 years & over)

Prerequisite for this class: Minimum Level Silver 3, or assessed ahead of time.

#39799 Saturdays
 January 9 - March 5
 2:00 - 3:30 pm

#39800 Tuesday
 January 12 - March 15
 6:30 - 8:00 pm

Trampoline
 see page 42

CV Gymnastics Championships
Saturday March 12
9:30 am - 2:00 pm
Lewis Centre

Ribbons Trophies Friends Concession

CITY OF COURTENAY Recreation
 courtenay.ca/rec 250-338-5371



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.

Instructor: Sean Pisto
Saturdays

#39985 January 16 - February 6

#39986 February 13 - March 5

3:00 - 4:00 pm

Lewis MP Hall

\$50/4

Skateboard FUNdamentals

(6 - 12 years)

Build confidence learning the basics of skateboarding. Practice dropping into the bowl, using ramps and learning a trick or two! **No class February 6 or 8.**

Instructor: Jordan Savard

#39901 Saturdays

January 9 - March 5

10:45 am - 11:45 pm

or

#39858 Mondays

January 11 - March 7

4:15 - 5:15 pm

The LINC Skatepark

\$82/8

\$92/with rental

Learn to Play YoYo & Kendama

(9 years & over)

Grab a friend and don't miss this awesome opportunity to learn and practice the art of YoYo and Kendama in a relaxed, safe and FUN environment. Forever keeping the inner child alive for anyone willing to learn.

Instructor: Jason Kirsch

Fridays

January 29 - March 4

5:45 - 7:15 pm

Lewis Meeting Room

\$4/Drop-in

FUNdamental Skills

(7 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 7 and 11 years. Create sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as: soccer, basketball, floor hockey and more. The FUNdamentals skills will then help children transition into community or traditional Special Olympics Programs.

Instructor: Sean Pisto

#40005 Saturdays

January 9 - March 5

9:15 - 10:15 am

Lewis Centre MP Hall

\$20/9

\$2/Drop-in

Yoga Together - Homeschoolers

(6 - 10 years with adult)

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

Instructor: Sky Hellar

#40053 Fridays

10:30 - 11:30 am

January 15 - March 4

Lewis Salish Building

\$50/8

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.



Get Trained

Leaders in Training (LIT)

(13 - 18 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to become awesome leaders and build on their resumes. Participants will build teamwork and leadership skills through this workshop series. Learn to lead games and activities, behaviour management and more. After, participants will meet with the volunteer coordinator and put their skills into practice either helping with Easter Promenade or in children's programs.

Instructor: Alexis Forbes

#39938 Tuesdays

February 9 - March 15
3:45 - 5:45 pm
The LINC Multipurpose Room
\$50/6

Job Preparation Program

(14 - 18 years)

Summer job postings are already coming out! If you want to start earning money landing a job is key to making it happen! Learn cash and food handling, customer service, phone etiquette, workplace safety, resume writing and interview skills. On the last day we will complete job tours at local businesses. Receive a reference, resume and certificate upon completion. **No class February 6.**

Instructor: Gyneil Atchison

#39851 Saturdays

January 9 - February 20
2:30 - 5:15 pm
The LINC Multipurpose Room
\$83/6

Food Safe Level 1

(14 - 18 years)

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: Leigh-Ellen Stoyles

#39846 Saturday February 27

9:00 am - 3:30 pm
The LINC Multipurpose Room
\$95

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.

Ask us how to apply.

New Program Sponsored By: Lush Valley Food Action Society

Chef for a Day

(10 - 14 years)

Learn what it takes to work alongside great chefs and create amazing, yet simple meals. You will learn safe cooking skills, knife work, how to combine crazy food ingredients and create healthy options for your favourite meals.

#39940 Wednesdays

January 20 - February 24
4:30 - 6:30 pm
The LINC
\$30/6



Lush Valley is dedicated to providing healthy food skills programming to all Comox Valley residents. Accordingly, Lush Valley can waive part or all of the fees if the parent or guardian communicates this to Lush Valley. To request this, please email admin@lushvalley.org or call 250-331-0152.

7th Annual
Gnarly Little
**Christmas
Craft Fair**

**Saturday
December 5**
11:00 am - 3:00 pm
\$10 to register a table
250-338-5371

**CITY OF COURTENAY
Recreation** courtenay.ca/rec
489 Old Island Highway

Christmas Bake-Off

(8 - 13 years)
Create an assortment of Christmas Baking in this 2-day workshop. Cookies, bars, and treats galore; you'll be a hit at the holiday parties! Participants will leave with an assortment of treats to share and a recipe book to continue the baking at home!

Instructor: Gyneil Atchison

#39925 Tuesday & Wednesday
December 22 & 23
9:30 am - 1:00 pm
The LINC Games Room
\$35/2

Piano Adventures

(12 - 17 years)
Have you always wanted to play the piano? Music makes your brain work better! Here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! Book cost is \$45, bought from the instructor at the first lesson. A piano or keyboard is recommended at home for practicing.

Instructor: Debbie Ross

#39907 Thursdays
January 7 - March 17
6:30 - 7:30 pm
Lewis Tsolum Building
\$132/11

Inspired Expression

(10 - 15 years)
Create to inspire. Create to encourage. Create to express yourself. Art is a powerful means of communication. We will create a variety of art projects using different mediums with the intent of creating something meaningful and powerful. Projects will include self portraits, word art, and affirmation stones. All art levels welcome!

Instructor: Jillian Thompson

#39934 Fridays
February 19 - March 4
4:00 - 6:00 pm
The LINC Multipurpose Room
\$40/3

#39935 Friday February 19
Self Portraits
\$15

#39936 Friday February 26
Word Art
\$15

#39937 Friday March 4
Affirmation Stones
\$15

Winter Smash Up

(9 - 14 years)
Looking for some fun during winter break? Join us for two action-packed days that will ensure you have all sorts of exciting stories to tell when you get back to school! Activities may include swimming, rock climbing, 10 pin bowling, snacks & more!

#39933 Tuesday & Wednesday
December 29 & 30
10:00 am - 4:00 pm
The LINC
\$65/2



Skate/Scoot

Scooter Tricks 101

(6 - 12 years)

Get in on the latest craze on wheels! This class will teach you the basics, and help you progress through different tricks in the skatepark. Here's your chance to get rolling! Rentals available. **No class February 7.**

Instructor: Jordan Savard

#39900 Sundays

January 10 - March 6

9:30 - 10:30 am

The LINC Skatepark

\$82/8

\$92/with rental

Skate & Scoot Sundays

(6 - 12 years)

Do you dabble in skateboarding and scootering or wish you did? Then this new course is for you! Have fun developing in both sports as you learn new tricks in the bowl and street sections of the park. Rentals available.

No class February 7.

Instructor: Jordan Savard

#39856 Sundays

January 10 - March 6

10:45 - 11:45 am

The LINC Skatepark

\$82/8

\$92/with rental

Oh no, you had to cancel the class?

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



Skateboard FUNDamentals

(6 - 12 years)

Build confidence learning the basics of skateboarding. Practice dropping into the bowl, using ramps and learning a trick or two! **No class February 6 or 8.**

Instructor: Jordan Savard

#39901 Saturdays

January 9 - March 5

10:45 am - 11:45 pm

or

#39858 Mondays

January 11 - March 7

4:15 - 5:15 pm

The LINC Skatepark

\$82/8

\$92/with rental

Adults Only Skateboard Night

(18 years & over)

Dust off your skateboard and come out for a just-for-adults skate night at the indoor park. This program is based on regular participation and may be cancelled if numbers are low. Helmets required and available. Skateboard rental \$4. **No drop-in February 8.**

Mondays

January 4 - March 14

7:00 - 9:00 pm

The LINC Skatepark

\$40/11 Punch Card

\$4/Drop-in

Check out page 49 to find out when you can drop in to practice your skills!



Skateboard Essentials

(7 - 13 years)

Mastered the FUNDamentals? Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructor and help you continue to progress. **No class February 8.**

Instructor: Jordan Savard

#39857 Mondays

January 11 - March 7

5:30 - 6:30 pm

The LINC Skatepark

\$82/8

\$92/with rental





Special Interest

Courtenay Recreation
Youth

Zumba

(12 - 16 years)
Get in on the latest fitness craze in this just-for-youth Zumba Class! You will have so much fun you won't even notice how much you are sweating! \$6 Drop-in available if minimum number met. **No class February 6.**

- #39916 Fridays
January 8 - February 26
4:30 - 5:30 pm
Lewis Centre MP Hall
\$50/8 or
- #39917 Saturdays
January 9 - February 20
12:00 - 1:00 pm
Lewis Activity Room A
\$37.50/6

Tween Pro-D Day

(8 - 12 years)
Looking for something fun to do on your day off school? Hang out at The LINC and skatepark all day! Make your own pizza for lunch and stay busy with active games, messy fun and creative projects! We'll make sure it's a day off to remember!

- #39861 Friday February 26
9:00 am - 4:00 pm
The LINC
\$38

Birthday Parties at The LINC

(8 years & over)
Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, 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 February 6 & 7.**

- Saturdays starting Jan 9 or
- Sundays starting Jan 10
12:00 - 2:00 pm
The LINC
\$110
\$150/with 3 large pizzas

Family Drop-in at The LINC

(all ages)
Enjoy The LINC as a family-play ping pong, air hockey, pool, or skateboard alongside your children in the skatepark! All ages welcome with an adult. This program is based on regular participation and may be cancelled if numbers are low.

- Sundays starting Jan 3
3:00 - 5:00 pm
\$5/family

Creative Arts

(10 - 15 years)
Release your creativity as you explore a variety of art projects including photography and photo manipulation, t-shirt art, and mosaic picture frames. Register for the series, or the specific workshops that appeal to you!
Instructor: Jillian Thompson

- #39929 Fridays
January 8 - 22
4:00 - 6:00 pm
The LINC Multipurpose Room
\$50/3
- #39930 Friday January 8
Photography & Photo Manipulation
\$20
- #39931 Friday January 15
T-shirt Art
\$20
- #39932 Friday January 22
Mosaic Picture Frames
\$20

Spring Break Sneak Peek:



Spring Break Smash Up

Try a different adventure every day!

Leaders in Training

Build on your leadership and teamwork skills!

Skill Builders

Perfect for building your resume. Workshops may include Food Safe, First Aid, Worksafe, WHMIS and more!

Check page 37 & 49 for additional times and information on Family Drop-in opportunities.



#ELINC

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
- ping pong
- air hockey
- foosball
- pool
- XBox 360
- PS2
- Wii
- Super Nintendo
- Nintendo
- concession
- kitchen
- big screen TV
- basketball court
- outtrips
- special events
- private rentals

WINTER HOURS

- Mondays** 7 - 9 pm
(Adult Skate)
- Tuesdays** 3 - 7 pm
(Tween Night 8 - 11 years)
- Wednesdays** 3 - 8 pm
(Jr Youth Night 11 - 14 years)
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm
- Sundays** 3 - 5 pm
(Family Drop-in)

**skatepark is all ages Wed - Sat*

FEES

Youth (8 - 18 years):
\$2.50 Drop-In
\$15/month membership
\$25/11 punch pass

Adult (Skatepark ONLY):
\$4 Drop-In
\$20/month membership
\$40/11 punch pass
see page 48

Memberships, Punch-Cards & Concession Cards make great Stocking Stuffers!



Winter Break Drop-In Hours at The LINC

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 22 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 23 Family Drop-in 12 - 3pm Tween Night 3 - 8pm	Dec. 24 CLOSED	Dec. 25 CLOSED	Dec. 26 CLOSED	Dec. 27 Family Drop-in 12 - 3pm
Dec. 29 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 30 Family Drop-in 12 - 3pm Tween Night 3 - 7pm	Dec. 31 CLOSED	Jan. 1 CLOSED	Jan. 2 CLOSED	Jan. 3 Family Drop-in 12 - 3pm





Creative Pursuits

Stone Setting Pendants

Bring your creative energy to this beginner stone setting class with Jeweller Cheryl Jacobs. Learn all of the fundamentals of silver-smithing and create a fabulous pendant or earrings of your own design. Work with brass, copper and some silver in this one-day workshop. A \$50 supply fee will be collected by instructor at start of class.

Instructor: Cheryl Jacobs

#39690 Saturday February 13
9:30 am - 4:30 pm
Lewis Tsolum Building
\$60

Mosaic Mirror

Create a beautiful modern or traditional mirror (12 x 24) with several designs and colours to choose from. Learn the simple technique of mosaic. Beautiful textures and shading are revealed in this creative process. A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#39644 Wednesdays
March 9 - April 13
7:00 - 9:00 pm
Lewis Craft Room B
\$85/6

Fun with Fusing

Using simple cuts and colour on colour layering techniques, create a dichroic glass necklace, a funky set of coasters and a beautiful Starfish Seashore or Flower Garden decorative wall plaque. Fusing each project as we go you'll have fun as your creativity unfolds. A \$50 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#39642 Tuesdays
January 19 - February 23
7:00 - 9:00 pm
Lewis Craft Room B
\$85/6

Intro to Stained Glass

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

Instructor: Nancy Morrison

#39640 Tuesday January 12
6:30 - 9:30 pm
Lewis Craft Room B
\$30

Natural Materials Jewelry Class

Be inspired as you work with alternative materials such as bone, wood, abalone and mixed metals. Create unique, symbolic piece of jewelry using crystals and semi-precious stones, learn the metaphysical properties of the stones and set them in various ways creating a one-of-a-kind piece such as an Egyptian ankh with lapis lazuli, or ying/yang symbol. A \$50 supply fee will be collected by the instructor at the start of class.

Instructor: Cheryl Jacobs

#39689 Saturday January 9
9:30 am - 4:30 pm
Lewis Tsolum Building
\$60

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 suncatcher to introduce you to the step-by-step process and then a 8 x 14 in. window panel. Register early! A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#39641 Wednesdays
January 13 - March 2
7:00 - 9:00 pm
Lewis Craft Room A
\$100/8

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

#39643 Tuesdays
March 1 - 15
7:00 - 9:00 pm
Lewis Craft Room B
\$45/3



Sewing Basics

Review basics of a sewing machine and then put them to practice. Take on a simple project, or learn how to hem, mend or alter clothing. Bring your own machine or use one of ours.

Instructor: Jean Morgan
Thursdays

#39702 January 14 - February 4

#39702 February 18 - March 10
1:00 - 2:30 pm
Lewis Craft Room B
\$45/4

Mixed Media Arts

This art class is for people who don't like to keep the art disciplines apart. We will combine painting, sculpture, drawing, photography and graffiti. We 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 fun free way. **No class February 8.**

Instructor: Jenja McIntyre

#39636 Mondays

January 18 - March 14
7:30 - 9:00 pm
Lewis Tsolum Building
\$100/8

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.

Instructor: Jenja McIntyre

#39637 Thursdays

January 28 - March 17
8:00 - 9:30 pm
Lewis Craft Room B
\$100/8

Drawing 101

You will be able to draw after taking this fun class even if you couldn't manage a straight line before. Teresa will help you develop your 'eye' and master several strategies and short-cuts to 'getting it right'. Skills learned will include learning to 'play it by eye'; using a modified grid, contour drawings, line drawing, use of viewfinders, introduction to several drawing materials, and how to blend and get depth.

Instructor: Teresa Knight

#39603 Wednesdays

January 20 - March 9
6:30 - 8:30 pm
Filberg Centre Craft Room
\$80/8

Photography Basics

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

#39638 Tuesdays

January 19 - March 8
7:00 - 9:00 pm
Lewis Salish Building
\$100/8


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.

Instructor: Traci Skuce

#39732 Thursdays

 January 14 - March 17
1:00 - 2:30 pm
Native Sons Hall - Lower
\$140/10

Writing your Memoirs

In this one day 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

#39726 Saturday March 19

10:00 am - 3:00 pm
Filberg Soroptimist Lounge
\$45


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





Test the Waters - Watercolours that is!

Find out if you enjoy painting! With a small investment of time and money, this class will allow you to try painting. Warning, you could get hooked! At this session where the artists' paint, brushes and a small palette are supplied and you are only asked to bring things you likely have around the house. Participants will play a bit and then paint some simple things like bananas and finish up with a winter landscape. A list of common household items will be provided. A supplies fee of \$16 will be collected by the instructor. Deadline to register is February 3.

Instructor: Bill Kerr

#39738 Saturday & Sunday
February 27 & 28
10:00 am - 3:30 pm
Lewis Tsolum Building
\$75/2

Landscapes in Oil or Acrylic

Get ready for the upcoming summer season by learning how to paint beautiful landscapes now. Teresa will show you how, from making your sketch to getting the colours right to 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! This class is fun and good for beginners or intermediate painters. **No class February 8.**

Instructor: Teresa Knight


#39748 Mondays
January 25 - March 21
6:30 - 8:30 pm
Filberg Centre Craft Room
\$120/8

Arts & Crafts

Painting with Watercolours

In a step-by-step demonstration-driven teaching process you will learn a variety of 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. Must get all supplies for first class. List supplied at registration. **No class February 8.**

Instructor: Bill Kerr

#39598 Mondays (55+)
 January 18 - March 14
9:00 am - 12:00 pm
Lewis Tsolum Building
\$120/8

#39597 Mondays
January 18 - March 14
6:30 - 9:30 pm
Lewis Craft Room A
\$120/8

Beginners Painting (Oils or Acrylics)

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

Instructor: Teresa Knight

#39602 Tuesdays
January 26 - March 15
7:00 - 9:00 pm
Filberg Soroptimist Lounge
\$120/8



Give the gift of Recreation.
Purchase a gift certificate for your loved one!



Music

Recorder

(55 years & over)


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 keeping your brain and fingers agile. Soprano recorder and book cost will be \$25, bought from the instructor at the first lesson.

Alto and tenor recorders will be available to try.

Instructor: Debbie Ross

#39667 Thursdays

 January 7 - March 24

12:30 - 1:30 pm

Lewis Tsolum Building

\$121/12

Blues Harmonica

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

Instructor: Larry Ayre

Thursdays

January 14 - February 18

#39812 2:15 - 3:15 pm (55+)

 Lewis Craft Room A

#39808 6:00 - 7:00 pm

Native Sons Hall

\$66/6

Oh no, you had to cancel the class?

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



Piano

Have you always wanted to play the piano? Music makes your brain work better. These small group classes study the basics of music, then you choose more! The first book costs \$28 and a piano or keyboard is recommended for practising at home.

Instructor: Debbie Ross


Thursdays

January 7 - March 24

#39773 **Beginner** (55+)

 10:30 - 11:30 am

#39777 **Intermediate** (55+)

 11:30 am - 12:30 pm

Lewis Tsolum Building

\$192/12

#39664 **Adult**

7:30 - 8:30 pm

Lewis Tsolum Building

\$192/12

Finger Picking Guitar

Have you ever wished you could pick out melodies on the guitar? Well, here's your chance. In this session, you'll be introduced to the alternating thumb style of finger picking.

Instructor: Larry Ayre

Thursday

January 14 - February 18

#39712 1:00 - 2:00 pm (55+)

 Lewis Craft Room A

\$66/6

#39813 7:15 - 8:30 pm

Native Sons Hall

\$66/6

Drumming Programs
see page 55


Blue Grass Slow Pitch Jam

(55+ years & over)

The Slow Pitch Jam is a unique opportunity for beginners to learn the basics of jamming. A structured setting, patient and knowledgeable leader and safety in numbers is a perfect way for beginners to experience the sheer joy of making music in a group.

Instructor: Kazimea Sokil

#39910 Wednesdays

 January 20 - March 9

12:30 - 2:00 pm

Lewis Tsolum Building

\$96/8

Please check your receipts carefully for important program information!





Contemporary Dance

Contemporary/Modern Dance for individuals with some previous dance training. Class will cover technique, strengthening and traveling movement. During the 10 classes, we will work toward a choreography, with the potential for a performance, based on class interest. Drop-ins welcome.

Instructor: Melinda Tymms

#39705 Thursdays
January 7 - March 10
5:15 - 6:45 pm
Lewis Activity Room
\$100/10
\$11/Drop-in

"Ann Marie's Nia dance class is amazing. Therapeutic and energizing. I wouldn't miss it!" Molly

Nia

Dance your whole being into health and gladness with Nia. This movement practice weaves body, brain and soul together with music and movements that take you through strength, grace, and flow, leaving you feeling alive and invigorated. Every body welcome. **No class February 8.**

Instructor: Ann Marie Lisch

#39647 Mondays
January 25 - March 21
5:30 - 6:45 pm
Filberg Rotary Hall
\$60/8

EG

We've made a change! Adult and older adult classes are now together in the adult section. See the Evergreen logo for 55+ only classes.

Courtenay Recreation
Adult

Dance for Health!

(55 years & over)

Chi-gong, stretching, breathing and a series of isolated movements called the 'Brain Dance' which balance the mind and spirits. Guided creative dance with silk scarves and joyful partnered activities. Come with an open mind; no experience needed. Can be done seated if required. Men and women welcome.

Instructor: Jade de Trey

#39706 Thursdays
EG February 11 - March 31
4:00 - 5:00 pm
Native Sons Lower Level
\$70/8

Plus Size Dance

Multiple dance styles will be explored in this eclectic and energizing class. Whether you are new to dance or more experienced, there is something here for everyone in this mirror-free class.

Instructor: Jenna Flint

#39691 Fridays
January 8 - March 18
12:00 - 1:00 pm
Lewis Activity Room B
\$60/11
\$6.50/Drop-in

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.

Instructor: Jenna Flint

#39692 Fridays
EG January 8 - March 18
2:00 - 3:00 pm
Lewis Activity Room
\$60/11

Line Dance **EG**

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

Instructor: Joan Wydenes

#40057 Tuesday
January 12 - March 22
1:00 - 2:00 pm
Native Sons Grand Hall
\$60/11
\$6.50/Drop-in

Zumba Programs
see page 67



Drumming

Beginners African Drumming

This class explores the basics of hand drumming, using djembe and bass drums. Emphasis will be on technique and developing confidence playing in a supportive group setting. Traditional rhythms will be taught, as well as improvisational grooves. This class is intended for those with little to no experience. **No class March 2.**

Instructor: Monica Hofer

Wednesdays

#39694 January 6 - February 10
\$86/6

#39693 February 17 - March 23
\$72/5

5:30 - 6:30 pm

Native Sons Grand Hall

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. Please contact instructor for more information. **No class February 8.**

Instructor: Monica Hofer

Mondays

#39696 January 4 - February 1
\$72/5

#39695 February 15 - March 21
\$86/6

11:45 am - 12:45 pm

Native Sons Hall

Drums Alive Cardio

Drums Alive is the newest fitness sensation to hit Courtenay. It is the most fun you will have getting fit. Participants dance to energetic rhythms and get aerobic exercise while pounding on fitness balls - great for left-right brain integration! Open to adults of all ages and fitness levels.

Instructor: Monica Hofer

#39736 Thursdays

January 7 - March 17

10:30 - 11:30 am

Native Sons Grand Hall

\$77/11

\$8/Drop-in

Drums Alive Choreo

This Drums Alive class is intended for those who are already familiar with the fun of getting fit while dancing and pounding on fitness balls. If you have a class or two under your belt, and are interested in focusing on more challenging choreography and faster move changes, with the same aerobic and brain benefits, this is the class for you! **No class March 2.**

Instructor: Monica Hofer

#39697 Wednesdays

January 6 - March 23

7:00 - 8:00 pm

Native Sons Grand Hall

\$77/11

\$8/Drop-in



Give the gift of Fitness. Purchase a gift certificate for your loved one!

Rhythm Ensemble

Rhythm enthusiasts will want to check out this new class. We will be creating a rhythm ensemble with drums, hand held and found rhythm instruments, garbage pails and buckets...you name it, we'll use it! If you feel inspired to be part of a group that is not only having fun rhythmically, but also up for the challenge of creating performance-worthy ensemble pieces, this class is for you! **No class February 8.**

Instructor: Monica Hofer

#39711 Mondays

January 11 - March 21

2:30 - 3:30 pm

Native Sons Grand Hall

\$100/10

GST will be added to adult program fees.





Adult Gymnastics

Join us for fun and laughter as you develop strength, tone, flexibility and more. Try out all gymnastic 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.

Instructor: Breanne Hague & Sheri Roffey

#39992 Tuesdays

January 5 - March 22

8:00 - 9:00 pm

Lewis Centre Gym

\$96/12

\$10/Drop-in

Circus 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. A separate \$21 once/year 7 Story Circus membership must be paid to the instructor at the first class.

Instructor: Kaya Kehl

#39716 Fridays

January 8 - March 11

7:45 - 8:45 pm

Lewis Centre Gym

\$10/Drop-in

Courtenay Recreation
Adult

7 Story Circus

Adult Aerial Arts

Explore the exciting world of aerial fabric and aerial hoop. Focus on skill and strength building, starting close to the ground and gaining height as your confidence and abilities increase. Meet others who love it too! This class is for beginner to advanced aerialists. A separate \$21 once/year 7-Story Circus membership fee must be paid to the instructor at the first class.

Instructor: Kaya Kehl

#39721 Wednesdays

January 6 - March 9

7:30 - 8:30 pm

\$150/10

Thursdays

#39719 January 7 - February 4

#39998 February 11 - March 10

9:30 - 11:00 am

\$105/5

\$21/Drop-in

#39722 Fridays

January 8 - March 18

6:45 - 7:45 pm

Lewis Centre Gym

\$165/11

Community Circus 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals! (OR 10+ with CIRCUS experience & permission by instructor). Info at www.7storycircus.com and facebook. A separate \$21 once/year 7 Story Circus membership fee must be paid to the instructor at the first class. **No class February 8.**

Instructor: Kaya Kehl

#39723 Mondays

January 4 - March 14

6:00 - 8:00 pm

Lewis Centre Gym

\$200/10

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.



Special Interest

Estate Planning

"What you don't know, you don't know..." Attend an estate planning seminar or to learn more about taxes, liabilities payable at death, how to minimize the government's share of your estate, the importance of properly prepared wills, powers of attorney and strategies to reduce taxes and fees. Presented by Don Behan, CFP, CPCA, Senior financial Consultant of Investors Group Financial Inc.

#40007 Wednesday January 27
1:00 - 2:00 pm
Filberg Rotary Hall

Introduction to Numerology

Numerology is the study of the esoteric meaning of the numbers in your name and birth date. It can provide insight into your strengths and challenges, what motivates you, and how you interact with others. It can also help you make important decisions in your life and live in harmony with your natural bio-rhythms.

Instructor: Kara Foreman

#39729 Saturday February 27
10:00 am - 3:00 pm
Filberg Soroptimist Lounge
\$40

Exploring Aromatherapy

Join us and experience the wonderful world of Aromatherapy. Create some take home custom blends and more. All materials provided, please bring \$40 to first class for instructor.

Instructor: Deanna Papineau

#39734 Wednesdays
January 13 - February 3
1:15 - 3:15 pm
Filberg Centre Craft Room
\$50/4

Foot Care Clinic

(55 years & over)

A Foot Care Nurse will provide you with a nursing assessment of your feet along with education on the prevention of foot issues. You will receive general information about proper foot care as well as trimming/reducing your toenails, corns and calluses and, if applicable, a diabetic sensory test will be done. This 'treatment' finishes with a foot massage.

Instructor: Anne Lai

EG Wednesday January 20
Wednesday February 24
Wednesday March 16
Filberg Soroptimist Lounge
\$45/40 minute appt.

Reading the Tarot

Learn this ancient art of "sooth saying". You'll learn what layouts to use in different situations, and how to work effectively with clients. There will be plenty of opportunity for practice. Bring your Tarot deck & lunch with you.

Instructor: Kara Foreman

#39727 Saturday February 6
10:00 am - 3:00 pm
Filberg Soroptimist Lounge
\$45

#39735 Wednesdays
February 24 - March 16
1:15 - 3:15 pm
Filberg Soroptimist Lounge
\$50/4

Cheese Making

Paula has been teaching the lost art of making cheese for over 4 years, her classes are comprehensive and fun. Paula not only shows you how to make cheese but also creative and unique ways and ideas to enjoy the cheeses you make!

Instructor: Paula Maddison

#39904 Saturday January 9
Havarti Pressed Cheese
10:00 am - 1:00 pm
\$95

#39902 Sunday February 7
Mozzarella
10:00 am - 1:00 pm
\$95

#39903 Sunday February 7
Soft Cheese
1:00 - 3:00 pm
\$95

#39905 Sunday March 13
Brie
1:00 - 3:00 pm
\$95

Native Sons Lower Kitchen





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 February 8.**

Instructor: Corny Martens

#39634 Mondays & Wednesdays
 January 4 - March 16
 8:00 - 10:00 pm
 Lewis Activity Room
 \$210/21

Badminton

If your concept of badminton is a quiet backyard barbecue game, you've never really played the sport! Join us for fast competitive games! **No games January 15, February 8 & March 11.**

#40052 Wednesdays
 January 6 - March 16
 7:30 - 9:30 pm
 Queneesh Elementary School Gym
 \$55/11
 \$5/Drop-in

#40051 Mondays
 January 4 - March 14
 8:00 - 10:00 pm
 Lewis Centre Gym
 \$30/10
 \$3/Drop-in

#40054 Mon, Thurs, Fri
 January 4 - March 18
 1:00 - 3:00 pm
 Lewis Centre Gym
 \$3/Drop-in

Sports

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 wooden paddle racquets and a plastic style baseball. Equipment will be provided. This program is for intermediate to advanced players.

#39918 Tuesdays & Thursdays
 January 5 - April 7
 2:30 - 4:30 pm
 Native Sons Grand Hall
 \$2.50/Drop-in

Floor Hockey

Drop in anytime for this competitive but fun and fast-paced night of hockey action. New players welcome! All equipment provided.

Instructor: Tim Chaisson

#39570 Thursdays
 January 14 - March 17
 8:00 - 9:30 pm
 Lewis Centre Gym
 \$38/10

Please check your receipts carefully for important program information!

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 shitoryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). **No class February 8.**

Instructor: Brenda Bombini & Todd Robertson

#39567 Mondays & Thursdays
 January 4 - March 17
 7:30 - 9:30 pm
 Lewis Centre MP Hall
 \$125/21

Glow Ball

Now there's no reason to stop playing street hockey - especially when the sun decides to take a fall and winter vacation! Join us at the Martin Park Lacrosse box!

Wednesday & Sunday
 November 2 - March 12
 6:30 - 8:30 pm
 \$1/Drop In
 Martin Park Lacrosse Box



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

EG Wednesdays
January 6 - March 16

#39680 9:00 - 10:00 am (Int)

#39681 10:00 - 11:00 am (Beg)

#39682 11:15 am - 12:15 pm (Adv)
Native Sons Hall - Lower
\$120/11

Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improve 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

#39569 Thursdays
January 14 - March 17
7:15 - 8:15 pm
Lewis Meeting Room
\$75/10

#39568 Saturdays
January 16 - March 19
10:00 - 11:00 am
Lewis Meeting Room
\$75/10

Nordic Pole Walking - Level 1

(55 years & over)

Similar to cross-country skiing in technique, this invigorating cardio workout uses nearly 90% of your muscles by working both the upper and lower body, and burns more calories than regular walking. This easy, low-impact activity is a fun way to get fit! Note: Poles will be provided for participants. **No class March 25.**

Instructor: Catherine Egan

#39724 Fridays
EG February 19 - April 15
11:00 am - 12:00 pm
\$80/8

Nordic Pole Walking - Level 2

(55 years & over)

If you are looking for a more challenging Nordic Walking course, this class is for you! We will take things up a notch by offering a higher fitness challenge with a faster pace, different terrain, hills, and calisthenics! Note: Poles will be provided for participants. **No class March 25.**

Instructor: Catherine Egan

#39725 Fridays
EG February 19 - April 15
12:30 - 1:30 pm
\$80/8

EG
We've made a change! Adult and older adult classes are now together in the adult section. See the Evergreen logo for 55+ only classes.

Kayaking - Basic Kayak Part 1 / Rescue Skills

We divide our introductory course into three sessions - each of which introduces the novice to paddling in enclosed, sheltered waters and calm conditions. In the first session we cover essential safety and rescue skills in the warm and controlled environment of the pool. The next two sessions are out on the water and teach paddling skills and a basic knowledge of equipment & clothing associated with paddling. Take the pool session with Comox Valley Kayaks & Canoes this winter in preparation for the on-water sessions coming in Spring.

Instructor: Comox Valley Kayaks

#39942 Wednesday February 24
7:45 - 9:30 pm
\$58

#39943 Monday March 14
7:45 - 9:30 pm
\$58





Special Needs Recreation Celebrates 30 Years in the Community!

Congratulations to Special Needs Recreation celebrating 30 years in our community at the Fall Harvest Dance on September 25!

Special Needs Recreation promotes healthy, active living and life-long learning at the Courtenay Recreation Lewis Centre. They provide programs through the year for individuals with developmental disabilities. They also provide resources and advocacy for individuals with disabilities and accessibility issues. Contributions from local businesses, community organizations, and volunteers are vital to their ongoing programming and success. Core funding comes from the Comox Valley Regional District, with hosting and support from the Courtenay Recreational Association and Courtenay Recreation.

Check our website & newsletter for current information:

www.courtenay.ca/specialneedsrec

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.

Remember, YOU make a difference!

Volunteers particularly wanted for:

- Art Cards • Bowling
- Sewing • Special Events

Join a great team!

250-338-5371

specialneedsrecreation@courtenay.ca

Special Needs Recreation is sponsored by the Courtenay Recreational Association, Courtenay Recreation & the Comox Valley Regional District.

Courtenay Recreation
Special Needs

Recreation for Special Needs

Recreation for Everyone!

Programs for teens, adults & families with special needs:

- Sewing
- Dances
- Fitness
- Bowling
- Special Events
- And More!

Comox Valley Accessibility Committee

The CV Accessibility Committee has been actively working to make the Comox Valley a barrier-free community for over 15 years. The Committee meets monthly, and everyone interested in accessibility is welcome to join.

- Lydia 250-338-5371
- Marg 250-338-6316

www.cvaccess.ca



Yoga

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 February 8.**

Instructor: Sheron Jutila

#39591 Mondays
EG January 4 - March 21
2:00 - 3:30 pm
Filberg Rotary Hall
\$132/11

#39593 Fridays
EG January 8 - March 18
10:00 - 11:30 am
Native Sons Hall
\$132/11

#39590 Fridays
EG January 8 - March 18
2:00 - 3:30 pm
Native Sons Hall
\$132/11

Laughter Yoga

(55 years & over)
Need to lighten up in life?! Laughter Wellness is a series of playful, interactive exercises designed to stimulate laughter. It provides an opportunity for adults to be playful in a nonjudgmental environment and to learn to laugh at life's stresses. Laughter Wellness teaches us how to connect with our inner spirit of joy, allowing us to laugh anywhere, anytime, and for no reason at all. A willingness to laugh is all that's needed! Check out www.invoke-laughter.com for more info.

Instructor: Joanne McKechnie

#39699 Fridays
EG January 8 - March 18
1:00 - 2:00 pm
Lewis Meeting Room
\$88/11

55+ Gentle Yoga

(55 years & over)
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 February 8.**

Instructor: Sheron Jutila

#39595 Mondays
EG January 4 - March 21
10:15 - 11:15 am
Filberg Rotary Hall
\$99/11

Intro to Meditation (with Yoga)

(55 years & over)
The poses of yoga prepare the body for meditation and the meditation practice prepares the mind for the poses. In this class we will open our bodies with Hatha Yoga and then explore a variety of meditation styles. All levels welcome.

Instructor: Sheron Jutila

#39587 Thursdays
EG January 7 - March 24
2:00 - 3:30 pm
Lewis Meeting Room
\$144/12

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.

Instructor: Akiko Shima

#39675 Wednesdays
January 6 - March 23
10:45 am - 12:00 pm
Filberg Rotary Hall
\$120/12

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

#39585 Thursdays
EG January 7 - March 24
10:00 - 11:30 am
Lewis Meeting Room
\$144/12

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. Welcome to all levels and those preferring a slower practice.

Instructor: Akiko Shima

#39672 Fridays
January 8 - March 18
11:00 am - 12:15 pm
Lewis Meeting Room
\$110/11





Yoga for Healthy Vision

This session will focus on how breath awareness, meditation and specific movements can improve your vision. The deep breathing of a yoga class helps to raise blood oxygen levels, improving the functioning of your eyes and brain. Additionally, yogic relaxation can significantly improve eyesight, because relaxed eyes work better. The class will include guided meditations that focus on maintaining tone and flexibility in the eyes. We will also practice special movements which reduce visual stress, stimulate the flow of nutrients around the eyeball, and exercise the focusing mechanism of your eyes.

Instructor: Catherine Reid

#39915 Monday February 15

5:30 - 6:45 pm

Lower Native Sons Hall

\$10

Gentle Flow Yoga

Find grace, balance and strength in fluidity with this gentle flow yoga class. Linking breath with movement, we move through a dynamic yet gentle practice, releasing tension to bring peace, health and wholeness to body, mind and spirit. Move at your own pace. Suitable for all fitness and flexibility

Instructor: Helen Pattinson

#39654 Thursdays

January 21 - March 24

5:30 - 7:00 pm

Lewis Meeting Room

\$120/10

Good Morning Yoga

Try this morning yoga practice instead of having a cup of coffee to wake up your body and mind. It also helps setting the tone for a calm and peaceful day!

Instructor: Akiko Shima

#39668 Fridays

January 8 - March 18

9:15 - 10:45 am

Lewis Meeting Room

\$132/11

Power Yoga

Destress after work with the dynamic flowing sequence of yoga postures linked together by movement and the breath. This energizing yoga workout will appeal to active participants who want to develop both strength and flexibility, while focusing the mind and calming the spirit. **No class February 8.**

Instructor: Wendie Matte

#40055 Mondays

January 4 - March 21

5:15 - 6:30 pm

Lewis Meeting Room

\$99/11

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 February 8.**

Instructor: Akiko Shima

#39670 Mondays

January 11 - March 21

9:30 - 10:45 am

Lewis Salish Building

\$110/10

#39671 Wednesdays

January 6 - March 23

6:30 - 7:45 pm

Lewis Salish Building

\$120/11

Mom & Baby Yoga

This class provides an opportunity to bond with your baby as you regain strength, flexibility and balance while connecting with other moms and sharing your experience. Open to babies six weeks until mobile.

Instructor: Akiko Shima

#39677 Wednesdays

January 13 - March 23

9:30 - 10:30 am

Filberg Rotary Hall

\$99/11



Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that 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 February 8.**

Instructor: Catherine Reid

#39659 Wednesdays
January 6 - March 23
6:00 - 7:00 pm
Lewis Craft Room A
\$108/12

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.

Instructor: Catherine Reid

#39660 Wednesdays
January 6 - March 23
7:15 - 8:45 pm
Lewis Craft Room A
\$144/12

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

Yin Yoga

Recharge your batteries from the inside out. Yin Yoga is a quiet, meditative and slow moving practice that brings balance to the business of life. We use long held, (sometimes prop supported) passive poses to release and nourish 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).

Instructor: Helen Pattinson

#39653 Mondays
January 18 - March 14
9:00 - 10:30 am
Lewis Meeting Room
\$96/8

Instructor: Helen Pattinson

#39652 Wednesdays
January 20 - March 16
12:30 - 2:00 pm
Lewis Meeting Room
\$108/9

Yin Yoga

This class focuses on exploring long slow holds, releasing connective tissue, opening the joints and enhancing energy flow and distribution within the body. Experience the balance of flexibility and relaxation... this practice will instill a feeling of groundedness, and leave you feeling mellow, loose and very deeply relaxed.

Instructor: Wendy Davies

#39651 Tuesdays
January 5 - March 15
5:30 - 6:45 pm
Lewis Meeting Room
\$110/11

Iyengar Yoga

(55 years & over)
Iyengar Yoga promotes integration of body, mind and spirit through the practice of traditional yoga postures with a special emphasis on developing strength, endurance, balance and correct body alignment. The aim of this practice is to develop and fine-tune the students' inner awareness.

Instructor: Traci Skuce

Thursdays
January 7 - March 17

#39678 8:30 - 10:00 am

EG \$132/11

#39679 10:15 - 11:30 am

EG \$110/11
Filberg Centre

Real Yoga for Real Men

Feeling creaky/stiff/muscle-bound? Looking for some stress reduction? Does your back bother you now and then? Yoga can help with all of the above. No previous yoga experience

Instructor: Catherine Reid

#39658 Tuesdays
January 5 - March 22
5:15 - 6:15 pm
Lewis Tsolum Building
\$108/12



Fitness Schedule effective January 4 2016

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	
7:45 am			Yoga Drop-in 8:30am	Zumba Step 7:15am		
9:00 am	Kick N' Core+	Zumba 9am / BootCamp Blast+ 10:30am	The Works	BootCamp Blast+	Core N' Cuts	Sizzling Saturday+
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm	Plus Size Dance	
5:15 pm		Power Spin & Beyond	Tabata 5:30pm	Zumba 5:30pm	Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class ★ Pre-registered class, regular punch cards not accepted	
7:00 pm	15/15/15 Intense	Circuit Fit	Yoga Fit	Circuit Fit		

Courtenay Recreation
Active Living

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

Pay & sign in at the office (except 6:30 am class)

See page 64 for a listing of Evergreen fitness activities. *Must be a member.

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.

Childminding

If you're participating in our fitness programs, playing squash or using our weightroom, you're invited to use this service.

Monday - Saturday

9:00 - 11:00 am

Lewis Centre

\$4/1¼ hours

\$4.50/1½ hours

\$5/1¾ hours

punch cards also available



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 different 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

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

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: 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, and melt body fat.

Instructor: Steve Thomson

Boot Camp Blast+

Tuesdays 10:30 - 11:45 am

Thursdays 9:00 - 10:15 am

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

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.

Instructor: Kim Hamilton

Sizzling Saturday+

Saturdays 9:00 - 10:15 am

Join us for a fun class guaranteed to make you sizzle! Kick things off with 50 minutes of low impact aerobics combined with some super stylish dance moves. Finish with a 20 minute segment of core strength and soothing stretches.

Instructors: Lyla Pettis & Jessica Anderson

Yoga Drop-in

Wednesdays 8:30 - 9:30 am

Drop in Yoga class. This class delivers fundamental poses that build strength, balance, flexibility and focus, dynamically moving from pose to pose. You'll leave refreshed, renewed and ready to embrace a new day. 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

see pages 66 - 67
for more drop-in
options



Give the gift of Fitness.
Purchase a gift certificate for your loved one!






55+ Zumba


(55 years & over)
Ditch the workout, Join the Party! Fun, easy Zumba moves inspired by Latin and International music as well as current hits. Guaranteed to keep you smiling and moving! Drop-in's welcome.

Instructor: Lyla Pettis & Tammy Jones

#39657 Mondays

 January 4 - March 21
10:30 - 11:30 am
Lewis Centre MP Hall
\$66/11

#39909 Thursdays

 January 7 - March 24
10:30 - 11:30 am
Lewis Centre MP Hall
\$72/11

Zumba Master Classes


Join Flory and her gang for Zumba Masterclasses throughout the winter sessions. Dates will be posted on the City of Courtenay Facebook and website.

Dance for Health!

(55 years & over)
Chi-gong, stretching, breathing and a series of isolated movements called the 'Brain Dance' which balance the mind and spirits. Guided creative dance with silk scarves and joyful partnered activities. Come with an open mind; no experience needed. Can be done seated if required. Men and women welcome.

Instructor: Jade de Trey

#39706 Thursdays

 February 11 - March 31
4:00 - 5:00 pm
Native Sons Lower Level
\$70/8

Zumba Step

Those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs. Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance floor.

Instructor: Flory Francia Vega

#39941 Thursdays

January 7 - March 24
7:15 - 8:15 am
Lewis Activity Room A
\$72/12
\$6.50/Drop-in

Tabata

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.

Instructor: Wendie Matte

#39572 Wednesdays

January 6 - March 16
5:30 - 6:30 pm
Lewis Activity Room
\$65/11
\$6.50/Drop-in

Zumba

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! Drop-in's welcome.

Instructor: Lyla Pettis & Jessica Anderson

#39656 Tuesdays

January 5 - March 22
9:00 - 10:00 am
Lewis Activity Room
\$66/12
\$6.50/Drop-in

#39783 Thursdays

January 7 - March 24
5:30 - 6:30 pm
Lewis Craft Room A
\$72/12
\$6.50/Drop-in



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



Yoga Fit

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

#40004 Wednesdays
 January 6 – March 16
 6:45 – 7:45 pm
 Lewis Activity Room
 \$66/11
 \$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. Whether you are looking for a quick workout that is effective and fun or a great way to compliment your gym routine and lose those few extra pounds this class will be sure to bring

Instructor: Tammy Jones

#39580 Tuesdays
 January 5 - March 15
#39581 Thursdays
 January 7 - April 14
 12:10 - 12:45 pm
 Lewis Activity Room
 \$52.25/11
 \$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! **No class February 8.**

Instructor: Tammy Jones

#39576 Mondays
 January 4 - March 14
 6:30 - 7:30 am
 Lewis Activity Room
 \$65/10

Instructor: Kim Hamilton
 Tuesdays & Thursdays
#39757 January 5 - February 4
 6:30 - 7:30 am
 Lewis Activity Room B
 \$65/10

#39577 February 9 - March 17
 6:30 - 7:30 am
 Lewis Activity Room B
 \$78/12

Roller Massage

Foam rolling will improve mobility, core stability and strength. This class will blend strength, stretching, relaxation and massage techniques to roll the stress away. Revitalize your breathing, balance, flexibility and massage to soothe tired muscles and release tension throughout your body. Participants will leave feeling refreshed and relaxed.

Instructor: Gwen Frankowski

#39913 Thursdays
 January 7 - March 24
 7:00 - 8:00 pm
 Lewis Craft Room A
 \$72/12

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! Register early as class size is limited to 9.

No class February 8.

Instructor: Kim Hamilton

#39579 Mondays
 January 4 - March 14
 5:15 - 6:15 pm
 Lewis Wellness Centre
 \$65/10

30/30 Cardio TRX Combo

This class will have you working out with a variety of cardio styles followed by 30 minutes of TRX training. Cardio components will include Zumba, cardio kick box, spin, bosu, step and more!

Instructor: Tammy Jones

Wednesdays & Fridays
 6:30 - 7:30 am
#39583 January 6 - February 5
 \$65/10
#39584 February 10 - March 18
 \$78/12
 Lewis Activity Room






55+ Beginner Strength Training

(55 years & over)

Join us for this gentle introduction to strength training where participants learn how to properly work with resistance and without, balance work, strengthening muscular imbalances in the body, agility movements, core conditioning, some cardio and stretching. An educational class to help one prepare for working out in the gym and other classes.

Instructor: Cathy Riopelle

#39663 Tuesdays & Thursdays

 January 5 - March 17

3:00 - 4:00 pm

Lewis Activity Room

\$120/22

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 level of comfort. **No class February 8.**

Instructor: Kim Hamilton

Level 2 Mondays & Wednesdays

#39742 January 4 - February 10

 \$77/11

#39741 February 15 - March 23

 \$84/12


9:00 - 10:00 am

or

Level 1 Tuesdays & Thursdays

#39739 January 5 - February 11

#39740 February 16 - March 24

 9:00 - 10:00 am

\$84/12

Lewis Wellness Centre

Courtenay Recreation
Active Living


Cardio & Strength

(55 years & over)

This class takes a modern approach to low impact aerobics, stretching & strength training. This balanced fitness class will work your whole body. Classes are designed to improve your fitness level by using weights, tubing & stability balls, throwing in a 'healthy dose' of cardio! This class is much like Simply Strength but with a cardio component.

Instructor: Joyce Leong

#39624 Fridays

 January 8 - March 18

9:00 - 10:00 am

Native Sons Hall

\$72/11


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.

Instructor: Janice Bradford

#39573 Mondays & Thursdays

 January 4 - March 17

9:00 - 10:00 am

Filberg Centre/
Native Sons Hall

\$126/21

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 February 8.**

Instructor: Juan Blancas

Mondays & Wednesdays

January 4 - March 16


#39563 10:30 - 11:30 am

#39564 1:30 - 2:30 pm

 Lewis Wellness Centre

\$126/21


#39562 Tuesdays & Thursdays

 January 5 - March 17

10:30 - 11:30 am

\$132/22

#39561 Fridays

 January 8 - March 18

10:00 - 11:00 am

Lewis Wellness Centre

\$66/11



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 February 8.**

Instructor: Wendie Matte

#40056 Mondays
January 4 - March 14
7:00 - 7:45 pm
Lewis Activity Room
\$47.50/10
\$5/Drop-in

Circuit Fit

Looking for a fun workout that will increase your strength, firm & define your body, shed unwanted inches and pounds while building your cardio endurance? Check out our circuit class held in the beautiful activity room. Easily modified exercises allow people of different skill levels to complete and benefit from this class.


Instructor: Cathy Riopelle

#39661 Tuesdays & Thursdays
January 5 - March 17
7:00 - 8:00 pm
Activity Room
\$132/22
\$6.50/Drop-in

55+ Circuit Fit

(55 years & over)
This class is an option for those who want exercise, but don't want the gym scene. This class will use a variety of equipment and will be fun, yet challenging enough to work up a sweat.


Instructor: Cathy Riopelle

#39662 Tuesdays & Thursdays
 January 5 - March 17
1:45 - 2:45 pm
Lewis Activity Room
\$132/22

Simply Strength 1

(55 years & over)
Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing.


Instructor: Joyce Leong & Steve Thomson

#39627 Mondays & Wednesdays
 January 4 - March 16
10:15 - 11:15 am
Native Sons Hall
\$126/21

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.

Instructor: Joyce Leong & Steve Thomson

#39628 Mondays & Wednesdays
 January 4 - March 16
9:00 - 10:00 am
Native Sons Hall
\$126/21

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

#39565 Tuesday & Thursday
January 5 - March 17
1:30 - 2:30 pm
\$132/22

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

#39566 Tuesday & Thursday
January 5 - March 17
7:00 pm - 8:00 pm
\$132/22


We've made a change! Adult and older adult classes are now together in the Adult and Active Living sections. See the Evergreen logo for 55+ only classes.





Attention
New Student Members!

Teen Tune up

Students, familiarize yourselves with the Wellness Centre in these orientation sessions prior to receiving your membership card. Not only will you learn about proper technique for using the equipment, you will also discover how to avoid injury and ensure that you actually get what you want out of your work out. Please allow approximately 45 minutes.

Tune-Up Schedule:

Sessions take place when an attendant is on duty but alternate times could be arranged if necessary. See page 73 for Attendant times. Please inform the office if an alternate time is required.

Please note: Attendant hours will vary and may not be advertised. If you don't see it on the schedule, please call us for a daily schedule!

Small Group Personal Training

Share the cost of a personal trainer in this individualized group training class. Our personal trainer will help you develop and implement a training program based on your personal goals. Minimum 3 people per group. Please contact for more details.

Instructor: Kim Hamilton
\$60/4

"Kim is energetic, positive, encouraging, varied workouts, fun & really gets you moving & motivated!" Barb



Comox Road Runners

Celebrate a New Year with a new life style! Join the 30th annual Learn to Run Clinic with the Comox Valley Road Runners. CVRR will take you from couch to 5km run in just 10 weeks. If you already run, then learn to race! Presentations on running topics from local experts in the field. Register through the Lewis Centre or Extreme Runners. FMI: 5kmclinic@cvrr.ca

#39254 Saturdays

January 16 - March 12
8:30 - 11:30 am
Native Sons Hall
\$50/before Jan 10
\$55/after Jan 10

Saturday March 19
8:00 am -12:00 pm
Filberg Centre
Reg through CVRR



Adult's Only Skateboard Night

Dust off your skateboard and come out for 'just for adults' skate night at the Indoor Park. Purchase a Punch Pass for \$40 or drop in for \$4. Please note this program is based on regular participation and may be cancelled if numbers are low. Helmets required and available. Skateboard rentals \$4. **No Adult Skate February 8.**

#39816 Mondays

January 4 - March 7
7:00 - 9:00 pm
The LINC Skatepark
\$40/11 punches
\$4/Drop-in

Hula Hoop Skills Private Lessons

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.

\$35/1 session
\$100/3 sessions
Call for more information

Personal Training Team



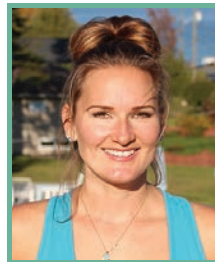
Juan Blancas
 Personal Trainer, Weight Training, Fitness Theory, Third Age
 Certified Since: 2002
 Training Specialties:
 - Better Butts
 - Awesome Abs/Phenomenal Abdominals
 - The Magic of Muscles
 - Wobble Board & Balance
 - Step, Resistance Tubing, Dumbbell
 - Developing Self Esteem
 - Stability Ball
 - Body Ball, Core activation, Assessment & Training



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



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.



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 **30 minute sessions** (private only)

Ask about our Small Group Personal Training

Courtenay Recreation
 Active Living





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.

Instructor: Kim Hamilton

Mondays & Thursdays

#39744 January 4 - February 11

EG \$100/11

#39743 February 15 - March 24

EG \$109/12

1:00 - 2:00 pm

Native Sons Hall

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.

Instructor: Janet Gravouelle & Wendie Matte

#39571 Tuesdays & Fridays

EG January 5 - March 18

9:15 - 10:15 am

Filberg Centre

\$132/22

Minds in Motion

(55 years & over)

This class is designed for people diagnosed with Alzheimer's disease or a related demential 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: Wendie Matte

#39750 Wednesdays

EG January 6 - February 10

or

#39751 February 17 - March 23

EG 1:00 - 3:00 pm

Native Sons Hall

\$45/6

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.

Instructor: Helen Pattinson

#40058 Tuesdays

EG January 19 - March 22

11:00 am - 12:00 pm

\$100/10

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.

EG
We've made a change! Adult and older adult classes are now together in the Adult & Active Living sections. See the Evergreen logo for 55+ only classes.



Wellness Centre Classes & Attendant Hours

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am
55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	
9 - 10:30 am & 11 am - 2:30 pm Attendant on Duty	9 - 10:30 am Attendant on Duty	9 - 10:30 am Attendant on Duty	7 - 10:30 am Attendant on Duty	55+ Strength Training 10 - 11:00 am
	55+ Strength Training 10:30 - 11:30 am			10 am - 12:30 pm Attendant on Duty
	Mon & Wed 55+ Strength Training Tues & Thurs Easy Does it		1:30 - 2:30 pm	
3 - 6:30 pm Attendant on Duty	3 - 9 pm Attendant on Duty	3 - 6:30 pm Attendant on Duty	3 - 9 pm Attendant on Duty	3 - 5 pm Attendant on Duty
TRX Body Blast 5:15 - 6:15 pm				
	Circuit Training 7:00 - 8:00 pm		Circuit Training 7:00 - 8:00 pm	
8 - 9:30 pm Attendant on Duty		8 - 9:30 pm Attendant on Duty		

Courtenay Recreation
Active Living

Wellness Centre 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



NOTE:

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



Wellness Centre

Great new weightroom with same Great service!

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

Wide Variety of Equipment
Professional Assistance
Drop-ins Welcome!
Instructional Programs

Wellness Centre & Fitness Pass Suspension & Refunds

Passes may be suspended in advance for a minimum of one month for medical reasons or if the pass holder is out of town. 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
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights

We recommend you consult your physician before beginning a fitness program

Wellness Centre Fees

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

	Drop-in	11 Punches
Adult	\$6.50	\$65
Student	\$3.50	\$35
Evergreen	\$5	\$50
Special Needs	\$3.50	\$35

"Great gym, nice people." Mark

Memberships (includes 5% GST)

	1 year	6 mo	3 mo	1 mo
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 weightroom, 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)





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 29)

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:

The Lewis Centre
250-338-5371

Courtenay Recreation
Squash

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
Senior (55+)	\$370	\$215
Family	\$925	\$585

Shower Passes

	1 year	6 month	3 month
Adult	\$36.00	\$18.00	\$9.00

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





Why are these two ladies smiling?

They know volunteering makes you feel good!
Come discover your path to volunteering at the Evergreen Club.
Deanne McRae, our volunteer coordinator, wants to talk to you!
Come see what volunteer positions are currently available at
www.evergreenclub.me, or call 250 338-1000 ext 232
or email dmcrae@courtenay.ca

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

Club Membership Benefits include

- Discount on Older Adult Leisure Programs, Fitness & Wellness Ctr
- Receive a monthly newsletter
- Use of the Computer Lab and access to internet service
- Club Food Service at affordable prices (operates Monday to Friday, 8:00 am to 3:00 pm)
- Participate in a variety of Club activities
- Trips and Special Events at discount prices
- Hang out with a fun group of ACTIVE people

The Evergreen Club is located at the Courtenay Recreation Florence Filberg Centre at 411 Anderton Avenue in Courtenay. Come to the centre 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.me.
For more information, call 250-338-1000 or visit website @

www.evergreenclub.me

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
- iPads Only

Cards & Games

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



Evergreen Events

The **Evergreen Club** invites you to a...



Pancake Breakfast

Saturday, January 9
7:30 to 11:00 am

Conference Hall (upper level),
Florence Filberg Centre
411 Anderton Avenue, Courtenay

\$5
per person

Evergreen Club • 250-338-1000
www.evergreenclub.me





EVERGREEN TRASH & TREASURES

A giant market, can it get any better?

SUNDAY, JANUARY 31
9:00 am to 2:00 pm,
Conference Hall,
Florence Filberg Centre
411 Anderton Avenue,
Courtenay

Tables are only \$20
We encourage individuals,
families, organizations, clubs,
and non-profit groups
to come sell anything!

Florence Filberg Centre
250-338-1000
www.evergreenclub.me

Courtenay Recreation
Evergreen

Travel Opportunities

Check out the Evergreen Club trips upcoming for 2016:



- Cirque du Soleil's Kooza December 2015
- Celebrity Solstice Alaskan Cruise May 2016
- Spring Trip to Tulalip Resort March 2016
- Skagit Valley Tulips April 2016
- Discovery Coast to Cariboo/ Circle Tour, August 2016

And much more!

Pick up a copy of the Club's **monthly newsletter** or visit the website.

Friday Night Dances

for January and February

7:30 to 10:30 pm Rotary Hall,
Florence Filberg Centre.

Evergreen Club members: \$7, non-members: \$9

Dance Dates:

Jan 8, Jan 15, Jan 29, Feb 12, Feb 19, and Feb 26

Evergreen Club Annual General Meeting

Wednesday, February 10, 2016

1:00 pm, Florence Filberg Centre, Rotary Hall

Year-end reports, and election of new Executive members. Come learn more about the club's events, programs, and trips.

Courtenay Recreation Facility Rentals

Florence Filberg Centre

A large multi-use facility that features larger spaces for weddings, conferences, seminars and special events. The centre is located at 411 Anderton Avenue – downtown Courtenay.



Evergreen Lounge



Rotary Hall



Conference Hall

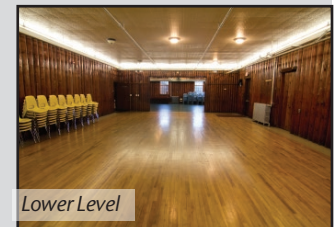
Courtenay Recreation
Filberg Facilities

Native Sons Hall

The historic Native Sons Hall is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted weddings, dances, concerts and community events.



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

Florence Filberg Centre Office 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 Recreation Facility Rentals

Lewis Centre

- Craft Rooms
- Meeting Rooms
- Preschool
- 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
- 1000 sq. feet
- Kitchen, washrooms



Hourly Rates start at:

- \$15.00 Community Groups
- \$22.75 Private Groups
- \$33.25 Commercial Groups

Call the Lewis Centre at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

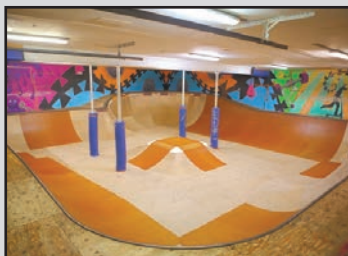
- Accommodates 40 - 80 people
- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



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

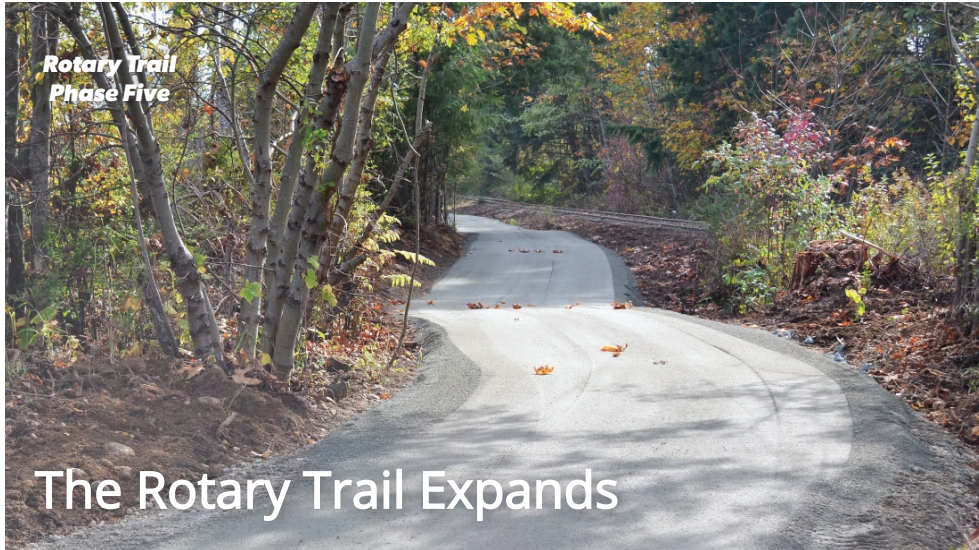
The LINC Youth Centre

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

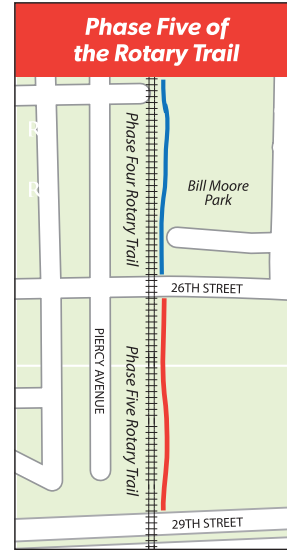


Courtenay Recreation
Lewis Facilities

Courtenay Parks News



The Rotary Trail Expands



Courtenay Recreation Parks

The Rotary Trail is a hard-surface gravel “rail with trail” along the E & N rail corridor in Courtenay. Five phases are complete, connecting 5th to 29th Street - a distance of over two and a half kilometres.

The fifth phase connecting 26th to 29th Street was recently completed in October 2015.

The City of Courtenay is working on the trail in partnership with the Island Corridor Foundation and the Courtenay Rotary Club. Additional funding has come from TELUS and the Government of Canada through the Gas Tax Fund.

The Island Corridor Foundation’s goal is to expand multi purpose use of the rail corridor, and they are actively working with other local governments bordering the corridor to develop similar projects. Their long-term goal is a trail along the length of the rail corridor, stretching 234 kilometres.

For more information: parcs@courtenay.ca or community services at 250-334-4441

Courtenay Park Bookings

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

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 new Artificial Turf Field located at GP Vanier. *Please note that only limited spaces are available.*

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

Visit courtenay.ca/parcs for a complete listing of Courtenay parks, special features and virtual tours.



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)

Winter Hours (till Victoria Day):

Tuesday to Saturday: 10 am - 5 pm

(Sun & Mon: closed)

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

CVAG

VISION · ART · CULTURE

580 DUNCAN AVENUE COURTENAY BC V9N 2M7
250.338.6211 | COMOXVALLEYARTGALLERY.COM

GALLERY
SHOP

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

ADMISSION IS BY DONATION



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 wide selection of pottery, jewelry, paintings, prints, cards, glasswork, woodwork, and more.

City of Courtenay
Cultural Facilities



CULTURALLY CURIOUS?

COME & SEE.



442 CLIFFE AVENUE, COURTENAY, BC
250.338.2430
sidwilliamstheatre.com

Contact City of Courtenay Community Services for further information: 250-334-4441

Sign me Up!

Winter Program Registration begins **Wednesday November 18** at 8:30 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, B.C. V9N 3P5
Filberg Centre, 411 Anderton Ave Courtenay, B.C. 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, Visa, Mastercard and Debit Card refunds.
- Refunds left as a CREDIT on your account will NOT be charged an administrative fee. Please allow up to 3 weeks for cheque refunds to be processed. Please note there may be exceptions to this policy (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- 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 cancel any programs.
- 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.

