

What's Inside...



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**Courtenay
 Recreation**

250-338-5371
 Registration starts
 Monday May 14

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**Comox
 Recreation**

250-339-2255
 Registration starts
 Monday May 14

87
**CVRD Sports
 & Aquatic
 Centres**

250-334-9622
 Registration is
 ongoing

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**Cumberland
 Recreation**

250-336-2231
 Registration starts
 Monday May 14

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*Cover photo by Kim Stallknecht
 of Kim Stallknecht Photography*



COURTENAY RECREATION
WELCOME



Welcome!

For many years, Canada Day in Courtenay has largely been organized by an incredible group of small volunteers on the July 1st Committee, with support behind the scenes from the City of Courtenay. Every year, the demands on these volunteers have increased – and the time has come to give them more formal support. Starting in 2018, the City of Courtenay will now oversee this event, with support from these same volunteers on a new “July 1 Commission” advisory group to ensure a seamless transition. We thank all our amazing volunteers, past and present, for their service to our community.



Sincerely,
Larry Jangula
Mayor of Courtenay

Courtenay Recreation

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Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca/rec

click on Summer Programs



Lewis Centre

Facility Hours *until May 13:*

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

effective May 20:

Sunday 8:30 am - 4:00 pm

Office Hours *until May 13:*

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

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

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

effective May 20:

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

Facility Closures:

May 21 - *Victoria Day*

July 1 & 2 - *Canada Day*

August 6 - *BC Day*

September 3 - *Labour Day*



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

www.courtenay.ca/lewis

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre
& Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm

Facility Closures:

May 21 - *Victoria Day*

July 1 & 2 - *Canada Day*

August 6 - *BC Day*

September 3 - *Labour Day*



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

www.courtenay.ca/filberg

The LINC Youth Centre & Indoor Skatepark

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

Facility Hours:

Mondays 7:00 - 9:30 pm (*Adult Skate 16+ years*)

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

Wednesdays 3:00 - 8:00 pm

Thursdays 3:00 - 8:00 pm

Fridays 3:00 - 11:00 pm

Saturdays 3:00 - 11:00 pm

Hours subject to change

Facility Closures:

May 21 - *Victoria Day*

July 1 & 2 - *Canada Day*

August 6 - *BC Day*

September 3 - *Labour Day*



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

www.courtenay.ca/linc



follow us  

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)



Courtenay &
District Memorial

Outdoor Swimming Pool

in Lewis Park, Courtenay

30 metre Swimming Pool - Opens June 1

(please call to confirm)

- public swimming
- swimming lessons
- aquacise classes
- water toys, slide
- pool lift for easy access in and out of the water
- 400 lb/181.5 kg lifting capacity

Wading Pool - Opens June 25

- Monday to Friday 11:00 am - 4:30 pm
- Saturday & Sunday 12:00 - 4:30 pm
- STAT Holidays 1:30 - 4:30 pm
- Free admission! (open weather permitting)

Courtenay Rotary Water Park

in Lewis Park beside the outdoor pool

Opens Saturday May 19

- Open daily 10:00 am - 7:00 pm
- Free admission!
- Please note:
Pool changerooms are for pool users only.

Special Pool Hours

June 23 - 24

Saturday & Sunday

Pool **CLOSED** for swim meet

Free Fridays!

Open Swim • 1:30 - 4:30 pm

July 13 & 27, August 10 & 24

Sunday July 1 Canada Day

FREE Open Swim

1:30 - 4:30 pm

Monday July 2

Open Swim ONLY

1:30 - 4:30 pm

Monday August 6 BC Day

Open Swim ONLY

1:30 - 4:30 pm

Birthday Parties

Party in the Pool! Make lasting memories as you play, slide, dip and duck with water toys. Your very own lifeguard ensures safety for you and your friends in half of the pool.

\$65/hour

(maximum 30 people)

\$120/hour

(full pool 30 - 60 people)

Pool Rentals

Plan a special occasion for a birthday, family reunion, staff party, summer picnic or school class outtrip. The pool is also available for kayak, scuba or other program rentals.

Bring Your School to the Pool!

Call for details.

Children under 7 years must be within arms reach of someone 16 years or over at all times.



June 1 - 30 schedule subject to change

Pool Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim • June 4 - 29 5:30 - 6:30 am					Liquid Muscle 8:30 - 9:30 am	Rental Space available for Birthday parties 10:00 am - 12:00 pm
Length Swimming • 12:00 - 1:00 pm					Lengths & Water Jogging 12:00 - 1:30pm	Lengths & Water Jogging 12:00 - 1:30pm
Aquafit 12-12:45 pm *Half Pool		Aquafit 12-12:45 pm *Half Pool		Aquafit 12-12:45 pm *Half Pool		
Everyone Welcome Open Swim • 3:00 - 4:30 pm					Everyone Welcome Open Swim 1:30 - 4:30 pm Rental Space available 5-9pm Saturdays & Sundays	

July 3 - August 26 schedule subject to change

Please note: • Pool closed June 23 - 24
• length swim is for ages 12 & up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim		Mon, Wed, Fri 5:30 - 6:30 am Tues & Thurs 5:30 - 7:30 am			Liquid Muscle Aquafit 8:30 - 9:30 am	
Lessons 9:00 - 11:15 am • Monday - Friday					Private Swim Lessons 9:30 - 11:30am	Family Swim 9:30 - 11:30 am
Aquafit 12 - 12:45 pm	Adapted Swim 12 - 1:30 pm	Aquafit 12 - 12:45 pm	Adapted Swim 12 - 1:30 pm	Aquafit 12 - 12:45 pm	Lengths & Water Jogging 10:30 am - 1:30 pm	Lengths & Water Jogging 11:30 am - 1:30 pm
Length Swimming Mon - Fri 11:15 am - 1:30 pm ½ Pool 12:00 - 1:30 pm						
Everyone Welcome Open Swim Monday to Sunday • 1:30 - 4:30 pm						

Evening OPEN Swim

- June 25 - Aug 10 Mon, Wed, Fri 7:30 - 9:00 pm
- August 13 - 31 1:30 - 7:00 pm (Mon - Fri)

Please note:

- Children under 7 years must be accompanied by someone 16 years or older & be within arm's reach.
- length swim is for ages 12 & up

Admission		Single Admission	10-Use Card	Season Pass
	3 - 12 years	\$2	\$18	\$50
	13 - 18 years	\$2	\$18	\$50
	Adult (19+)	\$4	\$35	\$100
	Senior (60+)	\$3.50	\$30	\$80
	Persons with Disabilities	\$2	\$18	\$50
	Family*	\$10	* min 1 child & 1 adult, max 2 adults, max 6 people • 2 years & younger - FREE	

August 27 - 31

- **Lengths**
Monday - Friday
6:00 - 8:30 am
11:30 am - 1:30 pm
- **Aquafit**
Mon/Wed/Fri
12:00 - 12:45 pm
- **Open Swim**
Monday - Friday
1:30 - 7:00 pm

schedule subject to change





Drop-in Aquatic Programs

ADAPTED SWIM

(all ages)

Join the fun in this swim for all ages and abilities! Toys and the slide are available during this open swim. The lift is also available for anyone needing support to get into the water. Special support aids are free to swim with their participants!

July 3 - August 30
Tuesdays & Thursdays
12:00 - 12:45 pm
Memorial Outdoor Pool
Regular admission rates

EARLY BIRD SWIM

(12 years & over)

Start your day off with a splash! The full pool is transformed into lengths just for you! Equipment is available for participants to use.

June 4 - 29

Monday - Friday
5:30 - 6:30 am

July 3 - August 31

Mondays, Wednesdays & Fridays
5:30 - 6:30 am &
Tuesdays & Thursdays
5:30 - 7:30 am
Memorial Outdoor Pool
Regular admission rates

INTRO TO AQUACIZE

Join us for a combined deep and shallow water introductory class. All levels of skill and ability are encouraged to join!

Thursday June 14
12:00 - 12:45 pm

FREE!

AQUAFIT

Make a splash with this deep water energizer. Invigorating cardio workouts designed to get you up and moving. Instructors will vary.

No classes on stat holidays.

Mondays, Wednesdays & Fridays

June 4 - August 24
12:00 - 12:45 pm

Regular admission rates

LIQUID MUSCLE

Target all muscle groups, working them to the point of liquid exhaustion. With emphasis on core/abdominal training this dynamic, low-impact class offers a boot-camp alternative that is sure to start your weekend off right. **No class June 23.**

Saturdays
June 2 - August 25
Regular admission rates

Children under 7 years must be within arms reach of someone 16 years or over at all times.

Pooch-A-Poolooza!

The outdoor pool is going to the dogs! Join us on our last day, for fun in the sun with your favourite pooch. Dogs must be friendly to attend.

September 1, 2018

11:00 am - 1:00 pm

admission by donation

dog vaccination papers must be presented

Sponsored by



Aquatic Pre-Registered Programs

JUNIOR LIFEGUARD CLUB (JLC)

(8 - 15 years)

Learn attitudes and skills that could one day save a life. Stay safe in and around water, with an emphasis on leadership, first aid, fitness, endurance and friendly competition. You may earn Life-saving Society Swim Patrol, Bronze Star and CPR-C awards and JLC Waterlog.

#46187 Monday - Friday
 August 27 - 31
 9:00 am - 1:00 pm
 Meet in Lewis
 Centre Gallery
 \$100/5

BRONZE STAR

(12 years & over)

Take the first step to becoming a lifeguard. Learn CPR and lifesaving skills, searches, solo and partner rescues. Stay safe in and around the water, with an emphasis on leadership, first aid, fitness, endurance and friendly competition. Pre-requisites: Star Patrol and ability to swim 100 m.

#46188 Sundays
 June 10 & 17
 9:00 am - 2:30 pm
 Pool Office at Courtenay &
 District Memorial Pool
 \$78/2

BRONZE MEDALLION & CROSS COMBO

(13 years & over)

Develop proficiency in lifesaving and water rescue skills. These are important building blocks for further first aid and lifeguarding training. Bronze Medallion pre-requisites: Bronze Star by the first day. Successful completion of Bronze Medallion is required for Bronze Cross.

#46185 Sunday - Thursday
 August 26 - 30
 8:30 am - 4:30 pm
 Outdoor Pool
 \$300/5 **or**
 \$160/half

PRIVATE SWIM LESSONS

(for all ages)

Monday - Saturday
 July 3 - August 25
 9:00 - 9:30 am
 9:30 - 10:00 am
 10:00 - 10:30 am
 10:30 - 11:00 am
 11:00 - 11:30 am
 \$24 (½ hour) Private

semi-private may be available upon request

EVENING PRIVATE SWIM LESSONS

(for all ages)

Let one of our qualified swim instructors provide you with some one-on-one instruction. A great way to learn to swim or get that extra help you need to move to the next level.

Wednesdays
 June 6 - July 4
 7:30 - 8:00 pm
 8:00 - 8:30 pm
 \$24/(1/2 hour)private



Slip, Slap, Slop on some sunscreen!

Meet Emily our Summer Aquatic Supervisor!

Emily is extremely excited to be back for another summer of sunshine and fun at the Outdoor Pool! This will be her sixth summer working at the Memorial Outdoor Pool! Aquatics has been a big part of her life growing up swimming on the local swim team for 13 years, and instructing swimming lessons, and coaching for six years. This will be her second year as the Supervisor of the pool and she is looking forward to bringing some new and exciting things into the 2018 season.



Program Level Registration Guide

Level	Prerequisite	Levels	Prerequisite
Starfish 4 months -1 year with adult	Child must be able to hold his/her head up. Introduction to getting wet.	Kids Level 1 5 years & over	If just starting out, no previous lessons required.
Duck 1 - 2 years with adult	Perform a front, back, vertical position (assisted), move forward, backward and use arms (assisted).	Kids Level 2 6 years & over	Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.
Sea Turtle 2 - 3 years with adult	Move forward backwards (assisted), front, back floats and recovery (assisted) and use buoyant objects for support.	Kids Level 3 6 years & over	Deep water activities; breathe rhythmically 10 times; glide front/back with kick for 5m; swim 10m continuously.
Sea Otter 3 - 6 years	If just starting out, no previous lessons required.	Kids Level 4 6 years & over	Can swim front crawl at least 5 metres, arms recovering above water; swim 15 metres continuously.
Salamander 3 - 6 years *register in Level 1 if 6 years old	Can comfortably move and float with assistance and put face in the water.	Kids Level 5 6 years & over	Can surface support 45 seconds; swim front crawl at least 10m; swim on back with kick 10m; swim 25m continuously.
Sunfish 3 - 6 years *register in Level 1 if incomplete or in Level 2 if complete	Can enter shallow water safely; float and glide on front and back without assistance; move around in a PFD; perform rhythmic breathing 5 times.	Kids Level 6 6 years & over	Can swim front and back crawl at least 15 m; whip kick on back at least 5m; kneeling dive; swim 50m continuously.
Crocodile 3 - 6 years *register in Level 2 if incomplete, or in Level 3 if complete	Can jump into chest deep water, do front and back floats and recover and swim on front for 5 metres.	Kids Level 7 6 years & over	Can swim front crawl and back crawl at least 25 metres; coordinated elementary backstroke at least 15 metres; swim 75 metres continuously.
Whale 3 - 6 years *register in Level 3 if 6 years old	Can float front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 10 metres continuously.	Kids Level 8 6 years & over	Can swim front crawl and back crawl at least 50 metres; elementary backstroke 25 metres; whip kick on front 15 metres; swim 150 metres continuously.
		Kids Level 9 6 years & over	Can swim front crawl and back crawl at least 75 metres; elementary backstroke and breaststroke at least 25 metres; head first sculling on back 10 metres; stride jump; swim 300m continuously.
		Kids Level 10 6 years & over	Can swim front & back crawl at least 100m; elementary backstroke & breast stroke 25m; swim 400m continuously.

Make Water Safety
a Priority.
Learn to Swim!



Summer Children & Youth Programs at a GLANCE . . .

	July 3 - 6 WEEK 1	July 9 - 13 WEEK 2	July 16 - 20 WEEK 3	July 23 - 27 WEEK 4
<p>Early Years (up to 6 years) Pages 13 - 16</p>	<ul style="list-style-type: none"> • BUGS! • Treefrog Music Together • Under the Sea Adventures 	<ul style="list-style-type: none"> • Baby Talk • Community Camp • Parachute Playtime • Tiny Stars Fundamentals 	<ul style="list-style-type: none"> • Baby Talk • Dinosaur Days • Ezra Soccer Tots • Fit Kids 	<ul style="list-style-type: none"> • Baby Talk • Nature Detectives • Sport N' Splash
<p>Children (6 - 12 years) Pages 17 - 28</p> <p><i>Check program pages for full descriptions.</i></p>	<ul style="list-style-type: none"> • Dance, Craft & Swim • Discovery Camp • Horse & Pony Camp • Kitchen Adventures • Opti Sailing Wet Feet • Parktime • Ready, Set Summer Daycamp • Sk8, Scoot, Swim 	<ul style="list-style-type: none"> • Adventure Daycamp • Adventure Sports Camp • Babysitter Training • Cougars Track & Field • Discovery Camp • Everything You Ever Wanted to Do • Horse & Pony Camp • Kayak Kids Camp • Learn to Sail Opti-beginner or Intermediate • Lego Camp • Parktime • Not Your Average Dance Camp • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Clayworks Camps • Cooking Around the World • Cougars Track & Field • Discovery Camp • Discover Dance • Ezra Soccer • Learn to Sail Opti Intermediate • Opti Sailing Wet Feet • Parktime • 7 Story Circus Camp 	<ul style="list-style-type: none"> • Archery Camp • Adventure Daycamp • Ballet to Broadway • Cooks & Crafts • Cougars Track & Field • Discovery Camp • Learn to Sail Opti-Advanced • Parktime • Stained Glass Summer Magic • Woo Kim Taekwondo Camp
	<p>July 1st Free Swim</p>			<p>Free Friday Swim</p>
<p>See pages 8 - 9 for Swimming Lessons at the Courtenay & District Memorial Outdoor Pool</p>				
<p>Youth (10 years & over) Pages 29 - 33</p>	<ul style="list-style-type: none"> • Chopped • Learn to Sail C420 Beginner • SK8, Scoot, Swim • Teen Odyssey • Youth Art Space 	<ul style="list-style-type: none"> • Aromatherapy Create, Make & Take • Cougars Track & Field • Dr. Who • Fire Fighter Basic Training • Girls on the Move • Teen Odyssey 	<ul style="list-style-type: none"> • Cougars Track & Field • Leaders in Training • Learn to Sail C420 Intermediate • SK8, Scoot, Swim • Youth Art Space 	<ul style="list-style-type: none"> • Cougars Track & Field • Magical World of Harry Potter • Teen Odyssey • Young Cooks

Tween & Teen \$2.50 Drop-in at The LINC Youth Centre All Summer Long (see page 33 for hours)



Registration starts Monday May 14

July 30 - Aug 3 WEEK 5	Aug 7 - 10 WEEK 6	Aug 13 - 17 WEEK 7	Aug 20 - 24 WEEK 8	Aug 27 - 31 WEEK 9
<ul style="list-style-type: none"> • Baby Talk • Dance Mix • Disney Party • Ezra Soccer Tots • Tiny Stars Fundamentals 	<ul style="list-style-type: none"> • Happy Feet & Tapping Toes • Mini Chefs Camp 	<ul style="list-style-type: none"> • Baby Talk • Craft N' Splash • Sport Sampler Camp <p><i>Register for your favourite Fall Programs starting August 13!</i></p>	<ul style="list-style-type: none"> • Baby Talk • Ezra Soccer Tots • Messy Art 	<ul style="list-style-type: none"> • Baby Talk • Family Gymnastics • Parkour & Play • Sunny Days Mini Camp
<ul style="list-style-type: none"> • Babysitter Training • Discovery Camp • Ezra Soccer • Hip Hop Splash • It's Fun to Sew • Junior Bronze Tennis • Mixed Media Camps • Opti-Sailing Wet Feet • Parktime • Science Detectives • Sk8, Scoot, Swim • Tribune Bay Outdoor Education Centre Residential Camp 	<ul style="list-style-type: none"> • Discovery Camp • Eco Detectives • Hip Hop Splash • Horse & Pony Camp • Learn to Sail Opti-Beginner or Intermediate • Outdoor Explorers • Parktime <p>Free Friday Swim</p>	<ul style="list-style-type: none"> • Adventure Daycamp • Cougars Track & Field • Discovery Camp • Everything You Ever Wanted To Do • Exploration Art Camp • Horse & Pony Camp • Learn to Sail Opti-Advanced • Movie Mayhem • Musical Theatre Camp • Opti Sailing Wet Feet • Parktime • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Cougars Track & Field • Discovery Camp • Exploration Art Camp • Ezra Soccer • Girls Craft & Sport Camp • Junior Bronze Tennis • Learn to Sail Opti-Beginner or Intermediate • Not Your Average Dance Camp • Parktime • Trampoline Camp • Wacky Olympics 	<ul style="list-style-type: none"> • Flour Power • Gym & Swim • Gym & Swim • Junior Lifeguard Club • Learn to Sail Opti-Beginner • Parktime Round-Up <p>Free Friday Swim</p>
<p>See page 7 for Private Swimming Lessons at the Courtenay & District Memorial Outdoor Pool</p>				
<ul style="list-style-type: none"> • Art Attack & Splash • Learn to Sail C420 Beginner • SK8, Scoot, Swim • Teen Odyssey 	<ul style="list-style-type: none"> • Chopped • Mario Mania • Teen Odyssey 	<ul style="list-style-type: none"> • Crazy Crafters • Cupcake Wars • Learn to Sail C420 • SK8, Scoot, Swim • Teen Odyssey 	<ul style="list-style-type: none"> • Girls in the Groove • Simply Sewing • Teen Odyssey • Young Cooks 	<ul style="list-style-type: none"> • Back to Basics Baking • Bronze Medallion & Cross Combo

**Tween & Teen \$2.50 Drop-in at The LINC Youth Centre
All Summer Long (see page 33 for hours)**



COZY CORNER

Preschool
at the Lewis Centre
Ages 3 - 5 years



Register now
for Fall 2018!

Ongoing registration
permitting space.



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

Child and Family Research
and Development program

*"Children want the same
things we want. To laugh,
to be challenged, to be
entertained, and delighted."*

Dr. Seuss

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

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

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

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

Monday, Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am OR 1:00 - 3:30 pm

Monthly Fees

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

Program runs September through June

489 Old Island Highway, Courtenay

250-338-5371 www.courtenay.ca

Parent Participation

CHILDMINDING

(all ages)

Our excellent childminding service offers you quality care in a safe, friendly and fun environment. If you are participating in our morning programs, playing tennis, squash, or using our weightroom, you're invited to drop in.

Monday - Friday

July 3 - August 31

9:00 - 10:30 am

Lewis Centre MP Hall B

\$4/1¼ hours

punch cards also available

BABY TALK

(newborn - 6 months with adult)

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

Facilitator: Andrea Posta

Monday

10:00 - 11:30 am

Lewis Meeting Room

\$1/Drop-in

POWER HOUR PLAYTIME FUN!

(all ages)

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

#46145 Tuesdays

July 3 - August 28

10:45 am - 12:00 pm

Lewis Centre MP Hall

\$4/Drop-in

CRAFT & SPLASH

(1 - 5 years with parent)

Parents and kids come make some fun water themed crafts together. We will finish off each class with a splash in the waterpark.

#46210 Monday - Friday

August 13 - 17

1:00 - 3:00 pm

Lewis Tsolum Building

\$90/5

TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years)

Join in the beloved Music Together® program! Start with music, movement, percussion and play, and build joy and confidence in music-making that carries over into your home and your child's life.

Instructor: Kazimea Sokil

#46206 Tuesdays & Thursdays

July 3 - 26

9:15 - 10:00 am

Lewis Tsolum Building

\$120/first child

\$62/additional child

#46205 Mondays & Wednesdays

July 4 - 30

9:15 - 10:00 am

Lewis Tsolum Building

\$120/first child

\$62/additional child

Check receipts carefully for important program information.

NICKEL CARNIVAL

(12 years & under)
Wouldn't it be great if everything cost a nickel? Well, for one day it does! Face painting, carnival games, contests, prizes, a cupcake walk and candy guesses are all part of this summer tradition.

Friday, July 20
1:30 - 3:30 pm
Lewis Centre

Admission: \$3,
\$2 returned
in game tickets (40 tickets)



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



CITY OF
COURTENAY
Recreation



follow us  

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)



BUGS!

(3 - 5 years)

Learn about a different bug every day! Make crafts that look like your favourite bugs, and explore outside to look for their hiding places. Come dressed for the weather and get ready to have some fun! Bring a snack each day.

#46099 Tuesday - Friday

July 3 - 6

1:30 - 3:30 pm

Lewis Craft Room B

\$90/4

MESSY ART

(3 - 5 years)

Pssst - it's okay to get messy with us! Glop, goop and dab your way through the joys of Magic Mud, painting with pudding, shaving cream clean-ups, water balloons and more! Fun crafts and active play will stretch your imagination. Bring a snack and wear old clothes.

#46069 Monday - Friday

August 20 - 24

9:00 am - 12:00 pm

Lewis Centre Craft Room B

\$99/5

UNDER THE SEA ADVENTURES

(3 - 5 years)

Take a deep breath--you're about to dive into the science of the sea's! Discover a whole new world of fish, sharks, crabs, whales and more through crafts, stories and games. After 4 fun days you'll be hooked! Bring a snack each day.

#46061 Tuesday - Friday

July 3 - 6

9:00 am - 12:00 pm

Lewis Craft Room B

\$99/4

DISNEY PARTY

(3 - 5 years)

Play games, sing songs, dance around and make crafts all in a fun spirited environment. Each day will focus on a different Disney story and children are encouraged to dress up as their favourite characters any day of the week. Bring a snack each day.

#46101 Monday - Friday

July 30 - August 3

1:30 - 3:30 pm

Lewis Craft Room B

\$75/5

SUNNY DAYS MINI CAMP

(3 - 5 years)

Capture the best parts of summer! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories. Bring a snack each day.

#46102 Monday - Friday

August 27 - 31

1:00 - 3:00 pm

Lewis Craft Room B

\$75/5

DINOSAUR DAYS

(3 - 5 years)

Step back in time to a pre-historic world. Discover everything you ever wanted to know about dinosaurs, through a mini dino dig, models, stories, and crafts. Learn about fossils, volcanos and the giant creatures that once roamed the earth. Special field trip to Courtenay District Museum on Wednesday. Bring a snack each day.

#46063 Monday - Friday

July 16 - 20

9:00 am - 12:00 pm

Lewis Craft Room B

\$99/5

MINI CHEFS CAMP

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! Have fun in food activities and learn about healthy eating.

#46067 Tuesday - Friday

August 7 - 10

9:00 am - 12:00 pm

Lewis Craft Room B

\$75/4

Active Play

EZRA SOCCER SCHOOL TOTS

(3 - 5 years)

Ready, set, time for soccer! Children are introduced to soccer through fun and structured activities. Lots of ball contact and an emphasis on team play encourages motor skill development and social interaction. Parent or Guardian will have the opportunity to play soccer with their child at the end of each session. Dress for outdoor play.

Instructor: Ezra Soccer School
Monday - Friday

#46156 July 16 - 20

#46562 July 30 - August 3

#46157 August 20 - 24
10:00 - 11:00 am
Lewis Park SF#1
\$65/5

SPORT N' SPLASH

(3 - 5 years)

Hop, skip and jump your way through this introduction to sports. Soccer, baseball, floor hockey, tennis and basketball, plus lots of fun games and relays. We'll cool off at the end of each day with a dip in the wading pool. Wear your bathing suit under your clothes, and bring your towel, hat and snack with you.

#46100 Monday - Friday
July 23 - 27
1:30 - 3:30 pm
Lewis Tsolum Building
\$75/5



Bring a hat,
water bottle &
sunscreen to all outdoor
programs.

FITKIDS

(3 - 5 years)

Fitkids is a program designed to promote healthy, active lifestyles for kids who might not be too interested in sports but love to be active! Through fun and exciting cooperative games and activities kids will learn fundamental movements, problem solving, team work and burn off some energy!

#46146 Wednesdays

July 18 - August 22

10:00 - 11:00 am

Lewis Centre MP Hall

\$45/6



PARACHUTE PLAYTIME

(3 - 5 years)

Enjoy a ton of fun games and make new friends! Parachutes support gross motor development, social development, encourage cooperative play and so much more! **No class August 6.**

#46147 Mondays

July 9 - August 20

9:00 - 9:45 am

Lewis Centre MP Hall

\$30/6

SPORT SAMPLER CAMP

(3 - 5 years)

Practice your physical literacy skills and try out a bunch of different sports and fun active games. If it's hot we will finish our days with a splash in the water park or wading pool. Please bring a water bottle, hat and snack.

#46068 Monday - Friday

August 13 - 17

9:00 - 12:00 pm

Lewis Centre Gym

\$99/5



follow us  

REGISTRATION STARTS MONDAY MAY 14 | See page 51



HAPPY FEET & TAPPING TOES MINI CAMP

(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. Arts and crafts will be included in the fun. Dancers will learn choreography which will be presented at the end of the last class.

#46080 Tuesday - Friday
August 7 - 10
10:30 am - 12:00 pm
Lewis Centre MP Hall A
\$60/4

VALLEY CHILD POP UP IN THE PARK

Join us for games, sensory activities, nature based crafts and playground time.

July 5 & 12, August 2, 9, & 16
10:00 am - 12:00 pm
Courtenay Airpark
FREE - parent participation mandatory



DANCE MIX CAMP

(3 - 5 years)

Get your groove on and learn fun new dance moves. Play all kinds of different dance games while practicing your listening skills, waiting your turn, and basic steps!

#46065 Monday - Friday
July 30 - August 3
10:30 am - 12:00 pm
Lewis Centre MP Hall
\$75/5

NATURE DETECTIVES

(3 - 5 years)

Get outside and learn about the nature around you! It's time to take curious campers outside to hop on the trails and explore the natural world around us! You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games, make nature crafts and learn a few basic camping skills. Please bring a hat, water bottle & snack.

#46066 Monday - Friday
July 23 - 27
9:00 am - 12:00 pm
Lewis Craft Room B
\$99/5

FAMILY GYMNASTICS

(all ages)

Play together as a family in the best indoor playground around! Swing, bounce, play and have fun on our Gymnastics Equipment.

Instructor: Sheri Roffey

#46181 Monday - Friday
August 27 - 31
11:00 am - 12:00 pm
Lewis Centre Gym
\$80/5

PARKOUR & PLAY

(3 - 5 years)

Learn some cool Parkour moves and play some fun gymnastics games! This is a great intro for our fall kindergym programs.

Instructor: Sheri Roffey

#46070 Monday - Friday
August 27 - 31
9:00 - 10:30 am
Lewis Centre Gym
\$75/5

COMMUNITY CAMP

(3 - 5 years)

Learn about all the important activities going on in the community. Go on field trips & tours of different buildings and meet the great people who work in the Community.

#46062 Monday - Friday
July 9 - 13
9:00 am - 12:00 pm
Lewis Craft Room B
\$99/5

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!

Special Interest

TRIBUNE BAY OUTDOOR EDUCATION CENTRE RESIDENTIAL CAMP

(10 - 13 years)

If you liked Tribune Bay Outdoor Education Centre with your school, you'll love it as a summer camp! Orca Adventure Camp is for youth just finished grades 4, 5 or 6. Some of the activities include; climbing & rappelling on the climbing tower, being up in the trees on the high ropes course, exploring the bay and little islands in our 12 passenger boat, ocean kayaking and stand-up paddle boarding, playing 'predator prey' and tons of other games and crafts, hikes to amazing places, and having great campfires every night! Tasty food, a bus ride to and from Hornby Island and your stay in a cabin or cabana included. P.S. It is the same super staff that works at the school camps.

#46477 Monday - Friday
July 30 - August 3
8:30 am drop off Monday at Lewis Centre.
Approx. 3:30 pm pick up Friday at Lewis Centre
\$428.59+ gst

EVERYTHING YOU EVER WANTED TO DO

(6 - 11 years)

Pssst, parents! Elevate yourselves from villains to heroes and sign up your kids. We will have a ball with water balloons, pie tossing, egg-splats, squirt guns, body paints, slip' n slide, and more. Best of all, we'll clean up the mess.

#46103 Thursday July 12
#46104 Thursday August 16
12:30 - 3:30 pm
Lewis Tsolum Building
\$28

ST JOHN AMBULANCE BABYSITTING BASICS

(11 - 18 years)

This course teaches young people aged 11 years and older how to care for children and infants while babysitting. The course enhances awareness and safety by teaching responsible babysitting, and helping to develop skills to cope with common emergencies. A certificate of participation is issued upon successful completion of the program. Topics include: becoming a babysitter, caring for kids, kids and food, getting along with kids, kids and play, keeping kids safe, handling emergencies, first aid

Instructor: St John Ambulance
#46094 Saturday July 14
#46095 Saturday August 4
9:00 am - 4:30 pm
Lewis Tsolum Building
\$69

WOO KIM TAEKWONDO SUMMER CAMP

(7 - 13 years)

If you're new to Martial arts or a veteran of the club, you are going to love coming to TKD camp. Practice kicking and learn self defence all while applying the tenets of Taekwondo; Courtesy, Integrity Perseverance, Self-Control and Indomitable Spirit. Other activities will include sports, crafts, pool time and indoor games. Bring a swimsuit, lunch and a snack each day. T-shirt included.

Instructor: Richard Dobbs
Monday - Friday
#46290 July 9 - 13
#46291 July 23 - 27
#46292 August 13 - 17
9:00 am - 4:00 pm
Lewis Salish Building
\$199/5

Bring a hat, water bottle & sunscreen to all outdoor programs.





7 STORY CIRCUS CAMP

(6 years & over)

Climb aerial fabric & aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, flower-sticks & plates. Balance on stilts & ro-la-bola. Do hand-stands & partner acrobatics. Explore ensemble & solo work with improvisation & performance games. On the final day perform a show for friends & family!

Instructor: Kaya Kehl

#46448 Tuesday - Thursday

July 31 - August 2

1:00 - 4:00 pm

Lewis Centre Gym

\$116/3

GYM & SWIM

(8 - 12 years)

Learn new skills, and develop your strength, flexibility, balance and more as we work out on all apparatus. Daily Challenges and progressions will be set to your individual level. Each day will end with a dip in our outdoor pool.

Instructor: Sheri Roffey

#46178 Monday - Friday

August 27 - 31

12:30 - 4:00 pm

Lewis Centre Gym

\$110/5

AERIAL ARTS CAMP

(6 years & over)

Explore the exciting world of aerial fabric & aerial hoop. With a focus on skill & strength building, you'll start close to the ground and then, gain height as your confidence & abilities increase. Eventually, you will be dancing in the air! Meet others who love it, too!

Instructor: Kaya Kehl

#46449 Tuesday - Thursday

July 31 - August 2

10:30 am - 12:00 pm

Lewis Centre Gym

\$81/3

A separate \$5 Circus Membership fee is required to be paid to the instructor at the first class.

GIRLS CRAFT & SPORT 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.

#46207 Monday - Friday

August 20 - 24

1:00 - 4:30 pm

Lewis Craft Room B

\$99/5

STAINED GLASS SUMMER MAGIC

(8 - 12 years)

Learn how to cut and grind glass, solder, the basics in kiln fusing and mosaic techniques. Design beautiful projects including an Orca stepping stone, Seaside windchime and Mosaic box.

Instructor: Nancy Morrison

#46113 Tuesday - Friday

July 24 - 27

2:00 pm - 4:00 pm

Lewis Craft Room B

\$60/4

IT'S FUN TO SEW CAMP

(7 - 12 years)

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

Instructor: Jean Morgan

#46114 Monday - Thursday

July 30 - August 2

9:30 am - 12:00 pm

Lewis Craft Room A

\$99/4

TRAMPOLINE CAMP

(6 years & over)

Bounce your way to improved strength, balance, co-ordination, bodycontrol and self-confidence. Develop your skills through a structured trampoline program and enhance your performance in other sports, social and school activities. This program is based on the BC Trampoline Acrosport Federation and CanGym program.

Instructor: Sheri Roffey

Monday - Friday

August 20 - 24

#46176 9:30 - 11:00 am

#46177 11:00 am - 12:30 pm

Lewis Centre Gym

\$75/5

CLAYWORKS CAMP

(6 - 14 years)

Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, mask-making, glazing and more. Discover the joys of working with clay.

Instructor: Jenja McIntyre

Monday - Friday

July 16 - 20

6 - 9 years

#46443 9:30 am - 12:00 pm

10 - 14 years

#46444 1:00 - 3:30 pm

Lewis Craft Room B

\$99/5

MIXED MEDIA CAMP

(6 - 14 years)

Combine painting, sculpture, and drawing. Use all different kinds of materials from outdoors to indoors. Come make some amazing art and have fun trying all sorts of mediums in a carefree way.

Instructor: Jenja McIntyre

Monday - Friday

July 30 - August 3

6 - 9 years

#46446 9:30 am - 12:00 pm

10 - 14 years

#46447 1:00 - 3:30 pm

Lewis Craft Room B

\$99/5



Oh no, you had to cancel the class?

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

Exploration Art Camp

We are dedicated to providing a stimulating arts education for young people in the Comox Valley. Bursary applications are available at the Lewis Centre. **Deadline for Bursary application is July 10.**



CREATIVE KIDS

(8 - 12 years)

Take visual arts to a whole new level this summer during this fantastic art program at the North Island College Comox Valley campus. Your days will be filled with classes in ceramics, painting, drawing, printmaking, sculpting, creative processes and photography. All materials are provided. Please bring a lunch each day.

#46543 Monday - Friday

Dates tba

9:00 am - 4:30 pm

NIC Fine Arts Studio

\$275/5

YOUNG ARTISTS

(13 - 16 years)

Enjoy a variety of disciplines in depth and let your creativity run wild. Topics of exploration include ceramics, photography, creative processes, painting and drawing. All art materials are provided. Please bring a lunch each day.

#46580 Monday - Friday

Dates tba

9:00 am - 4:30 pm

NIC Fine Arts Studio

\$300/5

Check our website in June for dates



follow us  

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)



Specialty Camps

COUGARS TRACK & FIELD CAMP

(9 - 13 years)

Join us for some track & field fun this Summer Camp! Learn to hurdle, throw a javelin, reach new heights in high jump, and much more. We cover most track & field events, always with a focus on skills, fitness, & fun. Sessions are taught by former Canadian team members.

Monday - Thursday

#46280 July 9 - 12

#46279 July 16 - 19

#46278 July 23 - 26

#46277 August 13 - 16

#46276 August 20 - 23

9:00 am - 12:00 pm

\$75/4

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!

OUTDOOR EXPLORERS DAYCAMP

(9 - 13 years)

Experience the exhilarating adventures in the life of a true explorer as we hike, canoe and navigate our way through the week, with an exciting stay at Vancouver Island Mountain Centre. Test the limits in this adrenaline inducing camp for a week you won't soon forget!

#46059 Tuesday - Friday

August 7 - 10

9:00 am - 4:00 pm

Lewis Totem Poles at

entrance of Lewis Park

\$190/4

BEGINNERS ARCHERY CAMP

(7 - 11 years)

Test your skills with the bow & arrow and join the league of Robin Hood for an exciting week of archery instruction, games, and skills.

Tuesday - Thursday

July 24 - 26

#46084 9:30 am - 12:00 pm

#46083 1:00 - 3:30 pm

Lewis Centre Gym

\$75/3

HORSE & PONY CAMP

(8 years & over)

Love horses? Learn the basic skills in horsemanship such as brushing, grooming, tacking up, basic seat, walk and trot. Basic first aid will be covered and a special visit from the farrier. A helmet is mandatory. A membership to the Horse Council of BC is included. Please pick up a waiver form. Must complete camp #1 to be eligible for camp #2.

Instructor: Claudia Harper

Tuesday - Friday

July 3 - 6

#46282 9:00 am - 12:00 pm **Camp 1**

#46283 3:00 - 6:00 pm **Camp 1**

August 7 - 10

#46551 9:00 am - 12:00 pm **Camp 1**

#46552 3:00 - 6:00 pm **Camp 1**

Monday - Thursday

July 9 - 12

#46553 9:00 am - 12:00 pm **Camp 1**

#46554 3:00 - 6:00 pm **Camp 1**

Monday - Friday

August 13 - 16

#46555 9:00 am - 12:00 pm **Camp 1**

#46557 3:00 - 6:00 pm **Camp 2**

\$234.44 + Membership fee

\$190/with proof of

membership

ADVENTURE SPORTS CAMP

(7 - 12 years)

Keep kids moving all year long! Sportball half day camps help kids refine, rehearse, and repeat in the off season, with plenty of skill-focused play, creative exploration, and fun. Camps are run indoor and outdoor depending on location and weather. Please send a nut-free snack, water bottle each day, hat & sunscreen.

#46208 Monday - Friday

July 9 - 13

9:00 am - 4:00 pm

Lewis Centre Gym

\$140/5

EZRA SOCCER SCHOOL FULL DAY

(7 - 13 years)

Join the experienced charismatic instructors from Ezra soccer to develop your soccer skills. The team will help players develop their mastery of the ball with games & activities that focus on dribbling, passing, shielding, shooting and improvisation tailored to all ages and skill level. Groups will be divided by age and skill level. We play outside, so dress for the weather. In the afternoon, players will go to the outdoor pool to cool off and enjoy the water. Price includes a custom camp jersey and soccer ball.

Instructor: Ezra Soccer School
Monday - Friday

#46148 July 16 - 20

#46149 July 30 - August 3

#46150 August 20 - 24

9:00 am - 3:30 pm

SF #1 At Lewis Park

\$199/5

EZRA SOCCER SCHOOL HALF DAY

(6 - 13 years)

Come learn and play soccer with the charismatic Ezra Soccer's coaching team. The team will help players develop their mastery of the ball with games and activities that focus on dribbling, passing, shielding, shooting and improvisation tailored to all ages and skill level. Groups will be divided by age and skill level. We play outside, so dress for the weather. This camp is ideal for new players and returning ones. Cleats are recommended but not required. Price includes a custom camp jersey and soccer ball.

Instructor: Ezra Soccer School
Monday - Friday

#46152 July 16 - 20

#46153 July 30 - August 3

#46154 August 20 - 24

9:00 am - 12:00 pm

SF #1 At Lewis Park

\$110/5

JUNIOR BRONZE TENNIS

(7 - 15 years)

Learn to play in a fun and game based format. Team tennis format with fun matches and play-off's.

Instructor: In Your Court Tennis
Monday - Friday

#46293 July 9 - 13

#46294 July 30 - August 3

#46440 August 20 - 24

10:00 - 11:30 am

Lewis Park Tennis Courts

\$75/5

JUNIOR GOLF CLINICS

(ages 7 - 12)

In these lessons we'll cover history, etiquette, how to play on the course, and technique of the swing. The lessons will also involve a physical fitness component to help build a strong golfer. Involvement in this lesson program is a great way to give your junior the chance to understand how the game is played and how to behave on the golf course! **No Clinic July 21, August 4 & 18.**

Saturdays

#46299 June 16 - August 25

1:30 - 2:15 pm

\$120/8

TINY STARS FUNDAMENTALS

(5 - 6 years)

Learn the game in a fun and encouraging atmosphere. Practice movement, co-ordination, tossing/catching and basic skills. Racquets provided.

Instructor: In Your Court Tennis
Monday - Friday

#46295 July 9 - 13

#46296 July 30 - August 3

#46441 August 20 - 24

9:00 - 10:00 am

Lewis Park Tennis Courts

\$50/5

ROGERS ROOKIE TOURNAMENT

(5 - 15 years)

Entry point to tournament play. Allows players to play competitive matches using appropriate ball for level.

Instructor: In Your Court Tennis

#46297 Sunday June 24

#46298 Sunday July 22

#46442 Sunday August 26

10:00 am - 2:00 pm

Lewis Park Tennis Courts

\$25





Daycamps Parent Information

From playing outside and learning new skills to trying active sports and exploring the creative arts, we offer the Comox Valley's best selection of camps.

Your child's development will be supported in a meaningful camp experience while they make new friends, learn new skills and have a ton of fun!

What to expect: We are dedicated to providing a safe and positive program. Please sign participants in and out of relay any important information to camp leaders. Your child's camp will be easily identifiable by different coloured shirts worn by our leaders throughout the summer.

What to Bring: A bag lunch with snacks, water bottle, swim gear, sunscreen, a hat and proper footwear each day. Please leave your peanut products, money, valuables and electronics at home.

Camp Leaders: Are energetic, knowledgeable and qualified staff who are certified with first aid, CPR and have completed a criminal record check.

Forms: All programs on pages 23 - 27 require the completion of the Daycamp Registration Package. Forms are available for pick-up at either the Lewis or Filberg Centres or may be downloaded from our website.

Cancellations: Programs that fail to reach their minimum registration numbers 7-10 days prior to the start date will be cancelled to allow families time to find another program.

PARKTIME

(6 - 8 years)

Spend your warm summer weeks with us as we make new friends, explore our surroundings, get creative with crafts and stay cool with a variety of water activities at the beach!

Tuesday - Friday

#45940 July 3 - 6

#45945 August 7 - 10

\$96/4 days

Monday - Friday

#45941 July 9 - 13

#45942 July 16 - 20

#45943 July 23 - 27

#45944 July 30 - August 3

#45946 August 13 - 17

#45947 August 20 - 24

\$120/5 days

10:00 am - 4:00 pm

Lewis Totem Poles at entrance of Lewis Park or \$37/day

DISCOVERY CAMP

(8 - 12 years)

Adventures galore! Your summer full of never ending discoveries, excursions and games awaits! Venture to new places on our weekly outings, daily swimming, beach exploration and interactive activities that will leave you wanting more!

Tuesday - Friday

#45956 July 3 - 6

#45961 August 7 - 10

\$104/4 days

Monday - Friday

#45957 July 9 - 13

#45958 July 16 - 20

#45959 July 23 - 27

#45960 July 30 - August 3

#45962 August 13 - 17

#45963 August 20 - 24

\$130/5 days

10:00 am - 4:00 pm

Lewis Totem Poles at entrance of Lewis Park or \$39/day

Courtenay Recreation Daycamp Inclusion Program

Families who have children getting services through Children and Youth with Special Needs through MCFD are eligible for our Teen Odyssey and Inclusion Programs. These programs are for children wanting to attend camp and who have additional support considerations. Please contact the local CYSN office at 250 334-5820 to see if your child/teen is eligible since a letter from CYSN is needed for registration. Only children/teens with an intellectual disability, autism or getting services through the At Home program are eligible for CYSN services.

Does your child have support at school?

If your child receives support at school please contact the Summer Inclusion Coordinator to discuss how to best support your child in camp.

Does your child need to take medication at camp?

If your child has an epi-pen, inhaler or prescription medication, please inquire when you register or contact the Summer Inclusion Coordinator about how we can accommodate the administration of prescriptions at camp. Summer Inclusion Coordinator: 250-338-5371 ext. 7424

PARKTIME ROUND-UP

(6 - 12 years)
Wrap up an amazing summer with plenty of water activities, swimming, creative crafts, field trips and lots of laughs, as we wave goodbye to the sunny summer months!

#46060 Monday - Friday
August 27 - 31
10:00 am - 4:00 pm
Lewis Totem Poles at entrance of Lewis Park
\$135/5

TEEN ODYSSEY

(12 - 18 years)
Teen Odyssey is a fun and supportive camp for teens with special needs. We'll team up with friends for all sorts of summer activities. Interactive games, crafts, mini golf, beach days, out trips and daily swims make for an exciting summer! **No camp July 2 or August 6.**

Monday - Friday
#46478 July 9 - 13
#46480 July 16 - 20
#46481 July 23 - 27
#46482 July 30 - August 3
#46485 August 13 - 17
#46483 August 20 - 24
\$80/5
Tuesday - Friday
#46479 July 3 - 6
#46484 August 7 - 10
\$64/4
10:00 am - 4:00 pm
Lewis Centre

ADVENTURE DAYCAMP

(8 - 12 years)
Do it all at this interactive, action packed camp! Learn basic wilderness skills, swim, explore nature, hike local trails, climb, canoe, sleep under the stars during the second week of camp and discover what else our awesome island has to offer. Join our super fun camp leaders and find out what thrilling adventures await you!

Tuesday - Friday
& Monday - Thursday
#46030 July 10 - 20
#46031 July 24 - August 3
#46032 August 14 - 24
9:00 am - 4:00 pm
Lewis Totem Poles at entrance of Lewis Park
\$261/9

Bring a hat, water bottle & sunscreen to all outdoor programs.

KIDSPLAY (6 - 12 years)

Childcare for children attending a registered daycamp program.

Parktime & Discovery
Monday - Friday
8:00 - 10:00 am or
9:00 - 10:00 am &/or
4:00 - 5:00 pm
\$14/1 hour
\$28/2 hours

Adventure & Specialty Daycamps
Monday - Friday
8:00 - 9:00 am &/or
4:00 - 5:00 pm
Lewis Centre





Cooking Adventures

COOKS & CRAFTS CAMP

(6 - 11 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and craft the day away. Learn to create your own nutritious snacks and meals using simple recipes. You will also stretch your imagination while making fun and unique crafts.

#46082 Monday - Friday

July 23 - 27

10:00 am - 4:00 pm

Lewis Craft Room A

\$149/5

COOKING AROUND THE WORLD CAMP

(7 - 12 years)

Tour the world through food! Learn how to cook tasty dishes and treats from different parts of the world. We will also cover basic kitchen and appliance safety, knife skills, measuring, mixing and adapting recipes to different ingredients. Register early!

#46078 Monday - Friday

July 16 - 20

10:00 am - 4:00 pm

Lewis Craft Room A

\$149/5

KITCHEN ADVENTURES CAMP

(6 - 11 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. You will leave with stories to tell and recipes to share.

#46074 Tuesday - Friday

July 3 - 6

10:00 am - 4:00 pm

Lewis Craft Room A

\$135/4

FLOUR POWER CAMP

(6 - 11 years)

'Mix' things up and 'beat' your summer boredom. This class will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register!

#46093 Monday - Friday

August 27 - 31

10:00 am - 4:00 pm

Lewis Craft Room A

\$149/5

Does your child have allergies or dietary restrictions?

While we cannot offer an allergen free camp, we do our best to accommodate all participants.

- Please ensure you have informed the front desk staff of all your child's allergies and dietary restrictions.
- Please fill out your **Daycamp Registration Package** with all the information.
- Please contact the Summer Inclusion Coordinator to discuss protocol.
- Please come early on your first day of camp to introduce yourself and your child to the leaders. They may ask for clarification on certain ingredients being used or potential recipe substitutions if necessary.

Dance & Theatre

DANCE, CRAFT & SWIM

(7 - 11 years)

Dancing, crafting and swimming... what more could you want? Move and groove while trying a variety of new dance styles. Get creative by making interesting new crafts. Cool off by taking a dip in the pool.

#46098 Tuesday - Friday

July 3 - 6

10:00 am - 4:00 pm

Lewis Salish Building

\$135/4

NOT YOUR AVERAGE DANCE CAMP

(7 - 12 years)

Get in on the latest moves as you try out a variety of dance styles. Then play games and take a swim in the outdoor pool! Please bring a lunch each day.

Monday - Friday

#46076 July 9 - 13

#46077 August 20 - 24

10:00 am - 4:00 pm

Lewis Centre Gym

\$149/5

MUSICAL THEATRE CAMP

(7 - 12 years)

Spend your days playing lots of fun theatre games, making crafts, creating skits, finding their singing voice and breaking out in silly dance parties. The last hour of the day kids will be taken to the pool.

#46091 Monday - Friday

August 13 - 17

10:00 am - 4:00 pm

Lewis Craft Room B

\$149/5

BALLET TO BROADWAY

(6 - 11 years)

Campers will be leaping and turning to everything from your favourite classical pieces to today's contemporary show tunes. Students will also explore costume arts, and prop/set design.

#46451 Monday - Friday

July 23 - 27

10:00 am - 4:00 pm

Lewis MP Hall

\$149/5

HIP HOP SPLASH

(6 - 12 years)

Spend the first half of class learning hip hop moves and choreographed dances, then cool off the last half in the outdoor pool or splash park! **Kidsplay available in pm only.*

#46088 Monday - Friday (9 - 12 years)

July 30 - August 3

\$99/5

#46087 Tuesday - Friday (6 - 8 years)

August 7 - 10

\$75/4

12:30 - 4:00 pm

Lewis Centre MP Hall

DISCOVER DANCE

(6 - 9 years)

Get your groove on and learn fun new dance moves. Play all kinds of different dance games while practicing your listening skills, waiting your turn, and basic steps!

#46079 Monday - Friday

July 16 - 20

10:00 am - 4:00 pm

Lewis MP Hall

\$149/5

FATHER'S DAY
Annual Kite Fly

Sunday, June 17
12:30 - 2:30 pm
Goose Spit Park
Registration 12:00 pm, Awards 2:30 pm
Park & Ride from Brooklyn Elementary School, 1290 Guthrie Road
Shuttle Bus 11:30 am - 3:30 pm
Also featuring a hot dog roast!

CITY OF COURTENAY Recreation
 WEST COAST TOYS
 Comox Valley REGIONAL DISTRICT
250-338-5371 courtenay.ca/kitefly



follow us

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)



READY, SET, SUMMER DAYCAMP

(9 - 13 years)

Start summer off with a blast! Throughout the week you'll venture to local attractions, exploring the beaches and hiking trails. Experience nature based, team building activities and campfire games, while making lots of new friends!

#46033 Tuesday - Friday
July 3 - 6
9:00 am - 4:00 pm
Lewis Totem Poles at
entrance of Lewis Park
\$190/4

LEGO CAMP

(6 - 11 years)

Calling all Master Builders! You will connect your love of the brick to the real world when you build, bake, create and play all things Lego. Let your imagination run wild and get building. Everything is awesome in this camp!

#46075 Monday - Friday
July 9 - 13
10:00 am - 4:00 pm
Lewis Craft Room A
\$149/5

WACKY OLYMPICS

(6 - 11 years)

Like all Olympic Games this camp will promote friendship, unity and peace. Unlike the Olympic Games, this camp gets a little goofy. Try some odd events, make some funky crafts and cook some crazy treats. Start your 2020 training now!

#46092 Monday - Friday
August 20 - 24
10:00 am - 4:00 pm
Lewis Craft Room A
\$149/5

SCIENCE DETECTIVES

(6 - 11 years)

Put on your thinking cap to figure out why things work the way they do. Discover science through kooky chemical reactions, water and energy, weather whimsies, and space explorations. Hands-on fun leads you on a trail of discovery.

#46085 Monday - Friday
July 30 - August 3
10:00 am - 4:00 pm
Lewis Tsolum Building
\$149/5

MOVIE MAYHEM

(6 - 10 years)

Why sit at home watching your favourite moves this summer when you can get in on the action?! Master Jedi tricks, train for the hunger games, create with Lego and cook like Ratatouille in this awesome adventure camp.

#46090 Monday - Friday
August 13 - 17
10:00 am - 4:00 pm
Lewis Craft Room A
\$149/5

ECO DETECTIVES CAMP

(6 - 11 years)

It's summer time and the sun is out, it's time to take curious campers outside to hop off the trails and explore the natural world around us! You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games, make nature crafts, learn a few basic camping skills and go swimming in the outdoor pool!

#46089 Tuesday - Friday
August 7 - 10
10:00 am - 4:00 pm
Lewis Craft Room A
\$125/4

Thumbs Up To Volunteering

Join us this summer



Courtenay Recreation - Lewis Centre



1000 likes

Having fun, making friends & learning skills, by volunteering.

#summervolunteer@lewiscentre

**Keep busy and gain valuable experience,
Volunteers (14 years & older) needed.**

Volunteer Info Meeting

Thursday June 7, 2018
4:00 - 5:00 pm
Lewis Centre

Volunteer Training

Friday June 29, 2018
1:00 - 4:00 pm
Lewis Centre

For more information, please call Lewis Centre at 250-338-5371



follow us

REGISTRATION STARTS MONDAY MAY 14 | See page 51

Outdoor Pursuits



LEARN TO SAIL OPTI - BEGINNER

(7 - 11 years)

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

Instructor: Comox Bay Sailing Club
Monday - Friday

#46265 July 9 - 13

#46267 August 20 - 24

#46268 August 27 - 31

Tuesday - Saturday

#46266 August 7 - 11

9:00 am - 3:30 pm

\$299/5

LEARN TO SAIL OPTI - ADVANCED

(9 - 13 years)

For sailors who are proficient in their skills and confident in the boat. This course focuses on beginner racing skills such as mark rounding's, accelerating off a start line, and sailing independently around a race-course and follows the CANSail 3 curriculum.

Instructor: Comox Bay Sailing Club
Monday - Friday

#46274 July 23 - 27

#46275 August 13 - 17

9:00 am - 3:30 pm

\$299/5

LEARN TO SAIL OPTI - INTERMEDIATE

(8 - 13 years)

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

Instructor: Comox Bay Sailing Club
Monday - Friday

#46269 July 9 - 13

#46271 July 16 - 20

#46273 August 20 - 24

Tuesday - Saturday

#46272 August 7 - 11

9:00 am - 3:30 pm

\$299/5

OPTI SAILING WET FEET

(5 - 7 years)

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

Instructor: Comox Bay Sailing Club
Tuesday - Saturday

July 3 - 7

#46256 9:00 - 11:30 am

#46261 12:30 - 3:00 pm

Monday - Friday

July 16 - 20

#46257 9:00 - 11:30 am

#46262 12:30 - 3:00 pm

July 30 - August 3

#46259 9:00 - 11:30 am

#46263 12:30 - 3:00 pm

August 13 - 17

#46264 9:00 - 11:30 am

#46258 12:30 - 3:00 pm

\$190/5

KAYAKING KIDS CAMP

(10 - 14 years)

Get on the water this summer! Join us to explore our coastal area in a kayak, canoe, and on a stand-up paddleboard. This camp shows you how to be safe and have tons of fun on the water no matter what you're paddling!

Instructor: Comox Valley Kayaks
Monday - Friday

#46301 July 9 - 13

#46302 July 23 - 27

#46304 August 20 - 24

M-W 1:00 - 4:00 pm

Th-F 10:00 am - 2:00 pm

\$200/5

Waivers for Sailing Programs must be signed and returned to Courtenay Recreation before the start of the program.

Get Creative

CRAZY CRAFTERS

(10 - 16 years)

Crazy for crafting? If you love it all or just want to learn a new hobby then this camp is for you! Spend your days working with different mediums, painting, paper mache, modge podge, salt dough and more! Learn how to turn every day items into your own personal masterpiece!

Instructor: Rita Mulligan

#46213 Monday - Friday

August 13 - 17

10:00 am - 4:00 pm

LINC Multipurpose Room

\$165/5

ART ATTACK & SPLASH

(9 - 15 years)

Explore your creative side experimenting with different paint, pastels, mixed media projects and messy art fun in the morning, and then head to the pool and cool off each afternoon!

Instructor: Alexis Forbes

#46201 Monday - Friday

July 30 - August 3

10:00 am - 4:00 pm

LINC Multipurpose Room

\$150/5

AROMATHERAPY: CREATE, MAKE & TAKE

(10 - 16 years)

Learn the basics of essential oils and aromatherapy and how to safely blend them as you create your own blend of bath salts from a certified clinical aromatherapist.

Instructor: Deanna Papineau

#46198 Monday July 9

10:00 am - 12:00 pm

LINC Games Room

\$20

YOUTH ART SPACE

(8 - 12 years)

Join us for new art projects every day. Work with a local artist on paintings, drawings, and other media indoors and outdoors. Lots of materials and options provided. Bring your ideas and let your creative process go to work!

Instructor: TaraLee Houston

#46211 Tuesday - Thursday

July 3 - 5

9:00 am - 12:00 pm

\$80/3

#46212 Monday - Friday

July 16 - 20

12:30 - 4:00 pm

LINC Games Room

\$155/5



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

SIMPLY SEWING

(10 - 16 years)

Learn the basics of sewing. We will teach you how to use a pattern, install a zipper, sew buttons, hand sew and to properly thread and use a sewing machine! You'll get to be creative as you make and take projects like a zippered tote, hat, pillow and more!

Instructor: Rita Mulligan

#46202 Monday - Friday

August 20 - 24

11:00 am - 3:00 pm

Lewis Craft Room A

\$110/5

GIRLS IN THE GROOVE

(10 - 16 years)

Jump into summer spending the week with some great girls! You'll try out rainbow baking, Mandala painting, tie dying, swimming and more!

Instructor: Gyneil Atchison

#46520 Monday - Friday

August 20 - 24

10:00 am - 4:00 pm

LINC Games Room

\$145/5





FIRE FIGHTER BASIC TRAINING

(13 - 18 years)

Challenge yourself to a day of training with the Courtenay Fire Department. Physically and mentally, you will test your abilities as you discover the life of a firefighter. This fun and informative day will educate you about the volunteer and career possibilities in fire fighting. Please bring a lunch. The program will take place at the new Courtenay Fire Training Centre.

Instructor:

Courtenay Fire Department
 #46021 Thursday July 12
 10:00 am - 3:00 pm
 \$33

Get Active

GIRLS ON THE MOVE

(10 - 16 years)

Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying new ways to stay active! Activities may include weight-training, geo-caching, Yoga, Zumba, raquet sports and MORE! Snack is included. A schedule will be provided on the first day.

#46196 Monday - Friday
 July 9 - 13
 10:00 am - 4:00 pm
 The LINC Skatepark
 \$180/5

LEARN TO SAIL C420 BEGINNER

(13 - 17 years)

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

Instructor:

Comox Bay Sailing Club
 #46472 Tuesday - Saturday
 July 3 - 7
 Monday - Friday
 #46473 July 30 - August 3
 #46474 August 13 - 17
 \$299/5

SK8, SCOOT, SWIM

(7 - 12 years)

Take your summer camp experience up a notch and get ready to rock and roll! We'll crank the tunes as you learn new moves on your skateboard or scooter rolling around the skatepark! Challenge your friends to activities in the games room, play dodgeball in the bowl and swim at the outdoor pool each day. Don't forget your lunch, swimsuit, water bottle and helmet!

#46018 Tuesday - Friday
 July 3 - 6
 \$120/4
 \$130/with rental
 Monday - Friday

#46019 July 16 - 20
 #46020 July 30 - August 3
 #46194 August 13 - 17
 9:00 am - 4:00 pm
 LINC Skatepark
 \$150/5
 \$160/with rental



SUMMER STUNTS

(10 - 16 years)

Get stoked on Saturdays! We'll load the bus each day and take you on an action-packed adventure! Sign up for one or all. Activities are subject to change and weather permitting. **No class August 4.**

#46523 Saturdays
 July 7 - August 25
 10:00 am - 4:00 pm
 \$250/7
 #46524 July 7 **Elk River Falls & 10 Pin Bowling**
 #46525 July 14 **Monster Truck Ride & Miracle Beach**
 #46526 July 21 **Little Qualicum Falls & Archery Tag**
 #46527 July 28 **Monkido Ropes Course**
 #46528 August 11 **Go Karts & Parksville Sandcastles**
 #46529 August 18 **Kayaking & Scavenger Hunt**
 #46530 August 25 **Virtual Reality, Mini Golf & Bumper Boats**
 \$40/day

Check out Junior Lifeguarding programs on page 7

Culinary Arts

YOUNG COOKS

(10 - 15 years)

Learn basic kitchen skills and how to put a healthy twist on favourite recipes! Each class will include preparation and cooking of appetizers, snacks, entrees, drinks and desserts. Students will be able to enjoy what they have prepared and may even bring home some samples to share! Additional activities include 'Chopped' competition, trips to the farmers market community garden, urban foraging and fruit tree pick!

Bursaries available. Please contact LUSH before registering at admin@lushvalley.org

Instructor: LUSH Valley
Monday - Friday

#46199 July 23 - 27
9:30 am - 3:30 pm

#46215 August 20 - 24
9:30 am - 3:30 pm
Filberg Centre Conference
Hall Kitchen
\$210/5

CUPCAKE WARS

(10 - 15 years)

Get ready to create and bake! Have you've seen the TV show or always wanted to decorate like the professionals? We'll show you some tips and tricks to help you create delicious and beautiful treats. Experiment with fondant, butter cream, scratch recipes and special tools each day.

#46522 Tuesday - Thursday
August 14 - 16
11:00 am - 3:00 pm
\$70/3

Check receipts carefully for important program information.

CHOPPED

(10 - 15 years)

Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated into an appetizer, entree or dessert. You will be scored on a series of categories. Will you be the winning team? Prizes included.

Tuesday - Thursday

#46022 July 3 - 5
#46023 August 7 - 9
12:00 - 4:30 pm
LINC Games Room
\$120/3

FOOD SAFE LEVEL 1

(13 years & over)

Train to become an employable food handler in the food service industry. You'll learn safe food handling methods and food preparation techniques. Certificates awarded upon successful completion. A must for your resume and summer job.

Instructor: Gaetane Palardy
#45601 Friday June 29
9:00 am - 4:00 pm
LINC Multipurpose Room
\$98

BACK TO BASICS BAKING

(9 - 15 years)

Learn to bake sweet and savory treats and how to be creative in the kitchen! Each day we'll create mouth watering treats that will surely make your lunch a hit for back to school. We'll create a variety of cookies, bars and snacks and send you home with samples and recipes to keep your baking going!

Instructor: Rita Mulligan
#46203 Monday - Friday
August 27 - 31
11:00 am - 3:00 pm
LINC Multipurpose Room
\$120/5



follow us  

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)

Birthday Parties at The LINC

(8 - 18 years)

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, make & take (tie-dye, slime or bath salts), or combine themes to make a party all your own! A great way to escape the heat (or rain) of summer!

Host parent must be present.

Maximum 12 participants.

No birthdays August 4.

Saturdays starting July 7

11:00 am - 1:00 pm

LINC Games Room

\$110

\$150/with 3 large pizzas

\$150/Make & Take Party (slime, tie dye or bath salts)

\$190/Make & Take and 3 large pizzas



Special Interest

LEADERS IN TRAINING (LIT) - CHILDREN FOCUS

(13 - 17 years)

Have fun, get involved, gain work experience and build your resume as you become an awesome leader. You'll learn to plan and lead games and activities and help plan the children's Nickel Carnival! We'll also cover behaviour and group management, leadership and teamwork skills. Then as a volunteer in children's programs, you can be mentored as you test out your new skills.

#46026 Monday - Friday

July 16 - 20

10:00 am - 4:00 pm

LINC Multipurpose Room

\$90/5

*Check out the Nickel
Carnival on page 13*

LEADERS IN TRAINING (LIT) - CUSTOMER SERVICE FOCUS

(13 - 17 years)

Gear up for the work force and build your resume! Participants will be able to assist in the Sunday Simms Summer Concert Series concession, receiving the opportunity to gain work experience hours, a reference and hands on customer service experience. Beforehand, we'll build upon your team work and communication skills, practice cash and food handling and teach you customer service skills.

#46025 Saturdays

June 2 - 23

1:00 - 4:30 pm

LINC Multipurpose Room

\$45/4

*Looking for a supervised space
to hang out after camp?
Drop-in at The LINC Youth
Centre! Check page 33
for more info.*

MARIO MANIA

(10 - 16 years)

Obsessed with Mario? Mushroom up and join the life of the party with all things Mario! There will be crafts, games, activities and retro consoles all based around your favourite Italian plumber. Get ready to get your game on!

Instructor: Rita Mulligan

#46214 Tuesday - Thursday

August 7 - 9

10:00 am - 4:00 pm

LINC Multipurpose Room

\$96/3

MAGICAL WORLD OF HARRY POTTER

(9 - 15 years)

Feel like leaving the muggle world for some magical fun? Harry Potter themed crafts, cooking, and games! Put on your sorting hat and get your broom this summer!

Instructor: Rita Mulligan

#46200 Monday - Friday

July 23 - 27

10:00 am - 4:00 pm

LINC Skatepark

\$125/5

DR. WHO

(10 - 16 years)

This camp is bigger on the inside! Join in on the wibbly-wobbly, timey-whimey fun. Don't blink and miss this opportunity to regenerate yourself with crafts, cooking, and activities in this Doctor focused forum. Don't delete and exterminate your chance to be part of history. Run and remember to sign up now!

Instructor: Rita Mulligan

#46197 Tuesday - Thursday

July 10 - 12

10:00 am - 4:00 pm

LINC Multipurpose Room

\$96/3

THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

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

SUMMER HOURS

(effective July 3)

- Tuesdays** 3 - 7 pm
(Tween Night 8 - 11 years)
- Wednesdays** 3 - 8 pm
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm

*skatepark is open to all ages Wed - Sat

FEES

- Youth** (8 - 18 years):
 - \$2.50 Drop-In
 - \$15/month membership
 - \$25/11 punch pass
 - \$20/summer passport (June 1 - Sept. 1)
- Adult** (Skatepark ONLY):
 - \$4 Drop-In
 - \$20/month membership
 - \$40/11 punch pass

TWEEN NIGHT

(8 - 11 years)
Join us for a special night at The LINC each week! You'll have run of the games room and be able to gain confidence in the skatepark. Check out our monthly calendar for special drop-in activities and outtrips.

Tuesdays
3:00 - 7:00 pm
The LINC Game Room
\$2.50/drop-in



Free Friday swims at the outdoor pool this summer! Check out page 4 for more information.

RESUME WRITING

(12 - 18 years)
Are you ready to enter the workforce? Do you have a resume? Bring your resume down and let The LINC staff help you polish it before you submit it to potential employers. Not sure how to start? We can help you with that too!

Wednesdays
4:00 - 6:00 pm
FREE



follow us

REGISTRATION STARTS MONDAY MAY 14 | See page 51

Adapted Programs

for Adults with Disabilities



Drop-in Activities

BLUES BROTHERS IN THE PARK

Celebrate Summer! Enjoy the beautiful shady park setting and fresh air along with your favourite summer songs.

Those who need extra support must come with a worker.

Wednesdays

July 4 - August 1

10:30 - 11:30 am

Tsolum Building

FREE

FUN DROP-IN

(19 years & over)

You are invited to come, play and meet people! Family, friends, caregivers welcome. With the **Building Friendships** Program. Closed stat holidays.

Mondays

2:30 - 5:00 pm

June & July

The LINC Youth Centre

Free

FMI: Karen 250-338-5371

ADAPTED SWIM

(all ages)

Join the fun in this swim for all ages and abilities! Toys and the slide are available during this open swim. The lift is also available for anyone needing support to get into the water. Special support aids are free to swim with their participants!

July 3 - August 30

Tuesdays & Thursdays

12:00 - 12:45 pm

Memorial Outdoor Pool

Regular admission rates

TUESDAY EVENING SOCIALS

Drop-in to this fun night with your peers. Something different will be happening each week.

Stay tuned for our calendar of activities!

Tuesdays

July 3 - August 21

6:00 - 8:00 pm

Prices will vary depending

on activity

Summer Special Events

STAMPEDE DANCE

Friday, June 22

12:30 - 2:30 pm

Lewis MP Hall

\$2

GARDEN THERAPY CRAFTS

Beachwood Beaded

Windchimes

Thursday, July 19

1:00 - 2:15 pm

or

Seashells & Sand

Monday, August 13

10:45 am - noon

Lewis Tsolum Building

\$5 each

HAWAIIAN DANCE

Friday, August 17

12:30 - 2:30 pm

Lewis MP Hall

\$2

Summer Registration for Adapted Programs starts June 11.

ACCESS AWARENESS DAY IS JUNE 2, 2018

Celebrated annually on the first Saturday in June, Access Awareness Day is a campaign to raise awareness about disability, accessibility, and inclusion.

It is a call to respond creatively and purposefully to build a society where barriers to inclusion are removed, and to ensure the independence, self-esteem, dignity, and security of all citizens.

Comox Valley Accessibility Committee
See page 116 for details



**More Registered & Drop-in Activities in Newsletter, coming out June 4
Clay, Cooking, Golf & more!**





TEEN ODYSSEY

(12 - 18 years)

Teen Odyssey is a fun and supportive camp for teens with special needs. We'll team up with friends for all sorts of summer activities. Interactive games, crafts, mini golf, beach days, out trips and daily swims make for an exciting summer! **No camp August 6.**

Monday - Friday

#46478 July 9 - 13

#46480 July 16 - 20

#46481 July 23 - 27

#46482 July 30 - August 3

#46485 August 13 - 17

#46483 August 20 - 24
\$80/5

Tuesday - Friday

#46479 July 3 - 6

#46484 August 7 - 10
\$64/4

10:00 am - 4:00 pm
Lewis Centre

Adapted Programs in partnership with:



Pre-Registered Programs

SUMMER FUN

Bingo

#46545 Thursday July 5
10:30 - 11:45 am

or

#46568 Thursday August 23
10:30 - 11:45 am
Lewis MP Hall
\$2 limited space

Outdoor Kickball

#46546 Wednesday July 25
1:00 - 2:15 pm
Lewis Park

Board Games & Coffee House

#46547 Friday August 3
10:30 - 12:00 pm
Lewis Centre Craft Room A
\$2/Class

PARK PICNIC PARTY

Join us for a great afternoon! Good food, good friends, good times!! B.Y.O. lunch, but ice cream is on us!

Friday July 13
11:30 am - 2:00 pm
Lewis Tsolum Building
FREE

CREATIVE DANCE

Try some fun activities! Join Jenna in this fun class. Dancers will learn basic dance moves to all kinds of music. Ballet techniques combined with gentle stretching. Mild-moderate cardio. Encourages balance, coordination, flexibility.

#46475 Tuesday - Thursday
July 3 - 5

1:00 - 2:30 pm

Lewis Activity Room
\$20

or

#46476 Monday - Wednesday
August 20 - 22

10:00 - 11:30 am

Lewis Activity Room
\$20

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!

Volunteers Needed!

Sewing, Tuesday Evening Socials, Golf, Summer Fun Activities, Special Events, Evening Socials and more! Join our great team!

Go to www.courtenay.ca or call **250-338-5371** for more info or to complete your volunteer application form.



follow us

REGISTRATION STARTS MONDAY MAY 14 | See page 51



Arts & Crafts

PAINTING COMOX VALLEY

Each week we'll paint from life at a different location in our beautiful valley using your choice of water-colour, oil or acrylic paints. Starting with a demo by the instructor, we'll then have an hour or more of painting time to try it out, with help and instruction when you need it. Please meet in the lower level of the Native Sons Hall for our first session and also in the event of a rainy day.

Instructor: Teresa Knight

#46142 Tuesdays

July 3 - August 21
9:30 am - 12:00 pm
Native Sons Hall
\$125/8

Check receipts carefully for important program information.

ADVANCED PAINTING

Advanced Painting - all painting media - (oil painters, please, for solvent, use only Ecosafe). Work on whatever painting you like with great company, and with help and direction when you want it.

Instructor: Teresa Knight

#46143 Tuesdays

July 3 - August 21
1:00 - 3:30 pm
Native Sons Lower Hall
\$125/8

ROLLER PRINTED SILVER & COPPER RINGS

Using the roller printer create various textures to print on silver & copper and turn them into interesting rings. \$50 supply fee due to instructor at first class.

Instructor: Cheryl Jacobs

#46138 Friday August 10

9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

PAINTING SEASCAPES (OIL & ACRYLICS)

Seascapes are so rewarding to paint! You can capture the feeling of the waves, the sun and the ocean! This class will teach you how, step by step, to get it all down on canvas. You will learn how to make the colours of the sea, use brush strokes and techniques for adding depth and feeling, and match tones for creating distance or atmospheric perspective. You will learn how to best approach your painting, find a pleasing composition, and how and when to put on finishing touches which make it come to life! The first 2 classes will take place indoors after which, we will paint at lovely seashore locations.

Instructor: Teresa Knight

#46144 Wednesdays

July 4 - August 22
9:00 am - 12:00 pm
Filberg Centre Craft Room
\$125/8

BEACHSTONES AND STERLING SILVER JEWELRY

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

Instructor: Cheryl Jacobs

#46137 Friday July 20

9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

DEANNA'S AROMA-THERAPY FOR MOM: BABIES, TODDLERS, CHILDREN & TEENS

Explore Essential Oils that are safe for different stages of development. Focus on Botanical Profiles, safety, recipes, chemistry and make a blend to take home.

Instructor: Deanna Papineau

#46183 Wednesday July 4
7:00 - 9:00 pm
Lewis Craft Room B
\$60

DEANNA'S AROMA REIKI HEALING

Join us for an interactive Aromatherapy Workshop. Make and take an Essential Oil Sports Massage Blend. Explore Essential Oil Profiles and safety to address muscles, ligaments, nerves and inflammation. Information on the emotional component relating to the physical body and self care will be addressed. Learn blending techniques and applications from a Clinical Aromatherapist.

Instructor: Deanna Papineau

#46184 Wednesday July 11
6:00 - 8:00 pm
Lewis Craft Room B
\$60

GLASS ON GLASS MOSAICS

A one day workshop doing a framed piece of art work with colourful stained glass. A new product to adhere the glass will be used, way less work and mess than traditional products. Learn to cut and nip glass, clean up the edges and finish a 10 by 12 work of art. \$50 supply fee due to instructor at first class.

Instructor: Cheryl Jacobs

#46532 Sunday August 19
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

GETTING TO KNOW DEMENTIA

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

Instructor: Alzheimer's Society

#46139 Friday July 13
1:00 - 3:30 pm
Native Sons Grand Hall
Free - Please Register

HANDMADE STERLING AND COPPER RIVETED BEADS

This class is about learning the ancient art of bead making which is popular worldwide. Students will rivet, dome and embellish mixed metals to create one of a kind mini works of art. \$50 supply fee.

Instructor: Cheryl Jacobs

#46531 Sunday August 12
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

SHAPING THE JOURNEY: LIVING WITH DEMENTIA

A four session education series for people with early symptoms of dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.

Instructor: Alzheimer's Society

#46140 Wednesdays
August 22 - September 12
1:00 - 3:30 pm
Native Sons Lower Level
Free - Please Register

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!





GOLF SHORT GAME

The game of golf can be broken down into two elements: the long game and the short game. This short game lesson program covers all areas of the short game, chipping, pitching, putting and sand play. **No class July 25.**

Instructor: Bill Kelly

#46217 Wednesdays
July 4 - August 1
1:00 - 2:00 pm
\$92/4

LADIES ONLY

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing.

#46486 Saturdays
August 4 - 25
2:00 - 3:00 pm
\$92/4

Golf programs will take place at Glacier Greens Golf course.

GOLF FULL SWING

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing. **No class July 27.**

Instructor: Bill Kelly

#46218 Fridays
July 6 - August 3
1:00 - 2:00 pm
\$92/4

ADULT KUNG FU

Applied Body Mechanics Ving Tsun is a tested system of Chinese Boxing that emphasizes small movements for maximum results. This class is skill-based training in an encouraging, safe and non-threatening environment. Practitioners will develop fast hands and good body structure through progressive sparring drills and pad work.

No class August 6.

Instructor: Conny Martens

#46135 Mondays & Wednesdays
July 9 - August 15
8:00 - 10:00 pm
Lewis Centre Activity Room
\$110/2 classes/week
\$60/1 class/week
\$20/Drop-in

PICKLEBALL

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

No class August 6.

#46170 Mondays, Wednesdays,
& Fridays
July 2 - August 31
9:00 - 11:00 am
Martin Park Lacross Box
\$2/Drop-in

EVENING BADMINTON

This is your chance to meet other Badminton players and participate in unstructured games with players of varying abilities and experience. Drop-in Badminton is a great way to promote activity and fitness while being flexible to meet the needs of your schedule.

No games August 6.

#46168 Mondays & Thursdays
July 5 - August 30
7:00 - 9:00 pm
Lewis Centre Gym
\$3/Drop-in

TAI CHI (NSH)

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. **No class August 8.**

Instructor: Ivy Wang
Wednesdays
July 4 - August 29

#46164 9:00 - 10:00 am
#46163 10:00 - 11:00 am
#46165 11:15 am - 12:15 pm
Native Sons Hall
\$96/8

SUMMER DRUMS ALIVE FOR EVERY-BODY

This summer Drums Alive offering is for everyone, regardless of age, ability or endurance level -- if you are missing your regular, weekly Drums Alive 'fix', or simply curious to find out why Drums Alive is the most fun way to get fit, this is the class for you! This is the fitness class everyone is talking about - why not come out and give it a try? You will always leave smiling! Drop-in's welcome, please bring your own ball. **No class July 18.**

Instructor: Monica Hofer

#46541 Wednesdays
July 4 - August 8
5:15 - 6:15 pm
\$35/5
\$8/Drop-in

NIA

Moving to music that invigorates and inspires, we cycle through dynamics of power and strength, grace and flexibility. This is fitness that respects who you are, where you've come from, and where you want to go. Every body welcome.

No class August 6.

Instructor: Ann Marie Lisch

#46161 Mondays
July 9 - August 20
5:30 - 6:45 pm
Filberg Centre Rotary Hall
\$56/6

ADULT BALLET

Develop strength and flexibility through classical technique in this adult oriented class. Beginners welcome! No experience necessary.

Instructor: Jennifer Flint

#46073 Tuesdays
July 3 - August 28
5:15 - 6:15 pm
Lewis Activity Room A
\$54/9
\$6.50/Drop-in

SUMMER GROOVES HAND DRUMMING

Get into the groove during these three days of practicing proper technique on the djembe, developing great sound, and creating rhythm soundscapes using traditional African rhythms as our foundation. If you've previously been in a Beyond Beginner or higher class, please sign up for the Beyond Beginner/Intermediate class. We will be experimenting with brand new rhythms, phrases and breaks in each series this summer, so you can get your drumming fix!

Instructor: Monica Hofer
Beginner

July 17 - 19 **Lower NSH**
#46535 5:15 - 6:15 pm
August 14 - 16 **Grand Hall**
#46537 2:15 - 3:15 pm
Beyond Beginner/Intermediate
July 17 - 19 **Lower NSH**
#46536 6:30 - 7:30 pm
August 14 - 16 **Grand NSH**
#46538 3:30 4:30 pm
\$42/3

MINDS IN MOTION

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

#46216 Wednesdays
June 27 - August 22
1:00 - 3:00 pm
Native Sons Lower Level
\$60/9

ZUMBA TONING

Zumba® Toning combines body sculpting exercises and high energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party. Along with light-weight upper body resistance using Zumba® toning sticks, you'll work against gravity or the floor to define your leg and ab muscles.

No class August 6.

Instructor: Milena Spratt

#45987 Mondays
July 9 - August 27
5:30 - 6:30 pm
Lewis Activity Room
\$42/7





SENIORS INTRO TO KAYAKING

(55 years & over)

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

Instructor: Comox Valley Kayaks

#46242 Monday July 23, 1 - 4 pm

#46243 Friday August 10, 2 - 5 pm
\$58/1

INTRO TO STAND UP PADDLE BOARDING

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

Instructor: Comox Valley Kayaks

#46225 Wednesday July 11, 6 - 8 pm

#46230 Saturday July 21, 1 - 3 pm

#46224 Wed August 8, 6 - 8 pm
\$48/1

BASICK KAYAK PART 1 - KAYAK RESCUES

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

Instructor: Comox Valley Kayaks

#46231 Thursday July 5

#46232 Tuesday July 10

#46233 Thursday July 19

#46234 Tuesday July 24

#46236 Thursday August 2

#46235 Tuesday August 7

#46251 Tuesday August 14

#46237 Thursday August 23

7:30 - 9:30 pm

\$58

ADULT LEARN TO SAIL C420 - BEGINNER

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

Instructor: Comox Bay Sailing Club

#46221 Monday - Friday

August 27 - 31

9:00 am - 3:30 pm

\$299/5

BASIC KAYAK PART 2 - PADDLING SKILLS

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills! Prerequisite: Part 1 (Rescue skills)

Instructor: Comox Valley Kayaks

#46254 Saturday July 7

12:00 - 3:00 pm

#46246 Sunday July 22

9:00 am - 12:00 pm

#40247 Saturday August 4

9:00 am - 12:00 pm

#46248 Saturday August 11

3:00 - 6:00 pm

#46249 Sunday August 19

10:00 am - 1:00 pm

\$58

BASIC KAYAK PART 3 - PADDLING SKILLS

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

Instructor: Comox Valley Kayaks

#46250 Sunday July 8

12:00 - 3:00 pm

#46253 Sunday July 22

2:00 - 5:00 pm

#46254 Sunday August 5

9:00 am - 12:00 pm

#46251 Sunday August 12

3:00 - 6:00 pm

#46252 Sunday August 19

2:00 - 5:00 pm

\$58

Personal Training Team



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



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



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



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



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



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

Personal Training Prices

Private

1 session	\$50
3 sessions	\$135
5 sessions	\$200
10 sessions	\$325
15 sessions	\$375

Semi Private (2 people)

1 session	\$75
3 sessions	\$203
5 sessions	\$300
10 sessions	\$490
15 sessions	\$563

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

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

Benefits of Personal Training:

- helps define individual fitness goals
- create a specific workout plan just for you
- learn the proper way to perform each exercise movement
- regular sessions with a personal trainer create accountability
- helps to make adjustments as your fitness level improves to ensure continued progress and variety



follow us

REGISTRATION STARTS MONDAY MAY 14 | See page 51



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 13)

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

For Squash Club & Squash League info, contact:
jayson@fuerstenberg.ca

2 for 1 SQUASH all summer long!

May 22 - September 9

Book two courts for the price of one

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

Hours until May 13:

Monday - Friday 6:45 am - 10:00 pm
Saturday 9:00 am - 3:45 pm
Sunday 9:00 am - 7:45 pm

Summer Hours effective May 14:

Monday - Friday 6:45 am - 10:00 pm
Saturday 9:00 am - 3:45 pm
Sunday 9:00 am - 3:45 pm

Closed: Monday May 21 - Victoria Day

Sunday & Monday July 1 & 2 - Canada Day

Monday August 6 - BC Day

Monday September 3 - Labour Day





Fees

Drop-in & Punch Cards

(includes 5% GST)

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

Memberships (includes 5% GST)

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

Childminding

(All ages)

If you're participating in our programs, playing tennis, squash, or using our Wellness Centre, your children are invited to drop in and play.

until June 29: Monday - Saturday

9:00 - 11:00 am

starting July 3: Monday - Friday

9:00 - 10:30 am

\$4.00/1¼ hour drop-in (ask about other options)

Wellness Centre

Ages 13 & Over

(13 - 15 years with adult supervision)

Services Include:

Professional Assistance
Drop-in
Instructional Programs
Personal Training

Wellness Centre Summer Hours:

Monday - Friday 5:00 am - 10:00 pm

Saturday 8:30 am - 4:00 pm

until May 13:

Sunday 8:30 am - 8:00 pm

effective May 20:

Sunday 8:30 am - 4:00 pm

Hours & schedule subject to change

Pass Suspensions

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

Equipment

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

NOTE:

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



follow us  

REGISTRATION STARTS MONDAY MAY 14 | [See page 51](#)

Wellness Centre Classes & Supervision Hours

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

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

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

Schedule subject to change

Pre-Registered Classes

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
#46172 Tuesdays & Thursdays
 July 3 - August 30
 7:00 - 8:00 pm
 Lewis Wellness Centre
 \$108/18

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
#46171 Tuesdays & Thursdays
 July 3 - August 30
 1:30 - 2:30 pm
 Lewis Wellness Centre
 \$108/18

TRX BODY BLAST

Body Blast is a strength focused class, 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 August 6.
Instructor: Kim Hamilton
#46111 Mondays
 July 30 - August 27
 5:15 - 6:15 pm
 Lewis Wellness Centre
 \$32/4



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. **No class August 6.**

Instructor: Juan Blancas

EG Mondays & Wednesdays
July 4 - August 29

#46120 10:00 - 11:00 am

#46122 11:15 am - 12:15 pm

#46121 1:00 - 2:00 pm

#46123 2:15 - 3:15 pm

\$96/16

#46124 Tuesdays & Thursdays

July 3 - August 30

10:30 - 11:30 am

\$108/18

#46125 Fridays

July 6 - August 31

10:00 - 11:00 am

Lewis Wellness Centre

\$54/9

30/30 SPIN TRX HYBRID

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

Instructor: Kim Hamilton

#46173 Tuesdays & Thursdays

July 24 - August 30

6:30 - 7:30 am

Lewis Wellness Centre

\$72/12

EG for 55+ classes.

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. **No class August 6.**

Instructor: Joyce Leong & Steve Thomson

#46106 Mondays & Wednesdays

EG July 4 - August 15

10:15 - 11:15 am

Native Sons Grand Hall

\$72/12

SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening, as well as health and wellness education. **No class August 6.**

Instructor: Joyce Leong & Steve Thomson

#46105 Monday & Wednesdays

EG July 4 - August 15

9:00 - 10:00 am

Native Sons Grand Hall

\$72/12

STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class August 6.**

Instructor: Nancy Victoria

#46008 Mondays & Thursdays

EG July 9 - August 16

9:00 - 10:00 am

Native Sons Grand Hall

\$66/11

55+ TRX AND RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class August 6.**

Instructor: Kim Hamilton

#46132 Mondays & Wednesdays

EG July 25 - August 29

9:00 - 10:00 am **level 2**

Lewis Wellness Centre

\$80/10

Tuesdays & Thursdays

July 24 - August 30

#46134 9:00 - 10:00 am **level 1**

#46133 2:45 - 3:45 pm **level 2**

Lewis Wellness Centre

\$96/12



Drop-in Fitness Schedule

effective July 3 2018
unless otherwise noted

	MON	TUES	WED	THURS	FRI
9:00 am	Cardio Chaos+	BootCamp Blast+	Active Recovery Yoga	BootCamp Blast+	Core N' Cuts
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm	YOGA HIIT 12:10pm
5:15 pm	Zumba Toning 5:30pm	Spin & Core	NEW! Chiseled	BootCamp Blast	

Please note: This schedule is subject to change

Pay & sign in at the office

For Fitness Schedule before July 3, please check courtenay.ca/fitness

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

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

CORPORATE WELLNESS

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

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

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

Please contact *Catriona Smith* @ csmith@courtenay.ca for more info.

Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 13.



Drop-in Fitness

CARDIO CHAOS+

Monday 9:00 - 10:15 am

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

ZUMBA TONING

Mondays 5:30 - 6:30 pm

Zumba® Toning combines body sculpting exercises and high energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party. Along with light-weight upper body resistance using Zumba® toning sticks, you'll work against gravity or the floor to define your leg and ab muscles. **Instructor:** Milena Spratt

CHISELED

Wednesdays 5:15 - 6:15 pm **NEW!**

Come get your sweat on in this one stop shop for all your fitness goals! Using a combination of low weights and high reps mixed with cardio, you'll get a full body workout in, speeding up the fat burning process and leaving you feeling great!

Instructor: Nancy Victoria

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

BOOTCAMP BLAST

+ Tuesdays 9:00 - 10:15 am
+ Thursdays 9:00 - 10:15 am
Thursdays 5:15 - 6:15 pm

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

Instructor: Steve Thomson

CORE N' CUTS

Fridays 9:00 - 10:00 am

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

Instructor: Steve Thomson

HIIT

Tuesdays 12:10 - 12:45 pm
Thursdays 12:10 - 12:45 pm

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. This quick, fun and effective workout is a great way to complement your gym routine!

Instructor: Tammy Jones

YOGA HIIT

Fridays 12:10 - 12:45 pm

This new style of HIIT class will keep you sweaty and stretchy for your lunch hour workout, combining high intensity intervals as we work through yoga flows. It's the perfect balance to start your weekend off just right!

ACTIVE RECOVERY YOGA

Wednesdays 9:00 - 10:00 am

Turn your rest days into active recovery days. This class will help to maximize your hard work. Active recovery is just as important as strengthening your muscles. Soothe your tight, exhausted muscle, finding the balance of taking deep breaths, enhance blood flow while increasing your body's mobility and flexibility.

Instructor: Wendie Matte

SPIN AND CORE

Tuesdays 5:15 - 6:15 pm

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength.

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





CHISELED

Come get your sweat on in this one stop shop for all your fitness goals! Using a combination of low weights and high reps mixed with cardio, you'll get a full body workout in, leaving you feeling great and speed up the fat burning process!

Instructor: Nancy Victoria

#46335 Wednesdays

July 11 - September 5

5:15 - 6:15 pm

Lewis Activity Room

\$50/9

\$6.50/Drop-in

FOAM ROLLING

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

#46563 Wednesdays

July 11 - August 15

10:15 - 11:15 am

Lewis Activity Room

\$36/6

FLEX CORE

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

Instructor: Steve Thomson

#46107 Thursdays

July 5 - 26

6:30 - 7:30 pm

Lewis Activity Room

\$28/4

WOMENS SPECIFIC STRENGTH

This class focuses on resistance training techniques to help improve muscle mass and bone strength. Other aspects of the class will touch on increasing mobility, flexibility, coordination and overall balance.

No class August 6.

Instructor: Morgan Klieber

#46175 Mondays

July 9 - August 27

10:30 - 11:30 am

Lewis Activity Room A

\$42/7

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. This quick, fun and effective workout is a great way to complement your gym routine!

Instructor: Tammy Jones

#46110 Tuesdays

July 10 - August 28

#46109 Thursdays

July 12 - August 30

12:10 - 12:45 pm

Lewis Activity Room

\$36/8

\$5/Drop-in

YOGA HIIT

This new style of HIIT class will keep you sweaty and stretchy for your lunch hour workout, combining high intensity intervals as we work through yoga flows. It's the perfect balance to start your weekend off just right!

#46534 Fridays

12:10 - 12:45 pm

July 6 - August 31

Lewis Activity Room

\$40.50/9

\$5/Drop-in

CHAIR FIT

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.

#46549 Tuesdays & Fridays

July 6 - August 31

9:00 - 10:00 am

Filberg Rotary Hall

\$108/18

Yoga

MEDITATION AND YOGA

(16 years & over)

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

Instructor: Sheron Jutila

#46334 Thursdays

July 12 - August 30

2:00 - 3:30 pm

Lewis Meeting Room

\$96/8

GOOD MORNING YOGA

Leave the class feeling energized yet calm and relaxed. Build body and mind awareness through yoga posture, breathing practice and meditation. Previous yoga experience required.

Instructor: Akiko Shima

#45982 Fridays

July 6 - August 24

9:15 - 10:45 am

Lewis Meeting Room

\$96/8

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

#46331 Tuesdays

EG July 10 - August 28

10:30 - 11:45 am

\$80/8

#46330 Thursdays

July 12 - August 30

10:45 am - 12:00 pm

Meeting Room

\$80/8

RESTORATIVE YOGA

Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not only limited to those recovering from injury or illness or who have limited range of motion. Welcome to all levels and those who prefer a slower practice.

Instructor: Helen Pattinson

#45985 Thursdays

July 12 - August 30

5:15 - 6:45 pm

\$96/8

YIN YANG YOGA

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

Instructor: Wendie Matte

#46533 Wednesdays

July 4 - August 29

6:45 - 7:45 pm

Lewis Activity Room

\$54/9

\$6.50/Drop-in

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: Catherine Reid

#46328 Tuesdays

EG July 10 - August 28

11:00 am - 12:00 pm

Native Sons Grand Hall

\$99/8

THERAPEUTIC YOGA

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain and understand fully how your body works. Suitable for beginners through advanced practitioners.

Instructor: Akiko Shima

#45984 Fridays

July 6 - August 24

11:00 am - 12:30 pm

Lewis Meeting Room

\$96/8





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 August 6.**

Instructor: Catherine Reid
#46332 Mondays
 July 9 - August 27
 6:00 - 7:00 pm
 Lewis Meeting Room
 \$63/7

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 August 6.
Instructor: Sheron Jutila
#46116 Mondays
 July 9 - August 27
 10:15 - 11:15 am
 Filberg Rotary Hall
 \$63/7

HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class August 6.**

Instructor: Catherine Reid
#46333 Mondays
 July 9 - August 27
 7:15 - 8:45 pm
 Lewis Meeting Room
 \$84/7

VINYASA YOGA

Vinyasa Yoga is a dynamic practice in which postures are linked with breath to cleanse and strengthen the body, focus the mind and deepen your inner awareness. Mixed level classes offer appropriate options for the beginner as well as challenges for the long time student. A feel good workout for the body, mind and spirit. **No class August 6.**

#46539 Mondays
 5:30 - 6:30 pm
 July 9 - August 27
 Lewis Craft Room A
 \$42/7

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.

Instructor: Akiko Shima
#45981 Wednesdays
 July 4 - August 22
 6:30 - 7:45 pm
 Lewis Craft Room A
 \$80/8

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 August 6 & 10.**

Instructor: Sheron Jutila
#46117 Mondays
 July 9 - August 27
 2:00 - 3:30 pm
 Filberg Rotary Hall
 \$84/7

Fridays
 July 13 - August 31
#46118 10:00 - 11:30 am
(no am class July 27)
 \$72/6

#46119 2:00 - 3:30 pm
 Native Sons Lower Level
 \$84/7



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

Sign me Up!

Summer Program Registration begins **Monday May 14** at 7:15 am

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis or the Filberg Centres
First Come, First Served

By Phone

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

By Fax

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

By Mail

Mail registration form (this page) with payment to:

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

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

No Email registrations accepted

Refunds

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

Registration Information

Name: _____

Birthdate: _____ Care Card# _____

Allergies/Medical Conditions: _____

Address: _____

City: _____ Postal Code: _____

Home Phone: _____

Alternate Phone: _____ Email: _____

 **Participant's Name:** _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

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

= TOTAL: \$ _____

Payment: (Must be included with your registration)

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

Credit Card #: _____

Expiry Date: _____ Phone #: _____

Registration Policy

- All registrations are processed on a first come first serve basis.
- Pre-registration is required for all classes except when specified as a drop-in class.
- Fees are to be paid in full at the time of registration by cash, cheque, Visa, Mastercard or Debit Card. Please make cheques payable to the City of Courtenay.
- Registration is limited to the immediate family plus members from one other family only. Some restrictions may apply.
- Courtenay Recreation reserves the right to make cancellations or changes as necessary.
- G.S.T. will be charged on all programs with participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- Please read confirmation receipts carefully for information on dates, times, supplies, etc.





Evergreen Club



Join Today! Membership Includes:

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

The Evergreen Club, a program of the Courtenay Recreational Association, provides leisure and recreation activities for those 55 years of age or better. Membership fees are paid annually and are required to participate in most Evergreen activities. \$27/year

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

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

www.evergreenclub.ca

Evergreen Club Activities

Computer Lab

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

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
- Slo Pitch
- Walk & Talk

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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



Evergreen Club Events

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

Gospel Music Extravaganza

Sunday May 6
2:00 pm

Comox Valley District Concert Band

Sunday May 13
2:00 pm

Canada Day Tea Dance with the Georgia Strait Big Band

Sunday July 1
2:00 - 4:00 pm
Free

Pancake Breakfast

Saturday July 21
7:30 - 11:00 am
Tickets \$5 at the door

Evergreen Club Volunteers



Volunteer Opportunities

Senior volunteers come with a wealth of experiences and knowledge gained from a full career, parenthood, and other life milestones. Why not bring these skills to a new Evergreen Club volunteer endeavor? If you carry a positive attitude and a desire to help and share, we want to talk further with you! Some studies have discovered that seniors who volunteer usually enjoy increased health!

Come see what volunteer positions are currently available at www.evergreenclub.ca, or call Deanne, our Volunteer Coordinator at 250-338-1000 or email dmcrae@courtenay.ca

Florence Filberg Centre • 250-338-1000

Evergreen Club Travel Opportunities

Join the Evergreen Club for day and overnight trips. Check the monthly newsletter for details and more travel opportunities.

Wed. July 4 Chemainus Theatre Lunch followed by a matinee "Grease".

Sat. July 28 Alberni Pacific Steam Train and Mclean Mill

Sat. Aug 18 Day trip to Friendly Cove on the Uchuck III

Evergreen Food Service

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

The food service is open:
Monto Fri, 8:00am - 3:00pm

Friday Night Dances

Enjoy dancing and listening to live bands most Fridays in the Rotary Hall at the Florence Filberg Centre.

Tickets \$7 Members
\$9 non members & guests
All welcome!



Playground Update

Puntledge Park to get new playground structures!

The popular playground in Puntledge Park is being updated with a new playground structure set to be installed by early this summer.

The new structure is represented in the photo and will include a slide pole, space walk, rockwall, climbers, overhead ladder, wave slide and more.

A special thank you to the Strathcona Sunrise Rotary Club for contributing \$20,000 to this project.



Rotary Water Park at Lewis Park

Re-opening Saturday May 19

Get soaked, sprayed and splashed in the Valley's wettest playground! Featuring an o uch resistant recycled rubber tire surface, thanks to funding from Tire Stewardship BC.

The waterpark is open from 10:00 am to 7:00 pm daily throughout the summer. *Please note that hours are subject to change.*

See page 4 for more information on the outdoor pool at Lewis Park. *Call the Lewis Centre for further information at 250-338-5371.*



*photo by
Ron Pogue*

Courtenay Park Bookings

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

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

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

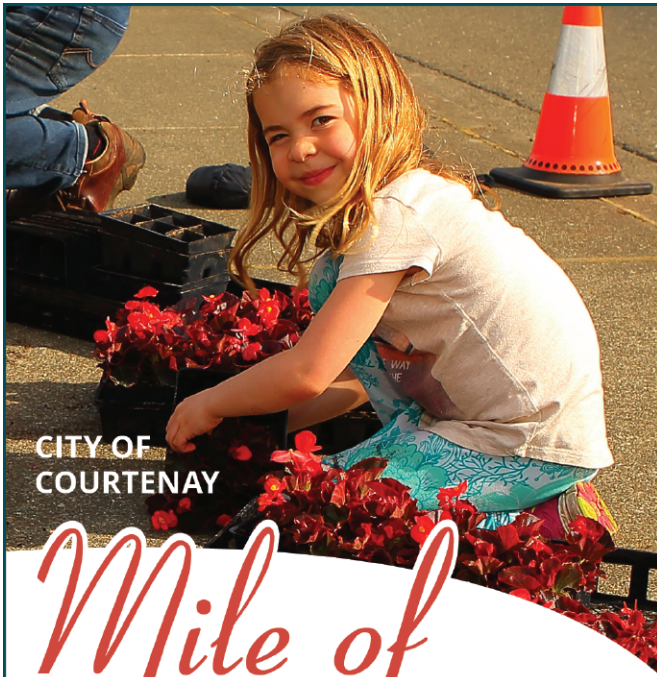
To book a park or play field, ***call the Lewis Centre at 250-338-5371.***

Schools:

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

City Parks:

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



CITY OF
COURTENAY

Mile of Flowers

Tuesday, May 29
starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In.

A local tradition since 1967!

Followed by a free BBQ at Standard Park (Cliffe Avenue & 14th Street) courtesy of Courtenay Rotary & City of Courtenay.

WHAT TO BRING:

Gloves and a tool for digging

WHERE TO PLANT:

Garden beds on Cliffe Avenue between 8th and 21st Street

Info: 250-334-4441
courtenay.ca/mileofflowers



CITY OF
COURTENAY

Public Works Services

follow us  

City of Courtenay
presents...

Simms Park Summer

CONCERTS

— **FREE Sunday** —
Concerts at 7:00 pm

June 17 Chris Hansen and the Lunchbox Legends
Roots and soul music with poignant lyrics and danceable funky grooves

June 24 Duo of Duos
Featuring Brodie Lee Dawson, Luke Blu Guthrie and Easy Street

July 8 Georgia Strait Big Band
Mega-hits from the Big Band Era plus swing and Latin tunes

July 22 Zandhunga
High-energy, Latin and world-beat dance party grooves

July 29 CYMC
Students from CYMC summer academies present their music

August 12 Songwriters Circle
Featuring Ryan Castle, Ashley Ball, Gord Phillips, Riel, Nathan Senner & Allana Clark

August 19 The Olsen Bros Band
A country & rock band from Washington State known for tight harmonies and a fun energetic vibe

August 26 Pure Petty
This season closer features a rocking tribute to Tom Petty that promises to be a high energy and fun night!

Bring a lawnchair or blanket
Info: courtenay.ca/simms
Courtenay Recreation Lewis Centre: 250-338-5371



CITY OF
COURTENAY

Recreation & Cultural Services

THE
Record

98.9
GOAT
World Class Rock

WhatsOnDigest
VANCOUVER ISLAND EVENTS



Enjoy Courtenay Parks

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



COMOX VALLEY ART GALLERY

Contemporary art exhibitions and programs + a shop featuring dozens of regional artists



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

GALLERY SHOP

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

Follow us on social media @comoxvalleyartgallery



Courtenay and District

Museum & Palaeontology Centre

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



Discoveries happen here!

Knowledge and fun for the whole family. Palaeontology, First Nations and settlement exhibits.

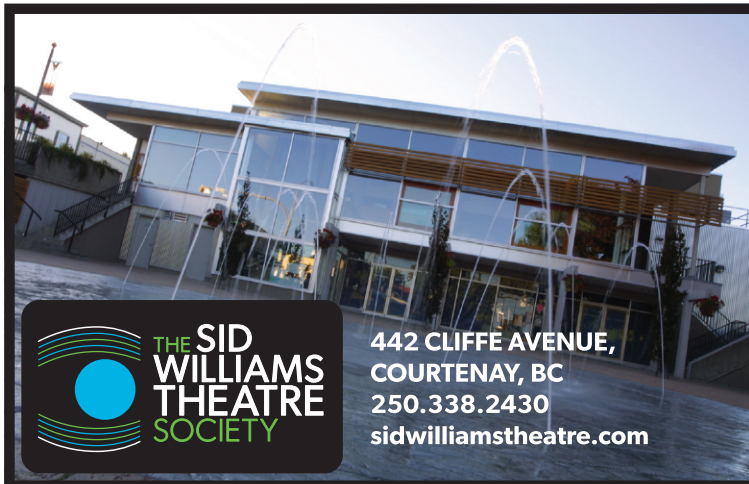
Year round school programmes, fossil tours, field trips, lectures and gift shop.

Hours of Operation

(closed on statutory holidays)

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

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



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME&SEE

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



follow us

CITY OF COURTENAY | 250-334-4441 | courtenay.ca

Courtenay Recreation Facility Rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

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



Bill Moore Park Lawn Bowling Bldg

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



Call the Lewis Centre
at 250-338-5371

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

The LINC Youth Centre

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

Meetings Rooms:

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

Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

Native Sons Hall

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

Meetings Rooms:

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

Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



Volunteer Opportunities

Courtenay Recreation

VOLUNTEERING.....a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre, Special Events and Adapted Programs. Volunteers are a gift to the Community! www.courtenay.ca
Call **250-338-5371** or text **250-650-9930**



Comox Valley Accessibility Committee

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

FMI Lydia **250-338-5371**
comoxvac@gmail.com
www.cvaccess.ca



Comox Valley
**ACCESSIBILITY
COMMITTEE**
Building a Barrier Free Society

MARS Wildlife Rescue Centre

MARS needs volunteers to help with public education and community events. Must be comfortable dealing with cash and speaking with the public. Some physicality required to setup and take down - 10X10 tent, totes, table, chairs and merchandise. Must be 18+, work in pairs, training provided. Call **250-337-2021** or visit

www.marswildliferescue.com



MARS
WILDLIFE RESCUE CENTRE

The Gardens on Anderton

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

thegardensonanderton@gmail.com
www.gardensonanderton.org



Habitat for Humanity Vancouver Island North

The excitement is building on a 10-unit affordable housing development on Lake Trail Road! Help build community by volunteering on the construction site and/or at our Comox Valley ReStore. People of all skill levels welcome. Volunteers must be age 16+. Training provided. Call Terri at **250-218-4952** or email Terri@HabitatNorthIsland.com
www.HabitatNorthIsland.com



ReStore

Therapeutic Riding

Volunteers needed to assist people with divers-ability: no experience necessary, training provided. A desire to help people, work with horses, & enjoy a fun social atmosphere is required! Positions require some physical ability, e.g. walking on trails and in the indoor arena. Committing to one hour a week for an 8 - 10 week session is ideal. Call **250-338-1968** or visit: www.cvtrs.com



The Salvation Army desires to:

Connect with our community. **Grow** skills, education and personal development. **Excel** in meeting the needs of the people we serve. While volunteering with The Salvation Army, you help to promote dignity in our Community.

Call Nancy **250-338-5133** ext.223, or volunteer@cvsalarmy.ca

Sharing the love of Jesus Christ



Giving Hope Today

Volunteer Comox Valley

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

www.volunteercomoxvalley.ca



Volunteer!

Keep busy and gain valuable experience, Volunteers (14 years & older) needed.

For more information, call Lewis Centre at 250-338-5371

Low Cost Recreation

KidSport™ Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit: kidsportcanada.ca phone **250-334-9294**
comoxvalleykidsport@kidsportcanada.ca

Active Comox Valley

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

Canadian Tire JumpStart

Parents in financial need looking to get their kids involved in physical activity programs are encouraged to ask about funding assistance. Funding may offset registration fees, equipment, and transportation costs. For info call the Lewis Centre **250-338-5371**.

Prenatal Classes

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

189 Port Augusta Sea Cadets

(12 - 18 years) Would you like to experience Fun, Friendship & Challenges? Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more (in partnership with Navy League of Canada and DND).

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

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

New Discoveries Parent & Child Learning Centre

Discover programs for parents and children: Home with a Heart, Boundaries and Triple P, Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info .

City of Courtenay

Recreation Access Coupon Books

These provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at the Lewis Centre, Florence Filberg Centre and City Hall.

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

Town of Comox TRIP Program

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

Fun Freebies to Do in Courtenay!

Enjoy the benefits of physical activity

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



BOYS AND GIRLS CLUBS - GREAT FUTURES START HERE!



Boys & Girls Clubs
of Central Vancouver Island

Boys & Girls Clubs
of Central Vancouver Island

Summer Day Camp Registration starts May 1!

Summer Day Camp (ages 5 - 8)
Adventure Club Day Camp (ages 9 - 12)

- Trips to parks, lakes, beaches and waterparks every week!
- Passionate, qualified staff
- Programs run 7:30 am - 6:00 pm daily
- Subsidies welcome

Camps available all 9 weeks of summer - July 3 - August 31

Enriching Core Programming Each Week!

- 💡 Entrepreneurship
- 🏃 Physical Activity
- 🎨 Creative Arts
- 🌍 Cultural Diversity
- 🌿 Nutrition and Nature



Aspen Park Boys and Girls Club
250-650-2274 aspenpark@bgccvi.com

[bandgclubofcvi](https://www.facebook.com/bandgclubofcvi)

[@BGCCVI](https://twitter.com/BGCCVI)

Info and Registration at www.bgccvi.com



**Girl Guides
of Canada**
**Guides
du Canada**

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



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

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

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

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



Blue Devils SUMMER SWIM CLUB

It's a great way to get fit and have fun.
Programs for swimmers aged five & up.

For more information, please contact
Cathy Holland (President)

cathy@pacificcoastal.com or
250-650-5243 or
www.bluedevilsswimclub.com

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place
to learn!*



4R's

(K - 12)

- identifying and filling gaps in basic skills
- using strengths to enhance learning
- one to one, in individual classrooms
- subject-specific tutoring for higher grades
- fun and educational summer camps!

*Opening Doors for Learning
since 1989*

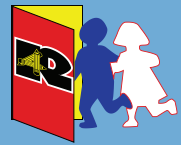


Little R's Pre-school

(Register for Sept. '18 now!)

- play-based learning
- providing activities that challenge and support growth
- developing self-awareness, social skills and a strong foundation for future success
- specific learning goals
- individual feedback
- qualified E.C.E teachers

Promoting successful learning



phone: 250-338-4890 • e-mail: four.rs@shaw.ca • website: www.4rseducation.com



Free Language Instruction for Newcomers to Canada

Improve your English for:
Employment Programs
Canadian Citizenship
Academic Programs
Living and Working in Canada

Meet people and have fun

For more info call
the Immigrant Welcome Centre
at 250-388-6359



**Working with you toward a
healthy & vibrant community**



**Providing Community School Programs
& Events Since 2000**

Including life-long learning for all ages,
Thunderballs 2018, weekly bingo nights,
volunteer opportunities + more!

For more information visit
cumberlandcommunityschools.com



comox valley exhibition

AUGUST 24.25.26

Dog Days & Heritage Ways



 cvex.ca



Canada's RCMP Musical Ride

Proudly Hosted by the



COMOX VALLEY EXHIBITION



AUGUST 24, 25 & 26, 2018

2018 - "DOG DAYS & HERITAGE WAYS"
COMOX VALLEY EXHIBITION - WHERE IT'S FUN TO BE ON THE FARM!

at the Courtenay Fairgrounds
on Headquarters Rd.

For more info: cvex.ca or ticket.ca for online Ticket Sales

NORTH ISLAND COLLEGE



The First Aid Division at North Island College offers a variety of First Aid Certifications - basic to advanced.

NEW

NIC was selected as a Red Cross Instructor Development Centre & will be offering instructor training courses.

Comox Valley Campus

Code	Course	Date(s)
OFA 010	OFA Level 1	Mar 27
FAC 082	Marine Basic FA & CPR C	Mar 28 & 29
FAC 021	Standard FA & CPR C	Mar 28 & 29
FAC 010	Emergency Child Care	Apr 7
FAC 024	RC FA Instructor Course	Apr 15 - 18
FAC 021	Standard FA & CPR C	Apr 21 & 22
OFA 033	Paramedic in Industry	May 4
OFA 010	OFA Level 1	May 23
OFA 015	Transportation Endorsement	May 24

Occupational First Aid Level 3		
OFA 030	OFA Level 3 - May 7 - 18	
AET 020	Emergency Medical Responder - EMR June 4 - 15	



For a complete list of all first aid courses being offered at the Comox Valley Campus or any of our other campuses visit www.nic.bc.ca/ce

Facebook - North Island College - First Aid Programs
Instagram & Twitter - @NICFirstAid

For further information or to schedule contract training, please contact
250-334-5005 or firstaid@nic.bc.ca

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS

EDUCATION PROGRAMMES

COLLECTIONS

ARCHIVES



Courtenay and District **Museum** & Palaeontology Centre

Book a Tour!

250-334-0686

www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7

THE Filberg FESTIVAL

ANNUAL FUNDRAISER FOR THE FILBERG HERITAGE LODGE & PARK COMOX, BRITISH COLUMBIA

AUGUST 3-6, 2018



WE NEED YOUR COMMUNITY PASSION

AT THIS YEAR'S FILBERG FESTIVAL

VOLUNTEER OPPORTUNITIES START

≡ JULY 31 ≡

SITE ACCESS/ SECURITY

GREETERS

TICKET TAKERS

RAFFLE TICKET SELLERS

MUSIC STORE

BACKSTAGE LOGISTICS

For more information contact volunteers@filberg.com or call 250-339-2715



≡ FILBERGFESTIVAL.COM ≡



CELEBRATING Over 50 Years OF INSPIRING YOUNG PERFORMERS



Instrumental Concerts: July 5 - July 14

CHICAGO HIGH SCHOOL EDITION

Book by BOB FOSSE & FRED EBB

Music by JOHN KANDER Lyrics by FRED EBB

"Chicago (High School Edition)" is presented by special arrangement with SAMUEL FRENCH, INC

Choreography by Lindsay Sterk

Directed by Lori Mazey

Musical Direction by Shannon Tyrrell

Sid Williams Theatre: July 17 - 21



Island Jazz Concerts: July 18 - July 21

Visit: www.cymc.ca for individual concert dates and times, venues and tickets

NIC TECH & LEGO ROBOTICS CAMPS

Summer camps for children aged 9 - 12

NICBOT CAMP

Build, program and control LEGO robots during these week-long day camps. You will make new friends and have fun while you learn valuable science, technology, engineering and math (STEM) skills.

CAMPBELL RIVER CAMPUS: July 9-13 or July 16-20

COMOX VALLEY CAMPUS: August 13-17 or August 20-24

PORT ALBERNI CAMPUS: July 23-27

FOR MORE INFORMATION

Contact April Whalen:
april.whalen@nic.bc.ca
250-923-9771

Co-presented by Navigate 



TECH EXPLORERS CAMP

NEW for 2018

Be creative and explore coding, LEGO robotics, and snap circuits in a hands-on fun environment where you will meet new friends who love technology as much as you do.

CAMPBELL RIVER CAMPUS: July 16-20

COMOX VALLEY CAMPUS: August 20-24





5th Annual
Royal LePage
Petite Fondo
September 9, 2018



ONLY 200 SPOTS!
Registration begins June 15, 2018

3 ride distances 45 to 75 km
START AND FINISH at 750 Comox Road, Courtenay, BC
3 Winery Rest Stops: Beaufort, Blue Moon & 40 Knots

Looking for a Challenge?
Turn your Petite Fondo into a Gran Fondo
Contact Royal LePage In The Comox Valley
250-334-3124
or visit the website for more info and to register

www.PetiteFondo.ca

COAL HILLS BMX RACING

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

First Race
FREE!!!
Just mention
this add.



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

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

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Comox Valley Monarch Lions Club

Lions 911 Reflective Address Sign Sales

Monarch Lions volunteers will make your customized Lions 911 Reflective Address Sign while you wait.

A community/fundraising project - \$40 each

Every Saturday 9:00 am - 1:00 pm

Outside Farmer Market Grounds

Pre orders welcomed



PICK UP ON SATURDAYS BY
CURLING RINK
(LOOK FOR THE LIONS TENT)
CASH, CHECK OR PAYPAL



www.911reflectivesign.ca



St. John Ambulance

First Aid Training & Supplies

Call Your Local Branch For a Current Class Schedule

#84—1742 Cliffe Avenue, Courtenay - 250-897-1098

170 Dogwood Street, Campbell River - 250-287-4627

Get **SET™** for an Emergency
with **Safety Education & Tools**

sja.ca



We Also Book Private Classes Upon Request

Comox Valley United Soccer

Get your kicks locally!

Summer Soccer Camp

For players 7 - 14 years
July 23 - 27, 2018

Youth & Adult Fall Soccer Programs

Accepting players 4 years to Seniors
Open to Players of all Abilities
Registration opens June 2018
Programs start Aug/Sept

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



COURTENAY LAWN BOWLING CLUB

2361 Kilpatrick Avenue,
Courtenay

The game for life

The game for all ages

The game for all abilities

Never played before?

No problem we will help you.

Interested?

Contact us at

Website: courtenaylbc.com

Email 2017bowls@gmail.com

Phone (250) 338-8222



Comox Valley Minor Hockey



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



Contact Randi Reid for information. 250-650-4463 or randireid17@gmail.com



COMOX VALLEY
SPORTS & SOCIAL CLUB

SPORTS LEAGUES



**Register for Summer Leagues
by June 18**

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

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

Community Groups

Comox Valley

Athletic Association Basketball

Club Programs for Boys and Girls Ages 5-17



March - July 2018

Girls Fastbreak Program Grades K-12

Boys Fastbreak Program Grades K-12

To register and for more info:
cvathletics.ca/events
For complete North Island Basketball
Newsletter: Peter Parke drpedro@telus.net



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Community Directory

Adult Education

Adult Learning Centre.....250-338-9906
Creative Employment Access
Society/Job Shop.....250-334-3119
North Island College.....250-334-5000
North Island Distance Education..250-337-5300
World Community Development
Education Society - Wayne.....250-337-5412

Community Services

Advocacy Society - Marnie.....250-338-4694
Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce
- Courtenay.....250-334-3234
- Cumberland.....250-336-8313
Community Based Victim's Services
Sexual Assault Services (Local 224)
Domestic Violence Services (Local 226)
.....250-338-7575
Comox Valley Family Services.....250-338-7575
CV Le Leche League-Gill.....250-941-6450
CV Pregnancy Care Centre.....250-334-0058
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society.....250-898-9567
CV Project Watershed.....250-703-2871
CV Transition Society.....250-897-0511
Vancouver Island Crisis Line
- Crisis Line1-888-494-3888
- Office.....1-877-753-2495
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Food Security Hub.....250-331-0152
Help Line for Children.....Zenith 1234
Immigrant Welcome Ctr.....250-338-6359
Juvenile Diabetes Research Foundation ..
.....www.jdrf.ca
Keystone Artists Market-Leah.....250-703-3296
Kid Start - John Howard Society NI
Wendy.....250-338-7341 ext 335
Kitty Cat P.A.L. Society.....www.kittycatpals.com
Lilli House 24 hr Crisis Line.....250-338-1227
Meals on Wheels - Diane.....250-331-8522
Mountaineer Avian Rescue.....250-337-2021
(Pager - Wildlife Emerg).....1-800-304-9968
Social Planning Council
- Elizabeth Shannon.....250-335-2003
St. John Ambulance.....250-897-1098
The Salvation Army
- Family Services.....250-338-5133
- Thrift Stores.....250-338-8151
Today n' Tomorrow Young
Parent Program.....250-338-8445
Therapeutic Riding Association.....250-338-1968
Transition Town CV.....www.transitiontowncv.org
United Way (Comox Valley).....250-338-1151
VI Regional Library Courtenay.....250-334-3369
VI Visitor Centre.....info@investcomoxvalley.com
Welcome Wagon - Mary Lynn.....250-338-8024
Y.A.N.A.....250-871-0343

Clubs & Organizations

Church Groups

CV Aglow - Debra250-871-7678
CV Community Church The Salvation Army
.....250-338-8221
CV Presbyterian Church250-339-2882
CV Unitarian Society.....250-890-9262
Comox Community Baptist250-339-0224
Shepherd of the Valley
Lutheran ELCIC250-334-0616
Unity Comox Valley1-866-853-9866

Dog Clubs

CV Kennel Club (1990) - Frank250-331-0185
Forbidden Plateau Obedience &
Tracking Club -Margot.....250-338-4792
N.I. Schutzhund Dog Club
- Doug Wilson.....250-337-8253

Horticulture

CV Growers & Seed Savers Society
.....www.cvgss.org
CV Horticultural Society
.....comoxvalleyhortsociety.ca
N.I. Rhododendron Soc.....www.niirhododos.ca

Public Speaking

CV Toastmasters - Sylvain.....250-338-1431
Komoux Toastmasters-Gaynor..250-334-3664
60 Minute Toastmasters
- Gaynor250-334-3664

Other

Association Francophone de la
Vallée de Comox-Pauline Tardif.....250-334-8884
Beekeepers Association - Urs.....250-337-8858
Beta Sigma Phi - Gerrie.....250-338-8557
Telus Community Ambassadors
- Shirley250-339-5917
Camera Club - Lin Auerbach250-703-2850
CV Classic Cruisers - Richard.....250-338-9540
CV Genealogy Group
.....info@cvgenealogygroup.org
CV Humanistscvhumanists.org
Newcomers Clubcvnewcomers.net
Orca Probus Club - Patrick250-338-8728
Radio Control Aeronautics Assoc.
- Frank250-337-5320
Taoist Tai Chi Society - Arlene.....250-890-3671
CV Ukrainian Cultural Society
- Sharon McEwan.....250-871-3899
University Women's Club
.....comoxvalleycfuw@gmail.com
Vancouver Island Paleontology
- Betty250-339-7372

Seniors

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

Health & Wellness

Adult & Teen Day Therapy.....250-339-1496
Al-Anon - Rene.....250-334-2392 Jan 250-338-2947
Alcoholics Anonymous250-338-8042
Anderton Therapeutic Garden Society
Joan250-334-3089
Canadian Cancer Society250-338-5454
CV Hard of Hearing...cvhardofhearing@gmail.com
CV Mental Health & Addictions Services
.....250-331-8524
CV Hospice Society
(Info. & bereavement support)..250-339-5533
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
Cumberland Health Centre & Lodge
Recreation Department....250-336-8531 ext 271
CV Head Injury Society250-334-9225
CV Ostomy Support Group.....250-871-4778
On the Move Fitness Service.....250-923-8291
Overeaters Anonymouswww.aa.org
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
AIDS Vancouver Island - Sarah..250-338-7400
Therapeutic Riding Association 250-338-1968
Public Health Nursing250-338-1711
Wheels for Wellness Society250-338-0196

Service Clubs

Amateur Radio Club- Glen.....250-336-8205
Comox Legion - Br.160 - Cyndy...250-339-2022
Courtenay Legion - Branch 17...250-334-4322
Cumberland Legion - Br. 28250-336-2361
CV Kinsmen Club - Jim Lilac250-334-9444
CV Lions Club250-339-6232
CV Monarch Lions Club250-338-9602
Elks Club #60250-334-2512
Harmony Rebekahs Lodge #22
- Carol Briggs250-336-8373
Kiwanis Club - Courtenay - Bill.....250-703-2222
Knights of Columbus - Rodger ..250-339-1176
Baynes Sound Lions - John.....250-335-0365
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Order of the Royal Purple - Irene..250-334-4740
Pythian Sisters - Diana Harris.....250-335-2451
Rotary Club of Comox - Victor..250-338-3740
Soroptomist Club of Courtenay
- Sandra Longland.....250-941-1013
Strathcona Sunrise Rotary Club
- Keith.....250-897-5055

Fairs & Festivals

Empire Days - Leslie Baird.....250-336-2718
CV Exhibition.....250-338-8177
Filberg Festivalwww.filbergfestival.com
CV Highland Games Society
- Laurie250-897-8885

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

Community Directory

Sports

Adult Leagues

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

Aquatics

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

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

Baseball/Softball

CV Minor Baseballwww.cvba.ca

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

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

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

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

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

Basketball

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

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

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

Ice Sports

CV Glacier Kings Jr. Hockey

- Iris250-338-5409

CV Minor Hockey.....randireid17@gmail.com

CV Ringettewww.comoxvalleyringette.com

CV Skating Club250-339-9872

Women's Ice Hockey

Pam - Breakers.....250-897-1253

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

Martial Arts

VI Karate Society - Jacque250-338-4718

Courtenay Shito-Ryu Karate.....

- Todd250-338-9722

CV Karate Club - Brenda250-338-9722

CV Kung Fu Academy250-702-3780

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

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

The Academy of Martial Arts

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

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

Racquet Sports

CV Tennis Club - Pat McGrath

.....mcgrathpm@shaw.ca

Courtenay Sr. Badminton Club

- Daryl Bissell250-339-3383

CV Squash Club -David Audia250-203-3215

Skiing/Snowboarding

JumpCamp.....www.jumpcamp.com

Mt Washington Ski Club

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

Mt Washington Volunteer Ski Patrol

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

Strathcona Nordics Cross Country

Barb Kelly.....250-339-1904

Vancouver Island Society for Adaptive

Snowsports.....www.visasweb.ca

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

Soccer

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

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

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

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

Other

Chimo Gymnastics250-339-2255

Comox Valley Tri-K - Rick250-334-3124

Courtenay Knights Floor Hockey

- Tim250-792-3332

Courtenay Lawnbowling Club

- Pete Harding.....250-871-4145

CV Cougars Track & Field Club

.....www.comoxcougars.org

CV Curling Centre250-334-4712

CV Pickleball Assoc.www.cvpickleball.ca

CV Road Runnerswww.cvr.ca

CV Field Hockeycvlfha@gmail.com

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

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur250-338-9657

Minor Lacrosse Association, CV Wild

.....www.comoxlacrosse.ca

Roller Derby.....www.brickhousebetties.ca

Junior Roller Derby.....www.stonecoldstellas.com

Rugby - Kicker's Club

- Aimee Eurley250-703-6677

Rugby - Saratoga Beach Over 40

- John Gotto.....250-338-8142

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

Outdoor Groups

Boating

Canadian Power & Sail Squadron

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

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

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

Dragon Boat Society (Blazing Paddles)

- Erica Roy250-703-0707

Dragon Boat Team-Hope Afloat (Women

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

Dragon Boat Team (Dragonflies)

- Colleen250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

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

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

Comox Valley Yacht Club.....

.....www.comoxvalleyyachtclub.com

Comox Valley Paddlers Club

- Monica250-339-2950

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

Other

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

Comox District Mountaineering (Hiking)

Club - Ken Rodonets250-871-1245

Comox Glacier Wanderers

(Volkswalk Club) - Crystal.....250-898-8612

CV Ground Search & Rescue250-334-3211

CV Naturalists Society -Robin250-339-4754

CV Land Trust - Jack250-331-0670

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

Courtenay Fish & Game Protective

Association250-338-9122

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

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

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

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

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

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

Dance Groups

Argentine Tango.....250-703-3057

Ocean Waves Square Dance Club

- Fran Archambault.....250-335-0096

Scottish Country Dance

- Heather250-338-9060

Dolyna Ukranian Dancers

- Janette Martin-Lutzer250-339-0793

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

Visual/Performing Arts

Artsphere.....www.artspherecomoxvalley.org

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

Comox District Concert Band

- Pat Jackson250-339-5091

CV Clown Club - Dolores VanderMaaten

.....250-334-4255

CV Potters Club - Laurie250-339-4229

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

CV Community Arts Council

.....250-338-4417 ext.2

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

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

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

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

Filberg Lodge & Park Association

- Glen & Lynn250-339-2715

Just in Time Jazz Choir

- Wendy250-338-0244

Les Harmonies Francos

- Pauline Tardif250-334-8884

Letz Sing Community Choir

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

Needlearts Guild - Doreen250-871-6739

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

North Island Music Teachers Association

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

NOVA Firespinners - Tracey250-331-0880

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

Rainbow Youth Theatre

.....www.rainbowtheatre.com

Strathcona Symphony Orchestra

.....250-331-0158

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

Island Phoenix Acapella Chorus

- Sandy.....250-923-0101

Vancouver Island Music Fest

- Megan250-336-7981

Youth

Scouting

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

Scouting Inquiries - Chris250-339-2424

Cadets

Air Cadets - 386 Squadron250-339-9198

Army Cadets -250-339-8211 ext 7995

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

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

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

Other

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

CV Children's Choir - Sophie.....250-792-3173

Dragon Boating Youth Team

(Dragon Riders)cvdragonriders@gmail.com

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

Nature Kidscomox@naturekidsbc.ca

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



CITY OF COURTENAY

Mile of Flowers

Tuesday, May 29, starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In.

A local tradition since 1967!

Followed by a free BBQ at Standard Park (Cliffe Avenue & 14th Street) *courtesy of Courtenay Rotary & City of Courtenay.*

WHAT TO BRING: *Gloves and a tool for digging*

WHERE TO PLANT: *Garden beds on Cliffe Avenue between 8th and 21st Street*



CITY OF
COURTENAY
Public Works Services

courtenay.ca/mileofflowers
For information: 250-334-4441

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