

Courtenay Recreation - Smiles & Healthy Lifestyles

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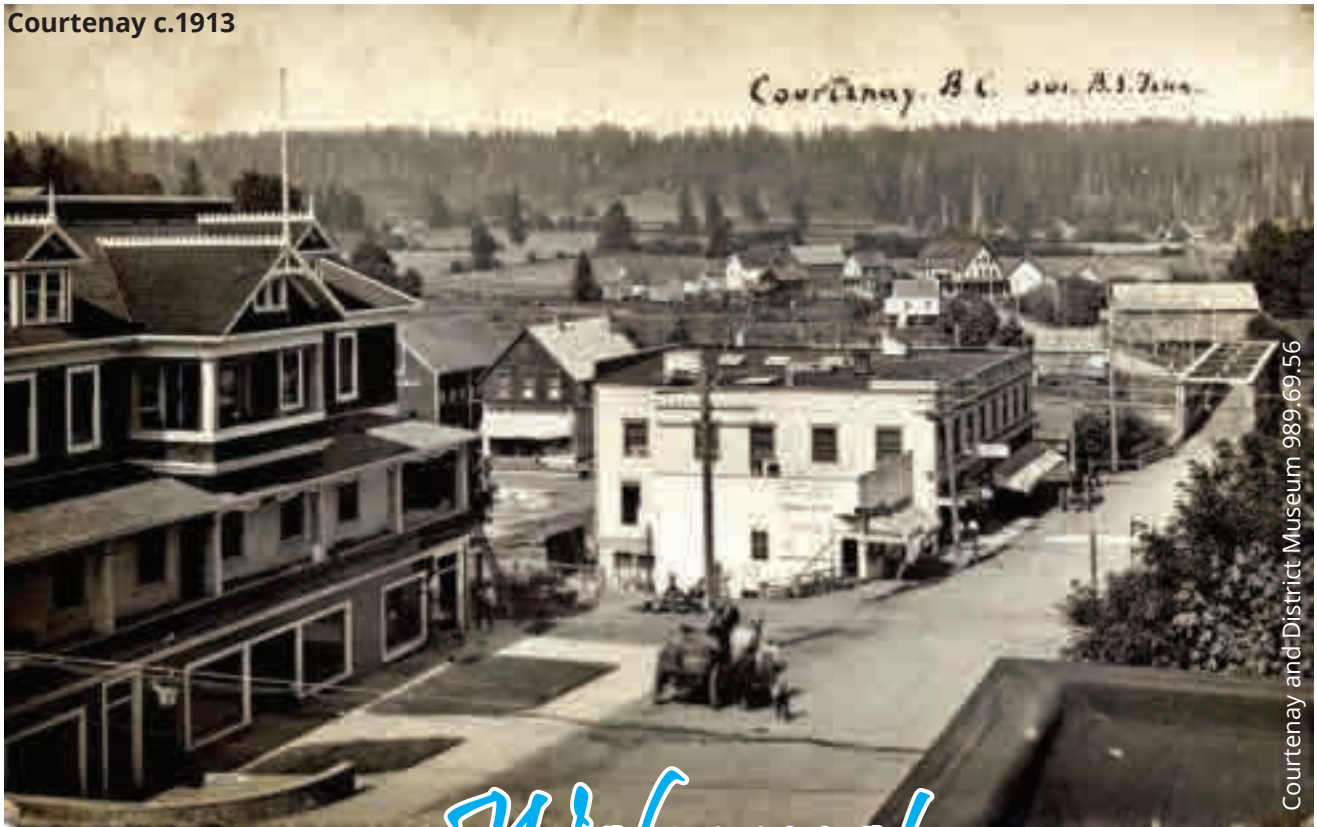
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Courtenay c.1913



Courtenay and District Museum 989.69.56

City of Courtenay  
Welcome

# Welcome!



The City of Courtenay's centennial year is well underway, and the entire community is invited to celebrate this milestone. There are many events being planned throughout the year, and the main event will be Homecoming Week from June 26 to July 5. Festivities will include block parties, fireworks, concerts, a street dance, and of course an extra-special Canada Day parade. For more information, go to [www.courtenay.ca/centennial](http://www.courtenay.ca/centennial)



The centennial was a good time for Courtenay Recreation to take on a new look. Earlier this year, Courtenay Recreation made the transition from their own separate logo to using the City's official crest. You'll notice the City logo and the Centennial logo throughout their pages in this guide - along with lots of different activities for you and your family to enjoy. For more information, the friendly staff at Courtenay Recreation will be happy to help.

*Sincerely,*  
**Larry Jangula**  
Mayor of Courtenay





## Staff

### Community Services Dept 250-334-4441

Randy Wiwchar *Director Community Services*  
 Lisa Zervakis *Department Clerk*

### Courtenay Recreation

Susan Murphy *Manager, Recreation Services*  
 Carol Millar *Recreation Coordinator*  
 Raegan Spence *Recreation Coordinator*  
 Kathy Collins *Recreation Coordinator*  
 Louise Grutzmacher *Program Assistant*  
 Deanne McRae *Evergreen Volunteer Coordinator*  
 Kristine Klupsas *Youth Services Coordinator*  
 Alexis Forbes *Youth Worker*  
 Alycia Maskiew *Summer Coordinator*  
 Terri Cox *Office Supervisor*  
 Lori Messner *Receptionist*  
 Melanie Trask *Receptionist*  
 Deanne Gendron *Receptionist*  
 Sandy Hewer *Receptionist*  
 Tracy Stoltz *Receptionist*  
 Barbara Franck *Receptionist*  
 Sheila Dupuis *Receptionist*  
 Jaycee Kowalsky *Receptionist*  
 Darlene Bandet *Casual Receptionist*  
 Trina Dunsmore *Preschool Supervisor*  
 Lynne Woodley *Preschool Assistant*  
 Don Robson *Custodial Supervisor*  
 Gary Franceschini *Custodial Supervisor*  
 Simon Stevenson *Custodian*  
 Donna Erikson *Custodian*  
 David Bomback *Custodian*  
 Danny Casavant *Custodian*  
 Mike Malinich *Custodian*  
 Tim Decrane *Custodian*  
 Mark Thompson *Custodian*  
 Chris Guillo *Custodian*  
 Mario Romero *Custodian*  
 Greg De Schutter *Custodian*  
 Dave Duval *Custodian*  
 Tomas Ticas *Custodian*

## Contact Us

### Program Registration

250-338-5371 or 250-338-1000

### Lewis Centre

250-338-5371 Fax 250-338-8600

- Cozy Corner Preschool
- Facility Rentals (Lewis Centre, Tsolum, Salish, The LINC, Valley View & Bill Moore Park buildings)
- Playing Field Bookings
- Park Bookings

### Florence Filberg Centre

250-338-1000 Fax 250-338-0303

- Evergreen Seniors
- Facility Rentals (Filberg Centre/Native Sons Hall)

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

[www.courtenay.ca](http://www.courtenay.ca)

click on the Recreation Reporter link



Courtenay Recreation  
Welcome

### C.R.A. Supported Projects 250-338-5371

Heather Crites *Special Needs Recreation Coord.*

### Building Friendships

Karen Ellis *Coordinator*  
 Michelle Sandiford *Support Worker*  
 Iain Cameron *Support Worker*

### C.R.A. Advisory Board

Hans Petersen (Chair), Sebastien Braconnier, Iris Churchill, Allan Douglas, Sally Fenneman, Wayne Friesen, Al Gray, Wayne King, Marcha Webb

# COZY CORNER Preschool

at the Lewis Centre  
Ages 3 - 5 years



Courtenay Recreation  
Cozy Corner

## Register now!

*We are accepting  
registration for  
Spring & Fall 2015*

Play  
Create  
Socialize  
Celebrate

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

Child and Family Research and Development program

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

Masheded, 1994

Our fully qualified and experienced Early Childhood Educators offer developmentally appropriate fun experiences in an environment of excellence.

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

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

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

Monday Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am

*Interested in afternoons?*

*Leave your name on our interest list.*

## Monthly Fees

\$120 - 2 days/week

\$160 - 3 days/week

\$20 - annual family registration fee

489 Old Island Highway, Courtenay

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



## Parent & Tot

### Baby Talk

(Newborn – 6 months with adult)  
Bring your baby and meet other parents, hear guest speakers, thumb through our 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:** Nell Divinagracia

Tues, Ongoing  
10 - 11:30 am  
Lewis Centre Meeting Rm  
\$1/Drop-in



### Treefrog Music Together Preschool

(9 months to 5 years)  
Join in this beloved music program! Classes start with music and movement, percussion and play, and build joy and confidence in music-making that carries over into your home and your child's life.

**No class** May 27.

**Instructor:** Kazimea Sokil

#37614 Wed, Apr 15 - June 17  
9:15 - 10 am  
Lewis Park Tsolum Bldg.  
\$160/9  
\$80/2nd sibling

Jumpstart your child's health and development! Being active with your child encourages healthy habits and promotes social and motor skill development.



### Little Cruisers

(7 - 14 months with adult)  
Bring your baby and drop in for education, support, and socializing with other adults. You'll have access to guest speakers, community resources, an information library, refreshments and more. Establish positive networks and develop the knowledge and skills to set up success for you and your little cruiser.

**Facilitator:** Chris Chapple

Wed, Ongoing  
10 - 11:15 am  
Lewis Centre Meeting Rm  
\$1/Drop-in



### Forts Almighty Family Edition

(2 - 5 years with adult)  
Transform cardboard, gym mats, and more as you create forts of all sorts in this not to be missed day of adventure. Then play with plasma cars in the gym.

#37635 Thurs, Apr 16 - May 21  
10 am - 12 pm  
Lewis Centre MP Hall  
\$45/6 or  
\$10/Drop-in

### Stroller Fit

High energy, fat burning, full body workout with your baby! This class caters to all fitness levels. This session will increase your overall fitness through cardio & endurance drills, strength & interval training.

**Instructor:**

Robynne Sharko-Stapley

#37935 Mon, Apr 13 - June 8  
9 - 10:15 am  
Lewis Centre  
\$58/9

### Childminding

(all ages)  
Our excellent childminding service offers you a safe, friendly and fun environment. If you are participating in our morning programs, playing tennis, squash, or using our Wellness Centre, you're invited to drop in.

Mon - Sat  
9 - 11 am  
Lewis Centre  
\$4/1¼ hours  
\$5/1¾ hours  
*punch cards also available*

### Power Hour Playtime Fun!

(1 month - 6 years)  
Join the fun! There will be a little something for everyone with gym time fun, activities and more!

Tues, Mar 10 - June 16  
10:45 am - 12 pm  
Lewis Centre MP Hall  
\$4/Drop-in

Call to ensure Drop-in programs have spaces available!



Courtenay Recreation  
Early Years



### Blossom Buddies

(2 - 4 years with adult)  
Grow friendships, play games and create beautiful spring art. Little ones will play, as parents are able to enjoy a weekly potluck and socialization. A great way to kick off spring!

**#38078** Tues, Apr 21 - May 26  
9:30 - 11:30 am  
Lewis Centre  
Craft Room A  
\$70/6

### Wee Science

(4 - 6 years)  
Put on your lab coats and try out a bunch of fun and crazy science experiments.

**#37634** Tues - Fri, Apr 7 - 10  
9:30 - 11:30 am  
\$60/4  
**or**



**#38080** Fri, May 1 - 29  
3:30 - 5 pm  
\$65/5  
Lewis Centre  
Craft Room A

### Quote the Code to register!

We now have handy barcodes that make registration more efficient. When you register by phone or in person simply give us the barcode that's connected to the specific program that you need. Barcodes are found under course descriptions.

**#37628** Thurs, Apr 30 - June 18  
12 - 2 pm  
Lewis Centre  
Craft Room B  
\$96/8



## Independant Programs

### Rainbows & Unicorns

(2½ - 4 years with adult)  
Enjoy this starter program for your little one to get used to being without you. Participate in craft activities during the first half of the class. Then, while you socialize, the instructor and children will enjoy a snack, story and play time. Please bring a small snack.

**#38077** Fri, May 1 - June 5  
9:30 - 11:30 am  
Lewis Centre  
Craft Room A  
\$70/6

### Construction Zone

(4 - 6 years)  
Build forts; create Lego masterpieces, bust through mazes and more!

**#38079** Wed, Apr 29 - June 3  
3:30 - 4:45 pm  
Lewis Centre  
Craft Room A  
\$60/6

**!** Children must be potty trained for independant programs

### Rec 'n' Doodle

(3 - 5 years)  
Get creative as you dive into all kinds of arts and crafts, then burn off all that extra energy as you play games in the gym and outside! Please bring a lunch and get ready to have a blast! **No class** May 18.

**#37627** Mon, Apr 20 - June 15  
11:30 am - 1:30 pm  
Lewis Centre  
Craft Room B  
\$80/8

### Mini Chef's

(3 - 5 years)  
Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! Also, practice numeracy skills and number games while you wait for your delicious delights to cook.

**#37628** Thurs, Apr 30 - June 18  
12 - 2 pm  
Lewis Centre  
Craft Room B  
\$96/8



### Forts Almighty Kids

(3 - 5 years)

Create forts of all sorts then play the day away! Please bring a snack each day!

#38081 Wed, May 6 - 20  
10 - 11:30 am  
Lewis Centre MP Hall  
\$30/3

### Dino Diggers

(3 - 5 years)

Dig up the past as you learn all about Dinosaurs in a fun playful way! Crafts, snacks and hands-on play will take you back to a pre-historic time!

#38082 Tues, May 26 - June 23  
10 am - 12 pm  
Lewis Centre  
\$65/5

### ZOorrific!!

(3 - 5 years)

Lions, tigers and bears - Oh MY! Get in on all the action as you roar like a tiger, hop like a kangaroo, and play like a monkey!

#38083 Fri, May 15 - June 12  
12 - 1:30 pm  
Lewis Centre  
\$55/5

### Early Explorers

(3 - 6 years)

Explore creative crafts, active games, and hands-on art projects in this fun mini Spring Break Camp. Please bring a snack each day.

#37633 Tues - Fri, Apr 7 - 10  
1 - 3 pm  
Lewis Centre  
Craft Room A  
\$60/4

### Kinderchefs & Play

(3 - 6 years)

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

#37632 Mon - Thurs  
Mar 30 - Apr 2  
9:30 - 11:30 am  
Lewis Centre  
Craft Room A  
\$70/4

### Super Troopers

(3 - 6 years)

Zoom into a room filled with imaginative play, activities and outside fun. Please bring a snack each day.

#37631 Mon - Thurs  
Mar 30 - Apr 2  
1 - 3 pm  
Lewis Centre  
Craft Room A  
\$60/4

Volunteer with us!  
Find out how on  
page 43.



Courtenay Recreation's  
**Springtime Promenade**  
(1 - 6 years with adult)  
Saturday March 28  
11:00 am - 12:15 pm, Simms Millennium Park  
\$8/family Register early, as space is limited.  
Lewis Centre 250-338-5371





follow us   



## Happy Feet & Tapping Toes

(3 - 5 years)

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

**Instructor:**

Robynne Sharko-Stapely

**#37611** Fri, Apr 24 - June 26  
10:45 - 11:45 am  
Lewis Centre  
Activity Room A  
\$70/10

## Hockey Stars

(3½ - 5 years)

Play games, practice stick handling, and have fun while being introduced to the basics of floor hockey. Learn how to play as part of a team, develop coordination, and follow instruction as you build skills. **No class** June 11.

**#38084** Thurs, Apr 30 - June 25  
9:30 - 10:30 am  
Lewis Centre MP Hall  
\$55/8



Intro to Taekwondo  
starting at 5 years  
see page 45

## Dance & Sports

### Tiny TuTu's Ballet

(3½ - 5 years)

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

**Instructor:**

Maggie Scofield-Reid

**#37613** Wed, Apr 15 - June 17  
11:15 am - 12 pm  
Lewis Centre  
Activity Room A  
\$70/10

### Hip Hoppers

(3 - 5 years)

Bounce, B-bop, move and groove in this introduction to Hip Hop. It's all about fun and learning how to move to music.

**Instructor:**

Robynne Sharko-Stapely

**#37629** Thurs, Apr 23 - June 25  
1 - 2 pm  
Lewis Centre  
Craft Room A  
\$75/10

### Soccer Tots

(3½ - 5 years)

Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No class** May 18.

**#37616** Mon, Apr 20 - June 22  
9:30 - 10:30 am  
Lewis Centre Gym  
\$55/8

### Soccer Kids

(5 - 9 years)

Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness.

**#38058** Thurs, Apr 23 - June 18  
3:30 - 4:30 pm  
Lewis Centre MP Hall  
\$55/8





# Gymnastics

## Baby Gym

(1 month - 3 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

#37620 Tues, Apr 21 - June 23  
11 am - 12 pm

or

#37621 Wed, Apr 22 - June 24  
9:45 - 10:45 am

Lewis Centre Gym  
\$75/10

## Kindergym with Trampoline Advanced

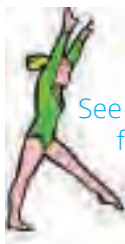
(3 - 5 years)

For children who have successfully completed Kindergym with Trampoline. Pre approval to register is required.

**Instructor:** Sheri Roffey & Breanne Hague

#37626 Wed, Apr 22 - June 24  
1 - 2 pm

Lewis Centre Gym  
\$75/10



See Family Gymnastics for Spring Break page 37



## Stepping Stones to Kindergym

(2½ - 3½ years with adult)

Transition from adult and tot programs to Kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience.

**Instructor:** Sheri Roffey & Breanne Hague

#37618 Tues, Apr 21 - June 23  
or

#37619 Wed, Apr 22 - June 24

9 - 9:45 am  
Lewis Centre Gym  
\$70/10

## Gymnastics Kids & Crafts

(3 - 5 years)

Combine fun arts and crafts with time in the Gym. Games and activities with balls, hoops and basic gymnastic circuits encourage you to explore physical challenges. Please bring a small snack.

**Instructor:** Sheri Roffey & Lydia Neville

#37617 Tues, Apr 21 - June 23  
12 - 2 pm

Lewis Centre Gym & Craft Room B  
\$95/10

## Kindergym with Trampoline

(3 - 5 years)

Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with an instructor, taking turns, moving safely around the gym, getting along with others, offering and accepting new ideas. **No class** May 6.

**Instructor:** Sheri Roffey & Breanne Hague

#37622 Tues, Apr 21 - June 23  
9:45 - 10:45 am

or

#37623 Wed, Apr 22 - June 24  
11 am - 12 pm

or

#37624 1 - 2 pm  
\$75/10

or

#37625 Sat, Apr 25 - June 20  
9 - 10 am  
\$70/9

Lewis Centre Gym



# Spring Break Programs



## Spring Break Art Camp

(8 - 13 years)  
Get artsy in this all out art camp! Try clay, drawing, painting, sculpting, print making and more! Bring a lunch each day and get ready to set your creativity free!

**Instructor:** Jenja McIntrye

**#38127** Tues - Fri  
Apr 7 - 10  
9 am - 3:30 pm  
Lewis Centre  
Craft Room B  
\$158/4

## Spring Break Track & Field Camp

(9 - 13 years)  
A fun camp to introduce & develop skills in a wide range of track & field events including high jump, long jump, javelin, discus, sprinting, & hurdles. Age & fitness-level appropriate instruction. Led by former national team members.

**Facilitators:** CV Cougars

**#38120** Mon - Thurs  
Mar 30 - Apr 2  
9 am - 12 pm  
**or**  
**#38121** Tues - Fri  
Apr 7 - 10  
9 am - 12 pm  
Meet at Vanier Track  
\$59/4

*(includes provincial sport fee)*

## Spring Smash Up

(10 - 14 years)  
Looking for some fun during spring break? Look no further! Join us for 3 days that will ensure you have all sorts of exciting stories to tell when you get back to school! **Activities include Go Carts, Horne Lake Caves & more. See page 49 for details.**

## Spring Break Daycamp

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

**Instructor:** Lydia Neville

**#37878** Mon - Thurs  
Mar 30 - Apr 2  
8 am - 3:30 pm  
**or**  
**#37879** Tues - Fri  
Apr 7 - 10  
8 am - 3:30 pm  
Lewis Centre  
\$100/4 **or**  
\$35/daily

## Beginners Archery Camp

(7 - 12 years)  
Test your skills with bow & arrow and join the league of Robin Hood for an exciting week of archery instruction, games, and skills.

Mon - Thurs  
Mar 30 - April 2  
**#38124** 9 - 10:30 am  
**or**  
**#38125** 10:30 am - 12 pm  
Lewis Centre MP Hall  
\$45/4 Sessions

## Diva Girls Camp

(7 - 12 years)  
Join the fun as each day will bring you something new! Sports, games, fitness, arts, crafts and healthy snacks are just some of the ways you will spend the day. Make new friends and play the day away.

**Instructor:** Sherri Roffey & Breanne Hague

**#37880** Mon - Thurs  
Mar 30 - Apr 2  
9 am - 3:30 pm  
Lewis Centre  
\$95/4

## Learn to Play Golf

(8 - 14 years)  
Develop your golf skills and learn how to apply them on the course. Imprint and develop motor skills and coordination related to the golf swing. Skill proficiencies include ball striking, improving on the ABC's of athleticism, chipping, putting and more. Equipment is provided.

**#37890** Tues - Thurs  
Mar 31 - Apr 2  
**or**  
Apr 7 - 9  
11 am - 12 pm  
Glacier Greens Golf Course  
\$50/3



### Horse & Pony Camp

(8 years & over)  
Do you love horses? Gain knowledge and hands-on experience in basic maintenance, grooming, tack care, horse psychology and introductory riding. Best of all, you'll experience outdoor fun WITH horses. A helmet is mandatory. Membership to the Horse Council of BC is included.

#37996 Mon - Thurs  
Mar 30 - Apr 2  
or

#37997 Tues - Fri  
April 7 - 10  
9 am - 12 pm  
\$200/4

### 7 Story Circus Camp

(6 years & over)  
Climb Aerial fabric & aerial hoop! Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, flower-sticks, and plates. Balance on stilts and rola-bola. Do handstands and partner acrobatics. Explore ensemble and solo work with improvisation and performance games. On the final day perform in a show for friends and family!

**Instructor:** Kaya Kehl

#37754 Mon - Thurs  
Mar 30 - Apr 2  
1 - 3:30 pm  
Lewis Centre  
\$116/4

### Aerial Arts Camp

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

**Instructor:** Kaya Kehl

#37755 Mon - Thurs  
Mar 30 - Apr 2  
10:30 am - 12 pm  
Lewis Centre  
\$96/4

\*Please note: A separate \$5 fee required to the instructor for Spring Break membership to 7 Story Circus Programs.

### 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:** Vern Nichols & Sheri Roffey

Tues - Fri  
#37876 April 7 - 10  
3 - 4 pm  
or

#37877 Apr 7 - 10  
4 - 5 pm  
Lewis Centre  
\$50/4

### Family Gymnastics

(3 years & up)  
Bounce your way into Spring as you and your family have fun with Gymnastics.

**Instructor:** Sherri Roffey & Breanne Hague

Tues - Fri  
April 7 - Apr 10  
#37874 9:30 - 10:30 am  
or

#37875 10:30 - 11:30 am  
Lewis Centre  
\$50/4

### Gymnastics Camp

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

**Instructor:** Sherri Roffey & Breanne Hague

#37872 Tues - Fri (5½ - 8 yrs)  
April 7 - 10  
12 - 1:30 pm

#37873 Tues - Fri (8 - 12 yrs)  
April 7 - 10  
1:30 - 3 pm  
Lewis Centre Gym  
\$55/4

Early Years  
Spring Break Programs  
(3 - 5 years)  
see pages 32 - 33





# Birthday Parties



## Gymnastics & Trampoline

(4 - 14 years)  
Bring your friends, and leave the fuss, the mess and the muss to us! Our enthusiastic play leader will provide fun-filled activities in the gym, for the first hour only, followed by one hour in the party-room for your own trimmings and refreshments.

Sat, starting Apr 18  
11:30 am - 1:30 pm  
Lewis Centre  
\$100

## Birthday Parties at The LINC

(8 - 18 years)  
Register for an original birthday party package! We'll organize games, provide supervision and even do the clean-up. Choose from a variety of themes: Dodgeball, Skatepark, Karaoke, All About Girls, Gaming, or just have The LINC all to yourself! Host parent must be present. Maximum 12 participants.  
**No Birthdays** April 4/5 May 2/16/17.

Sat, starting Mar 28  
12:30 - 2:30 pm  
or  
Sun  
12 - 2 pm  
LINC Games Room  
\$110  
\$150/pizza party  
(includes 3 large pizzas)

## Saturday SportsPlay

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

Sat, starting April 25  
12 - 2 pm  
Lewis Centre  
\$100

Book your party early as dates fill quickly!

## Friday Night Birthdays

(6 years & over)  
Kick off the weekend in style as you celebrate your birthday with us! We offer one hour of instructor-lead activities. Followed by one hour in our party-room for your own treats and trimmings. Choose one of the following Themes: Dance & Play, Diva Delight or Weird Science.

Fri, starting Apr 17  
5 - 7 pm  
Lewis Centre  
\$100

Please note: Host parent must be present.



## Special Interest

### Piano Adventures

(5 - 11 years)

Explore the world of music using a wide range of musical styles.

Suitable for beginners

**Instructor:** Debbie Ross

Thurs, Apr 16 - June 18

#37988 5 - 6 pm (5 - 7 yrs)

#37989 6 - 7 pm (8 - 11 yrs)

Lewis Park Tsolum Bldg.

\$120/10

### Kitchen Adventures

(6 - 9 years)

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

#38160 Wed, Apr 22 - June 10

3:30 - 5 pm

Lewis Centre

\$80/8

### Optimist Sailing

#### Wet Feet

(5 - 8 years)

Join this CANSail developed course which aims to help young children feel comfortable around, near, on and in the water. Sail in an Optimist Dinghy sailboat 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 Dinghy Sailing School

#37986 Mon, June 1 - 22

4 - 6 pm

Meet at Comox Marina

Park Gazebo

\$85/4



### St John's Ambulance Babysitter Training

(9 - 16 years)

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

#38155 Sat, Mar 21

#38156 Sat, Apr 18

#38157 Sat, June 6

Lewis Centre

9 am - 4 pm

\$69

### Home Sense & Safety

(9 - 12 years)

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

#38158 Sat, May 2

or

#38159 Sat, June 20

1 - 3:30 pm

Lewis Centre Sailish Bldg.

\$25

### Opti "Fast" Sailing

(8 - 12 years)

For young sailors who want to sail fast but not sure they want to join our race team. We have a limited number of spots to introduce sailors to racing. All levels of sailors welcome. Opti Fast sailors will be taught alongside the race team one evening or one weekend day a week.

**Instructor:** Comox Dinghy Sailing School

#37987 Wed, Apr 15 - June 17

4 - 6:30 pm

Meet at Comox Marina

Park Gazebo

\$160/10

### FUNDamental Skills

(7 - 11 years)



Join this starter program designed for children with intellectual disabilities. Develop skills in sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as; soccer, basketball, floor hockey and more. The FUNDamentals skills will then help children transition into community or traditional Special Olympic Programs.

*Please leave your name on our Interest List.*





## Creative Photography

(8 - 13 years)

Take photography further than just 'point and shoot'. You will be guided along to think of photography as a way to make art. Do 'drawing with light', make giant photos without a camera big enough that you can be inside them, do photography image transfer and make photodecals, and so much more.

**No class** May 18.

**Instructor:** Jenja McIntyre

**#38042** Mon, May 4 - June 15  
3:30 - 5 pm  
Lewis Centre  
Craft Room A  
\$80/6

## Family Clay Art

(4 years & over)

Spend a Spring evening together exploring the art of clay. Learn about handbuilding as you make your choice of functional or ornamental art.

**Instructor:** Jenja McIntyre

**#38000** Thur, Apr 30 - May 14  
6 - 7:30 pm  
Lewis Centre  
Craft Room B  
\$65/3

## Stained Glass Designs

(8 - 12 years)

Learn to cut and grind Stained Glass and work in this fun and easy class. Make a Butterfly or Dolphin Fused Glass Windchime. Then a Mosaic Stepping Stone where you will improvise on a classic Compass design, to line up to true north and put in the garden.

**Instructor:** Nancy Morrison

**#37993** Mon, Apr 13 - May 4  
4 - 5:30 pm  
Lewis Centre  
Craft Room B  
\$65/4

## Clay Designs

(8 - 14 years)

Continue developing your knowledge and abilities with clay. Experience the joys and challenges of using a potter's wheel and expand your creative repertoire in working with clay.

**Instructor:** Jenja McIntyre

**#38001** Thurs  
Apr 23 - June 25  
4 - 5:30 pm  
Lewis Centre  
Craft Room B  
\$90/10

## Clay Sculpting

(6 - 10 years)

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

**Instructor:** Heili Garcia

**#38002** Fri, Apr 24 - June 19  
3:30 - 5 pm  
Lewis Centre  
Craft Room B  
\$85/9

## Sewing Basics

(8 - 14 years)

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

**Instructor:** Jean Morgan

**#37999** Tues, Apr 14 - 28  
3:30 - 5 pm  
Lewis Centre  
Craft Room B  
\$50/3

## It's Fun to Sew

(8 - 14 years)

Make and sew your very own t-shirt, boxer shorts or pyjama bottoms. You will need your own scissors that cut fabric, straight pins and tape measure. You will need to purchase your own fabric and thread.

**Instructor:** Jean Morgan

**#37998** Tues, May 12 - June 2  
3:30 - 5 pm  
Lewis Centre  
Craft Room B  
\$65/4



### Little Architects Artclass

(6 - 9 years)  
Create mini buildings and houses out of materials such as clay, cardboard, wire and paper-mache. Challenge your mind, creativity and building skills and see what kind of houses you can make!

**Instructor:** Jenja McIntyre

**#38007** Fri, Apr 24 - June 12  
3:30 - 5 pm  
Lewis Centre  
Craft Room A  
\$96/8

### PLC Day T-Shirt Art

(6 - 9 years)  
Create painted t-shirts! Please bring a snack. Fee includes a white t-shirt.

**#38162** Wed, Apr 22  
1 - 4 pm  
Lewis Centre  
Craft Room B  
\$40

Oh no, you had to  
cancel the class?

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

### Pet Portraits

(7 - 12 years)  
Create a painting of your pet on a big stretched canvas! Whether you have a cat, dog, bird, iguana or hamster. Bring your picture of your pet and create a portrait your pet will be proud of.

**Instructor:** Jenja McIntyre

**#38043** Tues, May 5 - 19  
3:30 - 5 pm  
Lewis Centre  
Craft Room A  
\$55/3

### Collage & Acrylic Painting

(7 - 12 years)  
Use this fun approach to painting while experimenting with traditional techniques. You will cover principles and elements of design, and also be spontaneous using collage and image transfer techniques. Other painting techniques we will cover are: blending, glazing, scraffito and scumbling.

**#38163** Sat, Apr 25 - May 23  
10 - 11:30 am  
Lewis Centre  
Craft Room B  
\$60/5

### Mixed Media Arts

(7 - 12 years)  
Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a carefree way. **No class** May 18.

**#38161** Mon, Apr 20 - June 1  
6 - 7:30 pm  
Lewis Park Tsolum Bldg.  
\$90/6

### PLC Day Fun with Watercolour & Print Making

(6 - 9 years)  
Explore unusual ways to paint with water color and try many ways to create prints. Learn how to make mono prints, try etching, and carve stamps/sticker making, screen printing on bags and t-shirts and more!

**#38164** Wed, May 20  
1 - 4 pm  
Lewis Centre  
\$40



### Aerial Arts: The Basics

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

**Instructor:** Kaya Kehl

**#37884** Fri, Apr 24 - June 12  
 3:30 - 4:30 pm  
 Lewis Centre  
 \$112/8

### Aerial Arts Intermediate - Advanced

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

**Instructor:** Kaya Kehl

Wed, Apr 22 - June 10  
**#37885** 6:30 - 7:30 pm  
**or**  
 Fri, Apr 24 - June 12  
**#37887** 4:30 - 5:30 pm  
**#37886** 5:30 - 6:30 pm  
 Lewis Centre  
 \$112/8

Please note: There is a separate \$21 once/year 7-Story Circus Membership due to the instructor at the first class.

Courtenay Recreation  
 Children

### Community Circus 1

(6 - 12 years)  
 Join 7 Story Circus! Activities include: aerial silks and hoop, juggling and object manipulation, stilts and rola bola, handstands and acrobatics, partner acrobatics, improvisation and performance games, and a year-end show! Great for beginners, younger students and those with less than two seasons of circus experience. **No class** May 18.

**Instructor:** Kaya Kehl

**#37883** Mon, Apr 20 - June 15  
 3:30 - 5:30 pm  
 Lewis Centre  
 \$160/8

### Community Circus 2

In this session we will create our year-end show! If you have previous circus experience and are interested in becoming part of our show this class is for you! We will weave individual and group acts together to build our year-end finale! **No class** May 18.

**Instructor:** Kaya Kehl

**#37771** Mon, Apr 13 - June 15  
 6 - 8 pm  
 Lewis Centre  
 \$180/9

More info at  
[www.7storycircus.com](http://www.7storycircus.com)

### Circus Open Training

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills too! All equipment is available for practice. This is a supervised, non instructional class open to anyone with circus &/or aerial experience.

**Instructor:** Kaya Kehl

**#37772** Fri, Apr 24 - June 12  
 7:45 - 8:45 pm  
 Lewis Centre  
 \$10/Drop-in

### Quote the Code to register!

We now have handy barcodes that make registration more efficient. When you register by phone or in person simply give us the barcode that's connected to the specific program that you need. Barcodes are found under course descriptions.

**#37628** Thurs, Apr 30 - June 18  
 12 - 2 pm  
 Lewis Centre  
 Craft Room B  
 \$96/8





## Dance

### Budding Ballerinas

(5 - 7 years)

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

**Instructor:** Maggie Scofield-Reid

**#37612** Wed, Apr 15 - June 17  
3:30 - 4:30 pm  
Lewis Centre  
Activity Room A  
\$80/10

### Hip Hop Intro

(6 - 9 years)

Got some attitude? Combine it with funky jazz movements and your favourite tunes, and learn how to do the latest video dance routines with style. **No class** May 18.

**#38166** Mon, Apr 20 - June 22  
3:30 - 4:30 pm  
Lewis Centre  
Activity Room A  
\$70/9

### Dance Mix

(6 - 9 years)

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

**#38165** Tues, Apr 28 - June 23  
3:30 - 4:30 pm  
Lewis Centre  
\$70/9

### Hip Hop Dance

(7 - 10 years)

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

**#38167** Thurs, Apr 30 - June 25  
5:30 - 6:30 pm  
Lewis Centre  
Craft Room A  
\$70/9

### Dance, Create & Play

(5 - 7 years)

Learn some beginner dance moves, as you shake out your after school sillies. Use music and movement to develop flexibility, co-ordination, balance and self-confidence in a fun group environment. Then have a snack, create and play the afternoon away!

**#38168** Wed, May 6 - June 10  
3:30 - 5:00 pm  
Lewis Centre  
Meeting Room  
\$60/6

Early Years (3 - 5 years)  
Dance programs  
on page 34.



**Please note:** Parents are encouraged to watch their dancers from outside of the room.

Check out the many **Volunteer Opportunities** available:

- Pre-school programs
- Children's programs
- Special Events
- Pro D Day
- Spring break
- The LINC Youth Centre



### Why volunteer?

- To share your skills
- To gain valuable work experience
- To keep busy
- To explore a career
- To give back
- To have fun
- To obtain Grad Transition credits

FMI call 250-338-5371 or drop by The Lewis Centre and fill out an application



### Beginner Kung Fu

(5 - 9 years)

Learn valuable life skills through self defence techniques and through the use of fun games that develop co-ordination and sharper reflexes. Explore the emotional elements that come with learning self defence and how to be considerate, tolerant and respectful community members. \*Please note that there is an additional \$55 fee for new students for a uniform. This includes a shirt, sash and pants.

**No class** May 18.

**Instructor:** Corny Martens

**#37991** Mon & Wed  
Apr 13 - June 24  
3:15 - 4 pm  
Lewis Centre  
\$155/21

### Level 4 + Intermediate Kung Fu

(7 - 12 years)

Students in this class begin to explore the 'Cham Kui' or bridging form as well as working on 'Chi Sao' or sensitivity training. At this level, the practitioner will be learning how to stay physically centered during confrontation and aware of their emotional state in highly charged stressful situations. Further training with staff, long pole, butterfly swords and broadswords will be continued throughout the year. **No class** May 18. **Instructor:** Corny Martens

**#37992** Mon & Wed, Apr 13 - June 24  
4 - 5:30 pm  
Lewis Centre  
\$165/21

### Level 2 & 3 Advanced Beginner Kung Fu

(5 - 9 years)

Build on the foundation of basic skills with more advanced techniques. A more in depth look at what it takes to develop a 'Gold Sash Attitude', or become a Kung Fu Master are studied. Students will learn staff and stick techniques from Traditional Wing Chun. **No class** May 18.

**Instructor:** Corny Martens

**#37990** Mon & Wed  
Apr 13 - June 24  
4 - 5 pm  
Lewis Centre  
\$165/21

### Junior Karate

(9 - 14 years)

Karate is a fun and focused way for fitness, flexibility and personal development. Learn self defense, improve concentration, confidence, self-discipline and sportsmanship with blocks, kicks, punches and evasive moves! Courtenay Karate teaches traditional Shito-ryu karate with NCCP certified instruction sanctioned by Karate Canada and Karate BC ensuring the highest quality of expertise and safety. (An annual fee will be collected in class). **No class** May 18.

**Instructor:** Todd Robertson & Brenda Bombini

**#37995** Mon & Thurs  
Apr 13 - June 18  
6 - 7:20 pm  
Lewis Centre  
\$125/19

### Karate Kids

(6 - 8 years)

Block, kick and punch your way through this fun and focussed program designed for this age group. Playing skills based games and learning traditional karate techniques will help to improve motor skills, strength and balance. **No class** May 18.

**Instructor:** Todd Robertson & Brenda Bombini

**#37994** Mon & Thurs  
Apr 13 - June 4  
6 - 6:45 pm  
Lewis Centre  
\$95/15

Adult Karate,  
see page 61



### Taekwondo Juniors Lower Level

(8 - 13 years)  
 Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor.

**Instructor:** Richard Dobbs  
**#37899** Tues & Thurs  
 Apr 14 - June 18  
 4:50 - 5:50 pm  
 Lewis Centre  
 \$150/20

### Taekwondo Juniors Higher Level

(8 - 13 years)  
 Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor.

**Instructor:** Richard Dobbs  
**#37900** Tues & Thurs  
 Apr 14 - June 18  
 6 - 7 pm  
 Lewis Centre  
 \$150/20

### Intro to Taekwondo

(5 - 10 years)  
 For all of our new students! This introductory class is designed to teach kids the basics before starting Taekwondo full time. Students learn foundation skills: kicking, blocking, punching and life skills: confidence, courtesy, perseverance. Kids over 10 please join the Junior class. Woo Kim Taekwondo is a sanctioned member of BC Taekwondo Federation.

**Instructor:** Richard Dobbs  
**#37897** Fri, Apr 17 - June 12  
 4 - 4:30 pm  
 Lewis Centre  
 Activity Room  
 \$60/9

**Taekwondo instructor:** *Richard Dobbs has 25 years of experience in Taekwondo. He is a NCCP trained coach and a 3rd Dan Black Belt. In his spare time he volunteers for the Comox Fire Department.*

#### Quote the Code to register!

We now have handy barcodes that make registration more efficient. When you register by phone or in person simply give us the barcode that's connected to the specific program that you need. Barcodes are found under course descriptions.

**#37628** Thurs, Apr 30 - June 18  
 12 - 2 pm  
 Lewis Centre  
 Craft Room B  
 \$96/8

### Taekwondo Tigers

(5 - 7 years)  
 Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor.

**Instructor:** Richard Dobbs  
**#37898** Tues & Thurs  
 Apr 14 - June 18  
 4 - 4:45 pm  
 Lewis Centre  
 \$130/20

Oh no, you had to cancel the class?

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





## CV Gymnastics Championships

Saturday March 14  
9:30 - 2:00 pm  
Lewis Centre

Recreational gymnasts & Trampoline athletes will showcase their skills in this exciting event that promotes fun, fitness & participation!

Ribbons Trophies Friends Concession

## Gymnastics

Join our knowledgeable, playful, skilled and friendly, qualified instructors who will connect you to a lifetime love of learning and physical activity. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program, with pictorial report cards and participation certificates.

Lewis Centre Gym  
\$110/10 Sessions (Tuesdays)  
\$105/9 Sessions (Saturdays)  
\$200 /Both days

### Girls & Boys Mixed

(5½ - 8 years)

#38048 Tues, Apr 21 - June 23  
3:30 - 5 pm  
or/&  
#38049 Sat, Apr 25 - June 20  
10 - 11:30 am

### Girls Pre Advanced

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

#38052 Tues, Apr 21 - June 23  
6:30 - 8:00 pm  
or/&  
#38053 Sat, Apr 25 - June 20  
2 - 3:30 pm

### Girls Gymnastics

(8 years & over)  
#38050 Tues, Apr 21 - June 23  
5 - 6:30 pm  
or/&  
#38051 Sat, Apr 25 - June 20  
12:30 - 2 pm

### Girls Advanced

(8 years & over)  
#38054 Tues, Apr 21 - June 23  
6:30 - 8 pm  
or/&  
#38055 Sat, Apr 25 - June 20  
2 - 3:30 pm

### Boys Advanced

(8 years & over)  
Prerequisite for this class: Minimum Level Silver 3 or assessed ahead of time by instructor.

#38046 Tues, Apr 21 - June 23  
6:30 - 8 pm  
or  
#38047 Sat, Apr 25 - June 20  
2 - 3:30 pm

### Boys Gymnastics

(8 years & over)  
Separate boys classes allow for dynamic energy to be channelled in creative ways. Learn the basics, then develop your skills, strength and stamina on a variety of apparatus.

#38044 Tues, Apr 21 - June 23  
5 - 6:30 pm  
or/&  
#38045 Sat, Apr 25 - June 20  
12:30 - 2 pm

### Trampoline

(6 years & over)  
Develop skills in a structured trampoline program. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence.

**Instructor:** Vern Nichols, Sheri Roffey & Breanne Hague

Wed, Apr 22 - June 24  
#38056 3:30 - 4:30 pm  
#38057 4:30 - 5:30 pm  
Lewis Centre  
\$80/10

\*Please register early as classes fill quickly. We recommend you know what level your child is in.



# Sports

## Learn to Play

(8 - 14 years)

Develop your golf skills and learn how to apply them on the course. Develop and imprint motor skills and co-ordination related to the golf swing. Skill proficiencies include ball striking, improving on the ABC's of athleticism, chipping, putting, and more. Equipment is included.

**Instructor:** Glacier Greens

#37894 Sat, Apr 11 - May 2

3 - 4 pm

\$60/4

or

#37895 Sat, May 9 - 23

3 - 4 pm

\$50/3

## Kids Tennis

(5 - 10 years)

Join this introductory tennis program to expose children to tennis. Scaled equipment, court length, and balls modified for the child's age for success, maximum learning and fun. Game based learning. All equipment is supplied.

**Instructor:** Brenda Dean

Mon, Apr 13 - May 4

#37881 3 - 4 pm (5 - 6 years)

#37882 4 - 5 pm (7 - 10 years)

Lewis Park Tennis Courts

\$50/4



Sailing,  
see page 39



Track & Field,  
See page 36



## Golf FUNDamentals

(6 - 9 years)

Get ready for the golf course. Develop new basic skills and progress to playing the game. Better your swing and learn to move a club to produce your desired result. Learn the rules and playing etiquette.

Golf equipment is provided.

**Instructor:** Glacier Greens

Tues - Thurs

#37888 Mar 31 - Apr 2

or

#37889 Apr 7 - 9

10 - 10:45 am

\$40/3

or

#37892 Sat, Apr 11 - May 2

2 - 2:45 pm

\$50/4

or

#37893 Sat, May 9 - 23

2 - 2:45 pm

\$40/3



## Floor Hockey

(6 - 12 years)

Fast play and action! It's a great way to end your week! Shoot, score and work hard with your teammates. Supervision and play for all levels provides fun for you and your friends. Please note, this is a non-instructional program. **No class** June 12.

Fri, Apr 24 - June 19

#37901 3:45 - 4:45 pm (6 - 9 years)

#37902 5 - 6 pm (9 - 12 years)

Lewis Centre

\$40/8

Skateboarding & Scooter  
Lessons see page 50



## Junior Spring Golf Camp

(8 - 14 years)

Join this spring long program that incorporates all golfing skills, and will include etiquette and a rules component. Cost includes rental clubs (if needed), range balls a golf shirt and hat. **No class** May 10 or June 7.

**Instructor:** Glacier Greens

#37896 Sun, Apr 26 - July 5

12:00 - 3:00 pm

\$135/9-1 hour sessions

## Soccer Kids

(6 - 9 years)

Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No class** June 11.

#38058 Thurs, Apr 16 - June 18

3:30 - 4:30 pm

Lewis Centre

\$55/8





## Leaders in Training (LIT)

(13 - 18 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers, or build their resumes. Build on your teamwork and leadership skills, through this volunteer training workshop series. Learn to lead games, and activities, behaviour management and more. After training, meet with the Volunteer Coordinator to put your skills into practice, with the goal of completing 25 volunteer hours. T-shirt & certificate included.

**Instructor:** Alexis Forbes

**#37657** Tues - Fri, Apr 7 - 10  
10 am - 3 pm  
LINC Youth Centre  
\$50/4

## Get Trained

### All-in-One Job Training

Get on track to find an ideal summer job! Sign up for one or all of this All-in-One Certificate/Workshop series specifically for youth. Register for **Emergency First Aid, World Host & Food Safe Level One**, and receive a **FREE Job Preparation** and **Workplace Safety Presentation**.

### Emergency First Aid

(14 - 18 years)

Learn basic First Aid and CPR in this one day course and walk away with a 3 year certification. This is a great foundation for job applications, babysitting or safety at home.

**#37658** Mon, Mar 30  
9 am - 5 pm  
LINC Youth Centre  
\$105

### Food Safe Level 1

(14 - 18 years)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates will be awarded upon successful completion of the program. A must for resumes!

**Instructor:** Terry Tombs

**#37660** Wed, Apr 1 \*  
or  
**#37931** Sat, June 20  
9 am - 4:30 pm  
LINC Multipurpose Room  
\$95

\* April 1 Food Safe Level 1 part of All-in-One Job Training

### Resume/Job Search Workshop & Workplace Safety

(14 - 18 years)

Take part in a 4 hour workshop designed to give you the skills to make your resume stand out and offer you some tricks of the trade when it comes to finding a job. Then after lunch take part in a Young Workers Workplace Safety presentation that will help you stay safe on the job.

**#37661** Thurs, Apr 2  
9 - 3 pm  
LINC Youth Centre  
\$30 or

**FREE for those who sign up for all 3 certificate programs**

### World Host Fundamentals

(14 - 18 years)

A one-day course teaching new and first time job seekers how to effectively interact with customers/clients. Walk away with a manual, pin and certificate that promises to look great on a resume!

**#37659** Tues, Mar 31  
9 am - 4 pm  
LINC Youth Centre  
\$95



## Art Attack

(10 - 14 years)

Take part in a variety of art activities: photography, crayon melting art, splatter paint fights and more. Please bring a snack and an extra set of clothes to get messy in!

**Instructor:** Kim Jackson  
 Tues - Thurs  
 Mar 31 - Apr 2  
 12 - 5 pm  
 LINC Games Room  
 \$20/day

- #38072 All 3 days
- #38066 Tues, Mar 31
- #38067 Wed, Apr 1
- #38068 Thurs, Apr 2

## Cheminus Outdoor Skatepark Trip

(10 years and over)

Join us for a day to check out the brand new Cheminus outdoor skatepark. Bring your scooter, skateboard or roller blades. Helmets are mandatory and can be provided if needed.

#38126 Saturday in May or June  
 Meet at The LINC  
 9am to 4pm  
 \$15

*If you would be interested in taking part, please call 250-338-5371 to be placed on an interest list.*

## Birthday Parties at The LINC

(8 - 18 years)

Register for an original birthday party package! We'll organize games, provide supervision and even do the clean-up. Choose from a variety of themes: Dodgeball, Skatepark, Karaoke, All About Girls, Gaming, or just have The LINC all to yourself! Host parent must be present. Maximum 12 participants. **No Birthdays** April 4 & 5 May 2, 16 & 17.

Starting Mar 28	\$110
Sat, 12:30 - 2:30 pm	\$150/pizza party
or	(includes 3 large pizzas)
Sun, 12 - 2 pm	
LINC Games Room	



## Spring Smash Up

(10 - 14 years)

Looking for some fun during spring break? Look no further! Join us for 3 days that will ensure you have all sorts of exciting stories to tell when you get back to school!

Tues - Thurs,  
 Apr 7 - 9  
 9 am - 4 pm  
 LINC Games Room

- #38071 All 3 days
- #37663 Tues, Apr 7  
 • Swimming & rock climbing
- #38069 Wed, Apr 8  
 • Go carts & mini golf
- #38070 Thurs, Apr 9  
 • Hornlake Caves  
 \$43/day  
 \$114/3 days

## PLC Day Cooking

(12 - 17 years)

Learn something new each PLC day with this fun, interactive cooking program. Not only do you get to learn to cook something... you get to eat it too!

#37753 Wed  
 Apr 22, May 6 & 27  
 2:30 - 4 pm  
 LINC Games Room  
 \$35/3



Courtenay Recreation  
 Presents:

# SPRING FEVER DANCE

Just for Tweens  
 (8 - 11 years)

Have fun in a safe, supervised environment "Just for Tweens". Raise the roof with live DJs, games & prizes!

## Tuesday April 21

Doors open @ 3 pm  
 Dance from 4 - 7 pm  
 Tickets available @ Lewis or LINC  
 \$3 in advance  
 \$4 @ door  
 Must have ticket for the night!





## Strength Training for Teens

(13 - 15 years)

Teens will learn how to manage a safe and effective personal fitness program incorporating the equipment of the Wellness Centre.

*Please put your name on our interest list for an April class start.*

## Teen Wellness Centre Orientation

(13 - 15 years old)

Not familiar with our Wellness Centre or facility? No problem. Book an orientation with one of our Wellness Centre staff and we will be happy to give you a personal tour through the room and provide all of the information you need to get you on track for working out in this beautiful new facility! Maximum of 4 people per time slot.

**#38092** Thurs, Apr 16  
3:30 - 4:15 pm

or

**#38187** Tues, May 12  
3:30 - 4:15 pm

## Supervised Wellness Centre Schedule for 13 - 15 years

**Monday** 9 - 10:30 am

**Tuesday** 3 - 7 pm

**Wednesday** 9 - 10:30 am

**Thursday** 3 - 7 pm

**Friday** 11 am - 12:30 pm

Wellness Centre  
Student Rate \$3.50



## Scooter Tricks 101

(6 - 12 years)

Get in on the latest craze on wheels! This class will get you going with the basics, and help you progress through to tricks in the skatepark. Here's your chance to get rolling! Helmets mandatory. **No class** May 17.

**Instructor:** Jonah Armstrong

**#37751** Sun, Apr 19 - June 14  
9:15 - 10:15 am  
LINC Skatepark  
\$80/8

## Adults Only

### Skateboard Night

(18+ years)

Dust off your skateboard and come out for this 'just for adults' skate night at the Indoor Park. Purchase a Punch Pass for \$40 or drop in for \$4. Please note this drop-in is based on regular participation, and may be cancelled if numbers are low. Helmets required and available. Skateboard Rentals \$4.

**#37664** Mon, Mar 30 - May 11  
7 - 9 pm  
LINC Skatepark  
\$4/Drop-in

## Skateboard FUNDamentals

(6 - 12 years)

Build confidence while learning the basics of skateboarding. Practice dropping in to the bowl, use the ramps and learn a trick or two. **No class** May 17 or 18.

**Instructor:** Jonah Armstrong

**#37750** Sun, Apr 19 - June 14  
10:30 - 11:30 am

or

**#38086** Mon, Apr 20 - June 15  
5:30 - 6:30 pm  
LINC Skatepark  
\$80/8  
\$10/Skateboard rental

## Multi-Sport Night for Youth

(13 - 17 years)

Floor hockey, basketball, soccer and more. Start the weekend off right with your friends. Begin indoors while it's raining then take it outside as the days get long and dry! **No class** May 16.

**#37903** Sat, Apr 25 - June 13  
4:30 - 6 pm  
Lewis Centre MP Hall &  
LINC BBall Courts  
\$15/7  
\$3/Drop-in  
*if minimum #s are met*



## Get Creative

### Kickstart: Beginners Guitar

(12 - 16 years)

This workshop series will show you how to make enough chords to play literally thousands of songs. You'll learn to play a major scale, utilizing all the fingers on one hand. If you have one, please bring a guitar, tuner and a notebook.

**Instructor:** Bobby Herron

**#37752** Thurs, May 7 - 28  
7 - 8 pm  
LINC Multipurpose Room  
\$20/4



### Mosaic Stepping Stone

(12 - 16 years)

Create a beautiful mosaic starfish stepping stone with stained glass and cement. Several colours to choose from in this fun and easy class and just in time for Mother's Day!

**Instructor:** Nancy Morrison

**#37906** Tues, Apr 21 - May 5  
4 - 5:30 pm  
Lewis Centre  
Craft Room B  
\$41/3

Oh no, you had  
to cancel the  
class?

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

### Djing Workshop with DJ Eliazer

(13 - 19 years)

Don't just dream of becoming a DJ... Learn how to DJ in this one day workshop with a professional. Learn how to use turntables, mix music on your home computer, source new music, transitions and even try your hand at scratching. All students leave with a CD of music to practice with and mixing programs for their home computers.

**#38119** Sun, May 3  
9:30 am - 4:30 pm  
LINC Multipurpose Room  
\$95/7 hour workshop

### Did you know:

Youth Week is celebrated  
all over the world? BC  
Youth Week is always  
May 1 - 7.

For more info check out  
[bcyouthweek.com](http://bcyouthweek.com)



**Help Us Celebrate!**



**Register for our Annual Road Hockey Tourney Saturday May 2**



Call **250-334-8138** for more info

*Stay tuned for a schedule of youth activities for this week*

Courtenay Recreation  
Youth

# THE LINC

## youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay  
250-334-8138



Courtenay Recreation  
Youth

### WHAT WE OFFER

- |                    |                       |
|--------------------|-----------------------|
| Outtrips           | Arts Programs         |
| Concession         | Pool Table            |
| Big Screen TV      | Foosball Table        |
| Drop-in Sports     | Ping Pong Table       |
| Youth Access       | Air Hockey Table      |
| Computers          | Nintendo Wii          |
| Indoor Skatepark   | XBox 360              |
| Youth Rec Programs | Nightly Events        |
| Digital Arts       | Outdoor B-Ball Courts |
|                    | Birthday Parties      |

### HOURS

- Mondays** 7 - 9 pm  
(adult skate night)
- 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
- Sundays** 3 - 8 pm

### FEEES

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



\*Find us on Facebook for Spring Break Hours

### Media Arts Drop-in

(11 - 18 years)  
Join our Community Access Program Interns Jillian and Kimberley every week for something new. Some upcoming activities include: Photoshop, designing logos and stickers, video editing and tie dying. Check out The LINC Calendars to stay up to date on times and days of activities.

Weekly  
\$2.50/Drop-in  
The LINC Youth Centre

### Tween Night

(8 - 11 years)  
Join us for this special day reserved for 8 - 11 year olds ONLY. Play dodgeball, use the skatepark, go for an outtrip or play with friends on one of our many games tables.

Tuesdays  
\$2.50/Drop-in  
The LINC Youth Centre

### Gaming Night Drop-In

(11 - 18 years)  
Join us Saturday nights starting in April and enter the world of gaming in a space especially for you. Games may include D&D, Magic, card games and more.

Saturdays  
Starting in April  
6 - 8 pm  
\$2.50/drop-in  
The LINC Youth Centre Meeting Room



## Special Interest

### NCCP Intro to Competition Part A

This course covers important factors in planning a safe, dynamic practice, including sport analysis, ethics, and sport nutrition.

**Instructor:** Larry Street

#38184 Fri & Sat, Apr 17 - 18  
Friday 5 - 9 pm  
Saturday 9 am - 5 pm  
\$90/2

### Introduction to Numerology

Numerology is the study of the vibrational significance of the numbers found in your name and birth date. Using numerology, you can discover your strengths and weaknesses, deep inner needs, emotional reactions, talents and the way you deal with others. You can also determine the types of stress or the access to energy that currently impact your life and give you tools to make decisions.

**Instructor:** Kara Foreman

#37813 Sat, May 9  
10 am - 3 pm  
Filberg Centre  
\$40

### Reading the Tarot

Learn this ancient art of 'sooth saying'. You'll learn what layouts to use in different situations, and how to work effectively with clients. There will be plenty of opportunity for practice. Guided visualization techniques will be used to hone your intuitive abilities.

**Instructor:** Kara Foreman

#37835 Sat, Apr 18  
10 am - 4 pm  
Filberg Centre  
\$45

### NCCP Intro to Competition Part B

Learn the important concepts necessary to plan a full season of training. Apply a variety of principles that address the role of the coach, growth and development, sport injuries, skill analysis, skill development and physical preparation.

**Instructor:** Larry Street

#38185 Fri & Sat, May 8 & 9  
Friday 5 - 9 pm  
Saturday 9 am - 5 pm  
\$90/2

### Weather, Tides & Navigation Workshop

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

**Instructor:** Doug Taylor

#37979 Wed, May 13 & 20  
5:30 - 8:30 pm  
Filberg Centre  
\$48/2

### Geocaching 101

Geocaching is a high tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices.

**Instructor:** Tom Furlotte

#37553 Sat, June 6  
9 am - 12 pm  
Filberg Centre  
\$20

### Women's Self Defence

If you want to increase your mindfulness of potential danger, your ability to escape an attacker, feel empowered, increase confidence and your feelings of safety and control, this workshop is for you! You will learn more about safety awareness, assertive communication, and physical self-defence through discussions and role playing.

**Instructor:** Beth Nichol

#37983 Sat, Apr 18  
10 - 11:30 am  
Filberg Centre  
\$25

### Family Caregiver Education (Dementia and Alzheimers)

This workshop is for family members who are caring for a person with dementia. Information includes: Understanding Alzheimer's disease and related dementias, effective and creative ways of facilitating communication with a person with dementia, problem solving for responsive behaviours & self care for the caregiver.

#37275 Sat, April 25  
10 am - 3:30 pm  
Native Sons Hall  
*No charge,  
please pre-register*





### Beginners Painting (Oil or Acrylic)

For those who know nothing or just a little bit, this is the A to Z's of how to paint! We will cover colours, tone, correct use of materials, drawing skills, subject matter - all the basics to get you going! A fun, relaxed and informative class with great results!

**Instructor:** Teresa Knight

**#37826** Tues, Apr 14 - June 2  
6:30 - 8:30 pm  
Filberg Centre  
\$80/8

### Write your Memoirs

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

**Instructor:** Kara Foreman

**#37936** Sat, May 23  
10 am - 4 pm  
Filberg Centre  
\$45



### Beginner Decorative Chalk Painting

Do you want to paint furniture so that you can revamp an old table, chair or dresser? In these workshops, you will learn several basic painting techniques using latex and chalk-based paint, including; single colour with wax, two-color distressed & adding patina with glaze and wax. You (and your friends) will be amazed by your work!

*Please leave your name on our interest list for a fall class.*

### Ignite your Creativity

Find tools to loosen your blocks, strengthen your brain and quiet the critic. Bring a creative spark into everything you do. Experiment, play and get lost in the fun of the process. Collage, paint, doodle and more! No experience required! A \$12 supply fee will be collected by the instructor.

**Instructor:** Sheron Jutila

Thurs,  
**#37808** Apr 9 - May 14 **Part 1**  
or  
**#37809** May 21 - June 25 **Part 2**  
5 - 7:30 pm  
Filberg Centre  
\$78/6

### Painting with Watercolours

In a step by step demonstration driven teaching process you will learn techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. **No class** May 18.

**Instructor:** Bill Kerr

**#37827** Mon, Apr 13 - May 25  
6:30 - 9:30 pm  
Lewis Centre  
\$75/6

### Loosen Up your Painting Style



Teresa will lead you through several techniques and exercises that will help you free up your paintings and loosen your style. If your paintings are currently stiff, laboured or over-worked, this course will help you be looser, more spontaneous and creative. **No class** May 18.

**Instructor:** Teresa Knight

**#37912** Mon, Apr 13 - June 8  
6:30 - 8:30 pm  
Filberg Centre  
\$80/8

### Beginner Drawing



Join us for this introduction to perspective and cast shadows. Participants learn how to measure and draw proportions simply and create the illusion of depth while being introduced to techniques for fine detail and loose expression.

**Instructor:** Jenja McIntyre

**#37952** Mon, Apr 20 - June 8  
7 - 9 pm  
Lewis Centre  
\$100/7



### Intro to Stained Glass

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

**Instructor:** Nancy Morrison

#37812 Tues, April 7  
6:30 - 9:30 pm  
Lewis Centre  
\$25

### Stained Glass Garden Ornament



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

**Instructor:** Nancy Morrison

#37933 Wed, May 27 - June 10  
7 - 9 pm  
Lewis Centre  
\$39/3

### Rings, Rings & more Rings

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

**Instructor:** Cheryl Jacobs

#37951 Sat, May 30  
9:30 am - 4:30 pm  
Lewis Park Tsolum Bldg.  
\$85

Check your receipt for important program information!



### Stained Glass 101

A more indepth class to unleash your creativity! Several designs and custom colour choices make this a popular choice. Register early! A \$40 supply fee will be collected by the instructor.

**Instructor:** Nancy Morrison

#37839 Tues, Apr 14 - June 2  
7 - 9 pm  
Lewis Centre  
\$100/8

### Stained Glass Stepping Stones

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

**Instructor:** Nancy Morrison

#37840 Wed, Apr 8 - 22  
7 - 9 pm  
Lewis Centre  
\$39/3

### Stone Setting with Soldering - Pendants

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

**Instructor:** Cheryl Jacobs

#37950 Sat, April 25  
9:30 am - 4:30 pm  
Lewis Park Tsolum Bldg.  
\$85



### Fused Glass Hummingbird Windchime



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

**Instructor:** Nancy Morrison

#37932 Wed, Apr 29 - May 20  
7 - 9 pm  
Lewis Centre  
\$52/4



**Cheryl Jacobs** has been teaching beginners and advanced jewellery classes at Courtenay Recreation for about 8 years. Her favourite thing is setting up the classroom to look like a jewellery studio and seeing the students amazement at the jewellery benches and all of the tools they get to experiment with. She finds it very exciting to teach people that have never done metal work before, and see how they get 'so into it' and end up making amazing pieces of jewellery! Cheryl has been teaching for almost 20 years out of her studio on Denman Island and loves to pass on the knowledge that she has acquired over the years.



### Hula Hooping 101

All the tips and tricks you need to get hula hooping! We'll learn the fundamentals in what can become a 'well rounded' addition to your healthy lifestyle. No experience necessary, hoops provided.

**Instructor:** Tracey Clarke

**#37806** Wed, Apr 8 - May 13  
5:30 - 6:30 pm  
Native Sons Hall  
\$48/6

### Intermediate Hooping

Get super hoopy with this more advanced course in hula hooping. Learn amazing tricks, how to spin multiple hoops and hoopdance combos. Bring your favourite hoops or use ours.

**Instructor:** Tracey Clarke

**#37909** Sat, May 16  
11 am - 1 pm  
Native Sons Hall  
\$20

### Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improve balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

**Instructor:** Albert Balbon

**#37842** Thurs, Apr 9 - June 11  
7 - 8 pm  
\$75/10  
**or**  
**#37843** Sat, Apr 11 - June 13  
10 - 11 am  
\$75/10  
Lewis Centre

Courtenay Recreation  
Adult

### Hip Hop

Burn away the calories while learning tons of hip hop moves that will both strengthen and tone your whole body.

**Instructor:** Kelsi Fair

**#37905** Wed, Apr 1 - May 6  
6:30 - 7:30 pm  
Lewis Centre  
\$60/6

### Qigong

Qigong is an ancient healing art that combines flowing movements and breath aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment. **No class** June 16.

**Instructor:** Corny Martens

**#37834** Tues, Apr 14 - June 23  
3 - 3:45 pm  
Native Sons Hall  
\$93/10

### Nia

Nia is a movement practice that combines dance, martial arts, and yoga for a workout that focuses on the body/mind connection while building strength, endurance, and flexibility at your personal fitness level.

**Instructor:** Ann Marie Lisch

**#36929** Mon, June 15 - July 27  
5:30 - 6:45 pm  
Filberg Centre  
\$53/7

### Applied Body Mechanics Ving Tsun New!

ABMVT is a tested system of Kung Fu that emphasizes small movements for maximum results. This class is purely skill based training for weekend warriors that want to progress in a safe, encouraging and non threatening environment. Vin Tsun (Wing Chun) is a system of Chinese boxing.

**Instructor:** Corny Martens

**#37939** Tues & Thurs  
Apr 14 - June 25  
7 - 9:15 pm  
\$270/22



## DrumsAlive!

Drums Alive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm, while participants drum on large exercise balls while getting aerobic exercise! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training. **No class** April 1, 8 & 29.

**Instructor:** Monica Hofer

**#37783** Wed, Mar 18 - June 24  
7 - 8 pm  
Native Sons Hall  
\$84/12

## ZUMBA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this one-hour fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!! **No class** May 26.

**Instructor:** Jessica Anderson

**#37871** Tues, Apr 7 - June 9  
5:30 - 6:30 pm  
Filberg Centre  
\$63/9  
\$9/Drop-in

## Plus Size Zumba

*New!*

Don't miss out on the exciting and addicting Zumba craze, join this high energy class dedicated to plus size women!

**Instructor:** Flory Franga Vega

**#38065** Thurs, Apr 9 - June 11  
6:30 - 7:30 pm  
Lewis Centre  
\$70/10

See page 74 for  
Pilates with Props



## Dancing Freedom

Awaken your body's natural state of freedom and joy with this guided free-form dance practice. Move at your own pace, let go of self-consciousness and come alive dancing. Discover the power of dance to heal and bring balance to your body, heart and mind. Open to everyone.

**Instructor:** Helen Pattinson

**#37779** Thurs, May 14 - June 18  
6:30 - 8 pm  
Native Sons Hall  
\$80/6

## Structural Balance

*New!*

The use of a firm foam cylinder roller will be used for core stability training to improve your muscular balance, abdominal strength and flexibility. You will gain proper alignment for everyday activities and prevention of injuries. You will release tight muscles and improve blood flow. Yoga poses and Pilates exercises will be incorporated. **No class** May 18.

**Instructor:** Glenn Whelan

**#38075** Sat, Apr 11 - June 13  
11:30 am - 12:30 pm  
**or**  
**#38076** Mon, Apr 13 - June 22  
6:30 - 7:30 pm  
\$90/10

## Chan Meditation

Chan, or Chinese Zen, is based upon the fundamental practice of mindfulness and loving kindness. Zen emphasizes experiential wisdom in the attainment of enlightenment.

**Instructor:** Adrian Symonds

**#37766** Tues, Mar 24 - May 12  
7:30 - 9 pm  
Lewis Park Salish Bldg.  
\$40/8

## Belly Dance Basics

Learn this oriental dance with an experienced teacher providing detailed movement breakdown and personalised feedback. Experience improves posture, confidence and an appreciation for your feminine shape. **NO** dance experienced required! Wear fitted exercise clothing, indoor shoes or barefeet. Hip scarf optional but encouraged.

**Instructor:** Carla Barriga

**#37775** Wed, Apr 8 - May 13  
5 - 6 pm  
Lewis Centre  
\$52/6  
\$11/Drop-in

## ZenGa

ZenGa is the newest mind-body exercise modality from Stott Pilates. This innovative program fuses Pilates, yoga, and basic dance choreography to achieve fascia release as well as traditional muscular strengthening and stretching. Various props are used to support the body, direct focus, and create fluidity and flow in each movement. **No class** May 18.

**Instructor:** Elizabeth White

**#37870** Mon, Apr 13 - June 22  
6 - 7 pm  
Native Sons Hall  
\$75/10





### Good Morning Yoga

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

**Instructor:** Akiko Shima

**#37937** Mon, Apr 13 - June 22  
9:15 - 10:45 am  
Lewis Salish Bldg. **New!**  
\$90/10

or

**#37856** Fri, Apr 17 - June 26  
9:15 - 10:45 am  
Lewis Centre  
\$99/11

### 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 slow practice.

**Instructor:** Akiko Shima

**#37865** Fri, Apr 17 - June 26  
11 am - 12:15 pm  
Lewis Centre  
\$88/11

### Yin Yoga

Yin Yoga is a quiet, meditative and slow moving practice. It uses long held (sometimes prop supported), passive poses to release connective tissue and deeply held parts of the body and mind. This class includes mostly 'low to the ground poses'.

**Instructor:** Helen Pattinson

**#37866** Mon, May 25 - June 29  
9 - 10:30 am **New!**

or

**#37867** Wed, May 13 - June 17  
12:30 - 2 pm  
Lewis Centre  
\$54/6



Courtenay Recreation  
Adult

### Yoga for the 5 Senses

Just like it sounds, this Level 1 Hatha class will have a focus on improving all five senses (sight, breath/smell, hearing, taste and touch). Some yoga experience beneficial but not required.

**Instructor:** Sheron Jutila

**#37868** Fri, Apr 10 - June 26  
2:30 - 3:45 pm  
Lewis Centre  
\$96/12

### Real Yoga for Real Men

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

**Instructor:** Catherine Reid

**#37864** Tues, Apr 14 - June 30  
5:15 - 6:15 pm  
Lewis Salish Bldg.  
\$90/12

Do you have a program idea? Email [rspence@courtenay.ca](mailto:rspence@courtenay.ca) or pick up a program proposal form from the office or off the website.

### Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices and is paced to allow you to explore postures at your own comfort and safety level while leaving you refreshed and more flexible.

**Instructor:** Catherine Reid

**#37857** Mon, Apr 13 - June 29  
6 - 7 pm  
Lewis Centre  
\$83/11

### Hatha Level 2

This class for experienced students is a chance to take your practice to the next level. If you are practicing and/or taking classes regularly, are in good shape and ready to work more deeply with the postures this class is for you.

**#37858** Mon, Apr 13 - June 29  
7:15 - 8:45 pm  
Lewis Centre  
\$99/11

No Yoga classes on Monday May 18.

See page 67 for Older Adult Yoga Classes



### 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

#37862 Wed, Apr 15 - June 24  
6:30 - 7:45 pm  
Lewis Salish Bldg.  
\$88/11

### Mom & Baby Yoga

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

**Instructor:** Akiko Shima

#37861 Wed, Apr 15 - June 24  
9:30 - 10:30 am  
Lewis Salish Bldg.  
\$83/11

### Pilates Yoga Fusion Flow

This lively class will have an emphasis on core stability, alignment and breath. The hour will consist of nine sections: warm up, sun salutations, warrior pose challenge, balance, core, hip openers, spirals, forward folds and rest. Once an understanding of the exercises develops, movements will begin to merge with music.

**Instructor:** Jessica Anderson

#37831 Tues, Apr 14 - June 23  
6:45 - 7:45 pm  
Filberg Centre  
\$83/11

### Intro to Vinyasa

Vinyasa yoga is similar to Ashtanga, but plays with a variety of posture sequences. We will begin with sun salutations, breath work and basic closing/relaxation postures and gradually add more strengthening, dynamic and complex postures as students become more comfortable with vinyasa (flowing from posture to posture).

**Instructor:** Sky Hellyar

#37859 Tues, Apr 7 - June 16  
6 - 7:15 pm  
Lewis Centre  
\$88/11

### Mixed Level Vinyasa

Different flows each week will challenge your body, focus your mind, and soothe your spirit. Variations given for all levels, from confident beginner on up! Some previous yoga experience recommended.

**Instructor:** Sky Hellyar

#37860 Tues, Apr 7 - June 16  
7:30 - 9 pm  
Lewis Centre  
\$99/11

### Yoga for Joint Health

In this series of gentle postures we will focus on bringing mobility to the joints. This class will move 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

#37748 Thurs, Apr 9 - June 25  
10 - 11:30 am  
Lewis Park Salish Bldg.  
\$108/12

Not all yoga classes accept drop-ins. Call to see which ones do!

### Gentle Flow Yoga

Find grace, balance and strength in fluidity with this gentle flow yoga class. Linking breath with movement, we move through a dynamic yet gentle practice, releasing tension to bring peace, health and wholeness to body, mind and spirit.

Move at your own pace. Suitable for all fitness and flexibility levels.

**Instructor:** Helen Pattinson

#37855 Tues, May 12 - June 30  
5:30 - 7 pm  
Lewis Tsolum Bldg.  
\$72/8

### Gentle Yoga



Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice.

**Instructor:** Akiko Shima

#37938 Mon, Apr 13 - June 22  
11 am - 12:15 pm  
Lewis Salish Bldg.  
\$80/10





## Piano Lessons

Have you always wanted to play the piano? Music makes your brain work better! Explore the world of music using a wide range of musical styles. Beginners only please. The first book costs \$25 and a piano or keyboard is recommended for practising at home.

**Instructor:** Debbie Ross

**#37829** Thurs, Apr 2 - June 18  
7 - 8 pm  
Lewis Tsolum Bldg.  
\$192/12

## Photography Basics

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

**Instructor:** Jenja McIntyre

**#37828** Wed, Apr 8 - May 27  
7 - 9 pm  
Lewis Centre  
\$100/8

## Clay Works

Whether you like traditional sculpture or would like to create funky, functional pieces of art, this class is for you. We will be using under-glazes and glazes to finish the sculptures. Tools, under-glazes and some glazes will be provided. Some supplies required.

**Instructor:** Jenja McIntyre

**#37774** Thurs, May 7 - June 25  
8 - 9:30 pm  
Lewis Centre  
\$100/8

## Beginner Blues Guitar

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases).

**Instructor:** Larry Ayre

**#37802** Wed, Apr 15 - May 20  
6 - 7:15 pm  
Lewis Tsolum Bldg.  
\$83/6

## Blues Harmonica

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

**Instructor:** Larry Ayre

**#37908** Wed, Apr 15 - May 20  
7:30 - 8:30 pm  
Lewis Park Tsolum Bldg.  
\$66/6

## DrumsAlive®

DrumsAlive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm while participants drum on large exercise balls while getting aerobic exercise! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training.

**#37783** Wed, Mar 18 - June 24 **No class** Apr 1, 8 & 29.  
7 - 8 pm  
Native Sons Hall  
\$84/12

## African Hand Drumming and Rhythm

Learn basic hand drumming techniques, become comfortable jamming in a supportive circle of friends, and reap the benefits of 'getting into the groove'. **Instructor:** Monica Hofer

Mon, <b>Intermediate</b> <b>No class</b> Mar 30 & Apr 6.	or	Wed, <b>Beginner</b> <b>No class</b> Apr 1, 8 & 29.
<b>#37763</b> Mar 23 - May 11		<b>#37762</b> Mar 18 - May 6
<b>#38182</b> May 25 - June 29		\$63/5
11:45 am - 12:45 pm		<b>#38183</b> May 13 - June 24
\$75/6		\$88/7
Native Sons Hall		5:30 - 6:30 pm



## Karate

Karate improves overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC.

**No class** May 18.

**#37814** Mon & Thurs  
Apr 13 - June 18  
7:30 - 9:30 pm  
Lewis Centre  
\$135

## Badminton

If your concept of badminton is a quiet backyard barbecue game, you've never really played the sport! Join us for fast competitive games! **No games** May 18.

**Facilitator:** Al Jenkins

**#37765** Wed, Apr 15 - June 17  
7:30 - 9:30 pm  
Queeneesh Elementary  
\$38/10  
or

**\$5 Drop-in**

**#37764** Mon, Apr 20 - June 22  
8 - 10 pm  
Lewis Centre  
\$34/9

## Floor Hockey

Drop in anytime for this competitive but fun and fast-paced night of hockey action. New players welcome! All equipment provided. Spaces are limited so pre-registration is recommended.

**Facilitator:** Tim Chaisson

**#37800** Thurs, Apr 23 - June 25  
8 - 9:30 pm  
Lewis Centre  
\$38/10

**\$5 Drop-in**



## Adult Aerial Arts

Explore the exciting world of aerial fabric and aerial hoop. Focus on skill and strength building, starting close to the ground and gaining height as your confidence and abilities increase. Meet others who love it too! This class is for beginner - advanced aerialists.

**Instructor:** Kaya Kehl

**#37767** Wed, Apr 22 - June 10  
7:30 - 8:30 pm  
\$112/8  
or

**#37769** Thurs, Apr 23 - May 21  
9:30 - 11 am  
\$105/5  
or

**#37768** Fri, Apr 24 - June 12  
6:45 - 7:45 pm  
\$112/8  
Lewis Centre

## Adult Gymnastics

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

**Instructor:** Breanne Hague & Sheri Roffey

**#37804** Tues, Apr 21 - June 23  
8 - 9 pm  
Lewis Centre  
\$85/10

## Adults Only Skateboard Night

(18+ years)

Dust off your skateboard and come out for it's 'just for adults' skate night at the Indoor Park. Skateboard Rentals \$4.

**#37664** Mon, Mar 30 - May 11  
7 - 9 pm  
LINC Skatepark  
\$4/Drop-in

## Community Circus 2

In this session, we will create our year end show! If you have previous circus experience and are interested in becoming part of our show this class is for you. We will weave individual and group acts together to build our year end finale! **No class** May 18.

**Instructor:** Kaya Kehl

**#37771** Mon, Apr 13 - June 15  
6 - 8 pm  
Lewis Centre  
\$180/9

Note: a separate \$21 once/year 7-Story Circus Membership is required

## Circus Open Training

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills too! All equipment is available for practice. This is a supervised, non instructional class open to anyone with circus &/or aerial experience.

**Instructor:** Kaya Kehl

**#37772** Fri, Apr 24 - June 12  
7:45 - 8:45 pm  
Lewis Centre  
\$10/Drop-in

Info at [www.7storycircus.com](http://www.7storycircus.com)



# outdoor pursuits



## FAST Tennis (Fun Adult Starter Tennis)

Players will serve, rally and score from the first session. Specialized balls are used to make play easier and speed up the learning process.

**Instructor:** Brenda Dean

Tues, Apr 7 - 28

#37946 6 - 7:30 pm **Beginner**

#37948 7:30 - 9 pm **Intermediate**

or

Tues, May 5 - 26

#37949 6 - 7:30 pm **Beginner**

#37947 7:30 - 9 pm **Intermediate**

Lewis Tennis Courts

\$70/4

## Adult Learn to Sail (Beginners)

Try this highly popular beginner dinghy sailing course, taught by certified Sail Canada Instructors. This course is for new sailors or those with limited experience who want to sail with instructor guidance and progress along the path to sailing independence!

**Instructor:** Comox Bay Sailing School

#37953 Mon - Fri, June 1 - 5

9 am - 3:30 pm

\$280/5

## Advanced Sailing

This class is for those who have completed an Adult Basic or Youth Basic course. The emphasis is on developing boat handling skills, reading the wind and tide, sailing a course and the rules of sailing & safety. Students will work towards sailing independently with confidence.

**Instructor:** Comox Bay Sailing School

#37954 Mon & Tues

June 1 - 23

6:30 - 8:30 pm

\$210/8

Courtenay Recreation  
Adult

## Golf Lessons - Front Nine

Our group golf lesson series includes instruction, equipment and driving range balls. These lessons are for the beginning golfer who has little or no experience and covers the fundamentals of the full swing, putting, the short game, etiquette and rules of the game.

**Instructor:** Bill Kelly

#37942 Thurs, Apr 9 - 30

1 - 2 pm

\$90/4

## Swing in to Spring

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

**Instructor:** Bill Kelly

#37940 Sun, Mar 15 - 29

1 - 2 pm

\$75/3

*Golf Lessons take place at Glacier Greens Golf Course & includes balls & equipment.*

## Golf Lessons - Back Nine

These lessons are for those players who have the ability to make contact with the ball and who have played golf occasionally but would like to brush up on their skills. On the final lesson, we will head out to play a minimum of two holes.

**Instructor:** Bill Kelly

#37943 Thurs, Apr 9 - 30

2:30 - 3:30 pm

\$90/4

## From Tee to Green

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

**Instructor:** Bill Kelly

Thurs,

#37944 Mar 19 - Apr 2

\$75/3 or

#37945 May 7 - 28

\$90/4

11 am - 12 pm

## Golf - Short Game

Improve all aspects of your short game including putting, chipping and bunker play.

**Instructor:** Bill Kelly

#37941 Sun, Mar 22 - Apr 5

11 am - 12 pm

\$75/3



## CV Kayaks Canoes

### Part 1/Rescue Skills

Join us 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 your confidence and control on the water, or take it as the first step toward a Paddle Canada Introduction to Kayaking certification.

- #37815 Wed, Apr 8
- #37816 Mon, Apr 20
- #37817 Wed, May 6
- #37955 Wed, May 20
- #37956 Thurs, June 4
- #37957 Tues, June 16  
7:45 - 9:30 pm  
\$58

### Paddle Canada Level 1 (Beyond Basics)

Take your Sea Kayaking skills to the next level! In this course, we will build intermediate paddling skills, learn about weather, navigation, tides and risk assessment, and plan and undertake a day trip. This is an exciting and challenging 2 days on the water! Pre-requisite; Intro to Kayaking or equivalent skills & experience.

- #37972 Sat & Sun, June 27 & 28  
9 am - 5 pm  
\$240/2

### Canoeing 101

Bring your paddling partner and join us on the water to learn the basics of tandem canoeing. You will learn the essential strokes and boat handling skills to make your canoeing adventures rewarding, safe and fun!

- #37975 Sun, June 14  
3 - 5 pm  
\$68/2 people  
*includes canoe rental*

### Part 2/Paddling Skills

This course can stand alone or act as the second step toward the Paddle Canada Introduction to Sea Kayaking certification. Emphasis is placed on getting out on the water and learning the basic strokes.

- #37958 Sat, May 9
- #37965 Sat, June 6
- #37966 Sat, June 20  
10 am - 1 pm  
or
- #37961 Thurs, May 14  
5:30 - 8:30 pm  
\$58

### Mothers Day Trip to Tree Island

Join guides from Comox Valley Kayaks & Canoes for a trip in tandem kayaks to Tree Island where we will stop to explore the beautiful area and enjoy a delicious, light snack (provided). What a way to celebrate your favourite lady!

- #37978 Sun, May 10  
12 - 3 pm  
\$78/2 people

### Stand Up Paddle Boarding (SUP)

We are excited to offer introductory lessons for one of the world's fastest growing sports! SUP borrows some techniques from canoe paddling and is a dynamic sport that engages your core muscles and balance.

- #37973 Sat, May 16  
4 - 6 pm
- #37974 Sat, June 13  
3 - 5 pm  
\$40

### Part 3/Progressive Paddling Skills

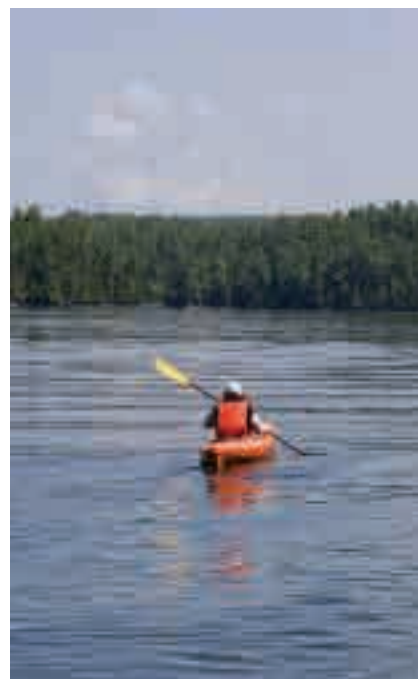
Emphasis continues to be placed on developing an efficient forward stroke, more maneuvering strokes and an introduction to edging and bracing.

- #37967 Thurs, May 28  
5:30 - 8:30 pm
- #37969 Sat, May 9
- #37970 Sat, June 6
- #37971 Sat, June 20  
2 - 5 pm  
\$58

### Intermediate Roll

This course uses Greenland techniques to teach participants the mechanics of rolling a kayak. To register, participants must have a good controlled wet exit, be comfortable staying in the kayak while it is upside down and possess competent paddling skills.

- #37977 Thurs, June 11 & 18  
7:45 - 9:30 pm  
Courtenay & District  
Memorial Outdoor Pool  
\$120/2



# Spring Fitness at a Glance

See following pages for class descriptions

Courtenay Recreation  
Older Adult

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am <b>Simply Strength Level 2</b> Native Sons Hall	9:00 am <b>55+ TRX &amp; Resistance Training</b> Lewis Centre	9:00 am <b>Simply Strength Level 2</b> Native Sons Hall	★ 9:00 am ② <b>Stretch/Strength</b> Native Sons Hall	9:00 am <b>Cardio &amp; Strength</b> Native Sons Hall
★ 9:00 am ② <b>Stretch/Strength</b> Filberg Centre	★ 9:15 am ② <b>Chair Fit</b> Filberg Centre	9:00 am ② <b>TRX &amp; Resistance Training</b> Lewis Centre		9:00 am ② <b>TRX &amp; Resistance Training</b> Lewis Centre
9:00 am <b>55+ TRX &amp; Resistance Training</b> Lewis Centre			10:00 am <b>Yoga for the Joints</b> Lewis Centre	★ 9:15 am ② <b>Chair Fit</b> Filberg Centre
10:15 am <b>Yoga</b> Filberg Centre	10:30 am ② <b>55+ Strength</b> Lewis Centre	10:15 am <b>Simply Strength Level 1</b> Native Sons Hall	10:15 am <b>Yoga</b> Filberg Centre	10:00 am <b>Yoga</b> Native Sons Hall
10:15 am <b>Simply Strength Level 1</b> Native Sons Hall				10:00 am <b>55+ Strength</b> Lewis Centre
10:30 am ② <b>55+ Strength</b> Lewis Centre	11:00 am <b>Chair Yoga</b> Lewis Centre	10:30 am ② <b>55+ Strength</b> Lewis Centre	10:30 am ② <b>55+ Strength</b> Lewis Centre	10:15 am <b>Flex &amp; Flexibility</b> Native Sons Hall
1:30 pm / 1:30 pm <b>Zumba / 55+ Strength</b> Lewis Centre ②	2:00 pm ② <b>55+ Circuit Fit</b> Lewis Centre	1:30 pm ② <b>55+ Strength</b> Lewis Centre	2:00 pm ② <b>55+ Circuit Fit</b> Lewis Centre	
2:00 pm <b>Yoga</b> Filberg Centre	3:00 pm ② <b>55+ Beginner Strength Training</b> Lewis Centre		3:00 pm ② <b>55+ Beginner Strength Training</b> Lewis Centre	

② classes run 2 days per week

Please pre-register for all of the above classes~ drop-ins or punch cards may be used for some programs (space permitting)

Fitness Fees	★ Drop-in	11 Punch	Simply Strength 11 Punch
Evergreen Senior Member	\$4.50	\$45	\$50
Non-Member	\$5.50	\$55	\$63 <i>includes 5% GST</i>

### How to pay:

- All drop-in fees must be paid at the office prior to attending classes
- Punch card holders may go directly to their class (be sure to turn in your completed punch card to be entered in the monthly draw for a free card!)

### Personal Training

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



### 55+ Strength Training

The benefits of strength training for older adults are numerous and include arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. With a qualified fitness instructor monitoring the gym floor at all times, you can rest assured that we will guide you through your fitness journey, providing support at every turn.

**No class** Apr 6 & May 18.

**Instructor:** Juan Blancas

**#37667** Mon & Wed  
Apr 1 - June 29  
10:30 - 11:30 am

or

**#37670** 1:30 - 2:30 pm  
\$115/23

or

**#37669** Tues & Thurs  
Apr 2 - June 30  
10:30 - 11:30 am  
\$130/26

or

**#37668** Fridays  
Apr 10 - June 26  
10 - 11 am  
\$60/12  
Lewis Wellness Centre

### Stretch & Strength

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** May 18.

**Instructor:** Janice Bradford

**#37738** Mon & Thurs  
Apr 9 - June 29  
9 - 10 am  
Filberg Centre & NSH  
\$110/22

### 55+ TRX & Resistance Training

Suspension training is perfect for the older adult allowing users 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** Apr 6, May 18 & July 1.

**Instructor:** Kim Hamilton

Tues & Thurs **Level 1**  
**#37674** May 19 - June 25  
9 - 10 am

or

**#37672** Apr 7 - May 14  
9 - 10 am

or

Mon & Wed **Level 2**  
**#37671** Apr 8 - May 20  
**#37673** May 27 - July 8  
9 - 10 am  
Lewis Wellness Centre  
\$78/12

### 55+ Beginner Strength Training

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

**Instructor:** Cathy Riopelle

**#37665** Tues & Thurs  
Apr 2 - June 30  
3 - 4 pm  
Lewis Activity Room  
\$130/26

### 55+ Circuit Fit

This class is an option for those who want exercise, but don't want the gym scene. This class will use a variety of equipment and will be fun yet challenging enough to work up a sweat. Prerequisite: 55+ Beginner Strength Training.

**Instructor:** Cathy Riopelle

**#37666** Thurs & Tues  
April 2 - June 30  
2 - 3 pm  
Lewis Activity Room  
\$130/26

### Cardio & Strength

This class takes a modern approach to low impact aerobics, stretching and strength training. This all around balanced fitness class will work your whole body. Classes are designed to improve your fitness level by using weights, tubing and stability balls and throwing in a 'healthy dose' of cardio! This class is much like Simply Strength but with a cardio component. **No class** May 8 & 29.

**Instructor:** Joyce Leong

**#37676** Fri, Apr 10 - June 26  
9 - 10 am  
Native Sons Hall  
\$60/10





### Flex and Flexibility

Here is a safe and fun combination class for older adults that consists of flexibility and strength techniques used to target the total body. This class is designed to enhance and improve your mobility throughout your daily activities. Please Note: this class does not include a cardio component. **No class** May 8 & 29.

**Instructor:** Joyce Leong & Janet Gravouaille

**#37687** Fri, Apr 10 - June 26  
10:15 - 11:15 am  
Native Sons Hall  
\$60/10

### 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.

**Instructor:** Janet Gravouaille

**#37678** Tues & Fri  
Apr 14 - June 30  
9:15 - 10:15 am  
Filberg Centre  
\$115/23

### Fall Proof Balance & Mobility Training

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane.

**Instructor:** Kim Hamilton

Tues & Thurs  
1 - 2 pm

**#38060** Apr 7 - May 14

**#38062** May 19 - June 25  
Lewis Centre  
\$84/12

### Minds in Motion

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

**#37266** Wed, Apr 29 - June 17  
1 - 3 pm  
Native Sons Hall  
\$54/8  
2 people

### Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class** May 18.

**Instructor:** Joyce Leong & Steve Thomson

**#37734** Mon, Apr 13 - June 29  
\$66/11  
or

**#37735** Wed, Apr 8 - June 24  
10:15 - 11:15 am  
Native Sons Hall  
\$72/12

### Simply Strength 2

This class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. Class format will include a mild warm-up, a variety of circuits, controlled power drills, hand weights, tubing, steps, different types of balls and other equipment and will end with a relaxing stretch component. **No class** May 18.

**Instructor:** Joyce Leong & Steve Thomson

**#37736** Mon, Apr 13 - June 29  
\$66/11  
or

**#37737** Wed, Apr 8 - June 24  
9 - 10 am  
\$72/12  
Native Sons Hall

Current Evergreen Club members receive a 25% discount on program fees.





### Dance for Health!

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

**Instructor:** Jade de Trey

#37686 Fri, Apr 17 - June 5  
2:30 - 3:30 pm  
Native Sons Hall  
\$70/8  
\$12/Drop-in

### Yoga for the 5 Senses

Just like it sounds, this Level 1 Hatha class will have a focus on improving all five senses (sight, breath/smell, hearing, taste and touch). Some yoga experience beneficial but not required.

**Instructor:** Sheron Jutila

#37868 Fri, Apr 10 - June 26  
2:30 - 3:45 pm  
Lewis Centre  
\$96/12

### Yin Yoga

Yin Yoga is a quiet, meditative and slow moving practice. It uses long held, (sometimes prop supported) passive poses to release connective tissue and deeply held parts of the body and mind. This class includes mostly 'low to the ground poses' (seated, lying on back or belly).

**Instructor:** Helen Pattinson

#37867 Wed, May 13 - June 17  
12:30 - 2 pm  
Lewis Centre  
\$54/6

### Chair Yoga

Developed for those who cannot or do not feel comfortable on the floor. Focus will be on breathing, body awareness, relaxation, stretching, and gentle postures. Finish with a meditation to rejuvenate the body and mind.

**Instructor:** Helen Pattinson

#37679 Tues, May 12 - June 30  
11 am - 12 pm  
Native Sons Hall  
\$60/8

### ZUMBA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy & shake in this fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!! **No class** May 18.

**Instructor:** Tammy Jones

#37749 Mon, Apr 13 - June 8  
1:30 - 2:30 pm  
Lewis Activity Room  
\$68/8  
\$9/Drop-in

### Yoga for Joint Health

In this series of gentle postures we will focus on bringing mobility to the joints. This class will move 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

#37748 Thurs, Apr 9 - June 25  
10 - 11:30 am  
Lewis Park Salish Bldg.  
\$108/12

### Yoga

Designed to enhance vitality and a sense of well being, these classes will help participants gain improved flexibility, balance, strength and posture. **No class** May 18.

**Instructor:** Sheron Jutila

#37743 Mon **Gentle Hatha**  
Apr 13 - June 29  
10:15 - 11:15 am  
\$83/11  
**or**

#37747 2 - 3:15 pm **Hatha**  
Filberg Centre  
\$88/11  
**or**

**Instructor:** Traci Skuce

#37744 Thurs, Apr 16 - June 18  
10:15 - 11:30 am  
\$80/10  
**or**

#37745 8:30 - 10 am  
Filberg Centre  
\$90/10  
**or**

**Instructor:** Sheron Jutila

#37746 Fri, Apr 17 - June 26  
10 - 11:15 am  
Native Sons Hall  
\$88/11



The first wealth is health.  
Ralph Waldo Emerson.



## Painting with Watercolours

*New!*

In a step by step demonstration driven teaching process you will learn a variety of techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. **No class** May 18.

**Instructor:** Bill Kerr

**#37731** Mon, Apr 13 - May 25  
9 am - 12 pm  
Lewis Park Tsolum Bldg.  
\$75/6

## Ignite your Creativity

Find tools to loosen your blocks, strengthen your brain and quiet the critic. Bring a creative spark into everything you do. Experiment, play and maybe get lost in the fun of the process. We will collage, paint, doodle and more! No experience or self-expectations required! A \$12 supply fee will be collected by the instructor.

**Instructor:** Sheron Jutila

Thurs

**#37719** Apr 9 - May 14 **Part 1**  
Filberg Centre

**#37720** May 21 - June 25 **Part 2**  
Native Sons Hall  
1:45 - 4:15 pm  
\$78/6

## Recreation Access

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

### How do I apply?

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



## Piano Lessons

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

**Instructor:** Debbie Ross

**#37732** Fri, Apr 10 - June 26  
11 am - 12 pm  
Lewis Park Tsolum Bldg.  
\$198/12

## Recorder

Because music makes your brain work better! Try a new instrument, join a small group ensemble, and meet new friends. This is a great way to learn to read music as well as keeping your brain and fingers agile. Soprano recorder and book cost will be \$25, bought from the instructor at the first lesson. Alto and tenor recorders will be available to try.

**Instructor:** Debbie Ross

**#37733** Fri, Apr 10 - June 26  
10 - 11 am  
Lewis Park Tsolum Bldg.  
\$132/12

## Salsa Dance for Beginners

*New!*

Learn to dance the most popular Latin dance in a friendly and fun atmosphere. In this six week beginner class you will learn the basic foundations of Salsa that you can take with you anywhere you go, be it club dancing or to any social event. No partner is required. **No class** May 27.

**Instructor:** Elisa Lay

**#38063** Wed, Apr 29 - June 10  
2 - 3:30 pm  
Filberg Centre  
\$60/6

## Tai Chi

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 tend to have good posture, flexibility, and range of motion, are more mentally alert, and sleep more soundly.

**Instructor:** Ivy Wang

Wed, Apr 1 - June 17  
**#37740** 9 - 10 am **Level 2**  
**#37739** 10 - 11 am **Level 1**  
**#37741** 11:15 - 12:15 pm **Level 3**  
Native Sons Hall  
\$108/12



## 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.

**#37544** Tues & Thurs  
Apr 2 - May 19  
2:30 - 4:30 pm  
Native Sons Hall  
\$2.50/Drop-in

*After May 19, play moves outdoors. Call for details.*

## Write your Life Story

Writing your life story is telling of your experience, strength and hope passed on to your family and loved ones. Learn to access memories through a variety of writing exercises and story sharing. You will be encouraged to write small vignettes that recount different aspects of your life.

**Instructor:** Traci Skuce

**#37742** Thurs, Apr 23 - June 11  
1 - 2:30 pm  
Lewis Park Tsolum Bldg.  
\$96/8

## Estate Planning

Nobody plans to make the tax man a beneficiary of their estate; however consider this fact: An estate of \$500,000 could provide the government with taxes and probate of up to \$130,000. Learn about liabilities payable at death, how to minimize the governments share of your estate, the importance of properly prepared wills and powers of attorney and strategies to reduce taxes and fees.

**#37597** Mon, Mar 30  
1 - 2:30 pm  
Native Sons Hall

*No charge, please pre-register*

## Intro to Sea Kayaking

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

**#37980** Tues, May 12  
10 am - 12:30 pm  
or

**#37981** Thurs, June 25  
9:30 am - 12 pm  
\$42

## Nordic Pole Walking Level 1

Similar to cross-country skiing in technique, this invigorating cardio workout uses nearly 90% of your muscles by working both the upper and lower body, and burns more calories than regular walking. This easy, low-impact activity is a fun way to get fit! Note: Poles provided.

**Instructor:** Catherine Egan

**#37725** Fri, Apr 24 - June 12  
11 am - 12 pm  
\$60/8

## Nordic Pole Walking Level 2

If you are looking for a more challenging Nordic Walking course, this class is for you! We will take things up a notch by offering a higher fitness challenge with a faster pace, different terrain, hills, and callesthetics! Note: Poles provided.

**Instructor:** Catherine Egan

**#37726** Fri, Apr 24 - June 12  
12:30 - 1:30 pm  
\$60/8

## Badminton

Get some exercise, meet new players and improve your game in this fast paced group sport!

**No games** April 13, 17 & May 18.

**#37675** Mon, Thurs & Fri  
Apr 9 - June 29  
1 - 3 pm  
Lewis Centre Gym  
\$2.50/Drop-in

## Life in Residential Care

This session for family caregivers focuses on the process of adjustment after a person with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. Strategies for working effectively with a care team and tips for acting as an advocate within a residential care setting will be covered.

**#37276** Wed, May 27  
6:30 - 8:30 pm  
Filberg Centre  
*No charge, please pre-register*



## Evergreen Club Activities

### Computer Lab

- 4 P.C.'s with printers
- Internet
- Scanner
- CD Burner
- WiFi

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

### Special Events

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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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



## Discover your path with the Evergreen Club



May it lead you to our Friday Night Dances. Our Volunteers work hard to put on a fun night with live music!

For more information call: Deanne McRae, Volunteer Coordinator **250-338-1000 ext 232** [dmcrae@courtenay.ca](mailto:dmcrae@courtenay.ca)

Courtenay Recreation  
Evergreen

The Evergreen Club is supported by Courtenay Recreational Association and provides leisure activities for those 55 years of age or better at the Courtenay Recreation Florence Filberg Centre. Membership fees are paid annually and are required to participate in most Evergreen activities. For more information, call 250-338-1000 or visit [website@www.evergreenclub.me](http://www.evergreenclub.me)

The Club Food Service also operates Monday to Friday, 8:00 am to 3:30 pm, September to June. Summer hours are published in the monthly newsletter and on the Club's website.

### Club Membership Benefits include

- Discount on Older Adult Leisure Programs, Fitness & Weightroom
- Receive a monthly newsletter
- Use of the Computer Lab and access to internet service
- Food Services at affordable prices
- Participate in a variety of Club activities
- Trips and Special Events at discount prices
- Hang out with a fun group of ACTIVE people

Visit our new website:

[www.evergreenclub.me](http://www.evergreenclub.me)

# Evergreen Events

## Spring Garage Sale

Saturday, April 25, 2015  
9:00 am to noon  
Florence Filberg Centre, Rotary Hall

Come & do some bargain shopping!



## Pancake Breakfast

Saturday, May 2, 2015  
7:30 - 11:00 am  
Conference Hall (Upper Level),  
Florence Filberg Centre

\$5 per person



The Second Stage Players Present...

## Picnic in 1915

**Wednesday, April 22, 2015:**

Matinee show at 1:30 pm

**Thursday, April 23, 2015:**

Evening show at 7:00 pm

Florence Filberg Centre, Conference Hall

\$10 tickets at the Filberg office



Courtenay Recreation  
Evergreen

## Evergreen Food Service

Evergreen club members! Support your club and drop-in for a light lunch or snack prepared by our friendly volunteers.

Salads, soups, sandwiches & sweets are available. Look for monthly specials.

### Food Service hours:

Monday to Friday: 8:00 am - 3:30 pm  
(closed on the weekend)

### Location:

Florence Filberg Centre, 411 Anderton Avenue  
Evergreen Lounge (lower level)



## Travel Opportunities

Check out the Evergreen Club trips upcoming for 2015:

- Chemainus Theatre's ~"The Mousetrap"
- ~"Twist & Shout - The British Invasion"
- ~"Gracie & Glorie"
- Canadian Maritimes
- Newfoundland & Labrador
- Seattle & Portland (Rose Festival & Oregon Coast)

And much, much more!

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

# Fitness Schedule

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	
9:00 am	Kick & Core+	Zumba, Core & More+	Ballet Barre+	BootCamp Blast+	Core N Cuts+	Sizzling Saturday+
10:30 am		BootCamp Blast+				
12:00 pm	Spin, Stretch & Strength	HIIT 12:10 ★	Spin, Stretch & Strength	HIIT 12:10 ★		Class Levels Beginner Intermediate Int/challenging Challenging +75 minute class
5:15 pm	Spin & Abs	Power Spin & Beyond	Muscle Mania	Interval Ignition 5:30		

Courtenay Recreation  
Fitness

★ Pre-Registered Class, regular punch cards are not accepted  
Please note: This schedule is subject to change

Please note: All classes are first come, first served.  
Please ensure you arrive 10 minutes early as numbers are limited in some classes.

## Drop in & Punch Card Fees including GST

	Drop-in	11 Punch	55 Punch	1 month Pass	3 month Pass
<b>Adult</b>	\$5.50	\$55	\$247.50	\$70.40	\$144
<b>Student</b> (13 yrs & over)	\$3.50	\$35	\$157.50	n/a	n/a
<b>Senior (55+)*</b>	\$4.50	\$45	\$202.50	n/a	n/a

Participants are required to pay & sign in prior to class start. Sign in BEGINS 30 minutes before class starts.

### How to Pay:

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

\* Senior rate applies to Evergreen Club members only.  
For information on how to become a member, ask at office.  
See page 64 for a listing of Evergreen fitness activities.

## Childminding

If you're participating in our fitness programs, playing squash or using our weightroom, you're invited to use this service.  
See page 31 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, it is City of Courtenay's policy that children cannot be accommodated in fitness classes. Ask us about childcare hours.



## Drop-in Fitness

### Kick and Core+

*Monday 9:00 - 10:15 am*

A high energy mixed impact workout with a combination of boxing and kick boxing moves modified for safety and enjoyment mixed with targeted core training using a variety of equipment.

### Spin & Abs

*Mondays 5:15 - 6:15 pm*

Spend the first part of class on the bike taking on any terrain... track, road, mountain, hills, flats, mixed in with some exciting drills... intervals, speedwork, cadence work, and isolated leg training, both on and off the saddle. Then you will move to the floor for sculpting your body with a variety of equipment. Class will end with a relaxing stretch. A perfect class fitting in all fitness components into a single jam packed workout!

*Limited to 17 participants.*

### Zumba Core and More+

*Tuesdays 9:00 - 10:15 am*

This class has easy to follow dance based movements inspired by Bollywood, Hip Hop, Rock and Roll, Swing and more. We will complete the class with a strength and core workout plus a long relaxing stretch.

### Power Spin & Beyond

*Tuesdays 5:15 - 6:15 pm*

A high intensity, low impact class that will blast away the fat, be ready to workout through a variety of phases: warm-up, steady cadences, speed sprints, hill climbs, and cool-downs as well as body work done off the bike. This class will keep you guessing and coming back for more!

*Limited to 17 participants.*

### Boot Camp Blast+

*Tuesdays 10:30 - 11:45 am*

*Thursdays 9:00 - 10:15 am*

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

### Ballet Barre Fitness+

*Wednesdays 9:00 - 10:15 am*

High energy fitness class fusing dance, Pilates, Yoga and sculpting. You'll firm, tighten and tone your whole body without adding bulk, best of all burning calories while having fun!

### 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.*

### Muscle Mania

*Wednesdays 5:15 - 6:15 pm*

This class incorporates athletic-based cardio drills plus strength training. You can count on getting your heart rate up with boot-camp drills, interval training, and athletic cardio exercises. Bring your heart rate back down with toning exercises using the stability ball, dumbbells, BOSU balls, and training bands. You won't get bored with this high-paced class.

### Core N Cuts+

*Fridays 9:00 - 10:15 am*

A Core based exercise class intermixed with HITS Cardio using balls, Bosus, Bikes, bands and Body weight to carve curves tighten butts, sculpt abs, and melt body fat.

### Interval Ignition

*Thursdays 5:30 - 6:30 pm*

Tabata-style intervals combined with strength exercises and a variety of equipment make this a solid 1-hour full-body workout. Beginner/Intermediate to Advanced participants welcome. Be ready to challenge yourself, sweat, and feel the fire!

### Sizzling Saturday+

*Saturdays 9:00 - 10:15 am*

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

*See following page for pre-registered classes*



Pre-registered Programs



**Stroller Fit**

High energy, fat burning, full body workout with your baby! This class caters to all fitness levels. This session will increase your overall fitness through cardio & endurance drills, strength & interval training. **No class** May 18.

**Instructor:**

Robynne Sharko-Stapley

**#37935** Mon, Apr 13 - June 8  
9 - 10:15 am  
Lewis Centre  
\$58/8

**Deep Core Strength**

This free 30 minute class will bring an intense core workout during your lunch break! Increasing the strength and endurance of deep core muscles has been proven in research to prevent low-back pain. Taught through a series of specific low-impact exercises, this program is designed to target the key abdominal stabilizing muscles to help you prevent injury and build those wash-board abdominals. **No class** June 10.

**Instructor:** Dr. Derek Vinge

**#37781** Wed, Apr 15 - June 17  
1 - 1:30 pm  
Lewis Centre  
*No charge, registration recommended.*

**Pilates with Props**

The use of props adds variety and fun to traditional mat exercises. As well, the props facilitate alignment and core engagement. In this class we will be using dynabands and balls of various weights and sizes to challenge you.

**Instructor:** Elizabeth White

**#37830** Wed, Apr 15 - June 17  
6 - 7 pm  
Lewis Centre  
\$75/10



Courtenay Recreation  
Fitness

**30/30 Spin TRX Hybrid**

Get the best of both worlds Spinning 30 minutes to crank up the heart rate - then train 30 minutes with equipment designed for Navy Seals. The TRX is a suspension training method using leveraged bodyweight exercises designed to build power, strength, flexibility, balance and mobility. Guaranteed to make you sweat, bring a towel and some water for this full body workout! **No class** May 18.

**Instructors:** Tammy Jones  
**#37759** Mon, Apr 13 - June 29  
\$72/11

or

**Instructors:** Kim Hamilton  
Tues & Thurs  
**#37760** Apr 7 - May 14

**#37761** May 19 - June 25  
6:30 - 7:30 am  
or

**Instructors:** Glenny Whelan  
**#38074** Sat, Apr 11 - June 27  
10:30 - 11:30 am  
Lewis Centre  
Activity Room  
\$78/12

Please note: There are only 9 TRX spots available so we recommend pre-registration.

**TRX Body Blast**

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program. Register early as class size is limited to 9.

**No class** May 18.

**Instructor:** Kim Hamilton

**#37845** Mon, Apr 13 - June 29  
5:15 - 6:15 pm  
Lewis Wellness Centre  
\$88/11

**30/30 Cardio**

**TRX Combo**



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

**Instructor:** Tammy Jones

Wed & Fri  
**#38088** Apr 8 - May 15  
**#38089** May 20 - June 26  
6:30 - 7:30 am  
Lewis Centre  
\$78/12



### ZenGa

ZenGa is the newest mind-body exercise modality from Stott Pilates. This innovative program fuses Pilates, yoga, and basic dance choreography to achieve fascia release as well as traditional muscular strengthening and stretching. Various props are used to support the body, direct focus, and create fluidity and flow in each movement. **No class** May 18.

**Instructor:** Elizabeth White

**#37870** Mon, Apr 13 - June 22  
6 - 7 pm  
Native Sons Hall  
\$75/10

### Fall Proof Balance & Mobility Training

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane.

**Instructor:** Kim Hamilton

Tues & Thurs  
1 - 2 pm

**#38060** Apr 7 - May 14

**#38062** May 19 - June 25  
Lewis Centre  
\$84/12

#### Quote the Code to register!

We now have handy barcodes that make registration more efficient. When you register by phone or in person simply give us the barcode that's connected to the specific program that you need. Barcodes are found under course descriptions.

**#37628** Thurs, Apr 30 - June 18

### HIIT - High Intensity Interval Training

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. Intensity and difficulty of sets will be gradually increased and a stretch and cool down will be performed in each class. Whether you are looking for a quick workout that is effective and fun or a great way to compliment your gym routine and lose those few extra pounds this class will be sure to bring results!

**Instructor:** Tammy Jones

**#37791** Tues, Apr 7 - June 30  
12:10 - 12:45 pm  
\$56/13  
**or**

**#37792** Thurs, Apr 2 - June 25  
12:10 - 12:45 pm  
\$56/13  
Lewis Centre

### DrumsAlive!

Drums Alive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm, while participants drum on large exercise balls while getting aerobic exercise! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training.

**No class** Apr 1, 8 & 29.

**Instructor:** Monica Hofer

**#37783** Wed, Mar 18 - June 24  
7 - 8 pm  
Native Sons Hall  
\$84/12

### Structural Balance New!

This class will teach you how poor day-to-day posture affects your performance and health and how you can improve it using the most beneficial methods that will develop not only your joint stability but your mobility overall. You'll be surprised at how quickly your aches and pains disappear. **No class** May 18.

**Instructor:** Glenny Whelan

**#38075** Sat, Apr 11 - June 13  
11:30 am - 12:30 pm  
Lewis Meeting Room  
**or**

**#38076** Mon, Apr 13 - June 22  
6:30 - 7:30 pm  
Lewis Park Salish Bldg.  
\$90/10

### Hip Hop

Burn away the calories while learning tons of hip hop moves that will both strengthen and tone your whole body.

**Instructor:** Kelsi Fair

**#37905** Wed, Apr 1 - May 6  
6:30 - 7:30 pm  
Lewis Centre  
\$60/6



# wellness centre

Great new weightroom with same Great service!

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

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



Courtenay Recreation  
Wellness Centre

## Hours

Monday - Friday  
5:00 am - 10:00 pm  
Saturday  
8:30 am - 4:00 pm  
Sunday  
8:30 am - 8:00 pm

## Equipment

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

## Classes & Attendant Hours

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

### NOTE:

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

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



## Wellness Centre Fees

### Drop-in & Punch Cards

(includes 5% GST)

	Drop-in	11 Punches
Adult	\$5.50	\$55.00
Student	\$3.50	\$35.00
Senior (55+)*	\$4.50	\$45.00
Special Needs	\$3.50	\$35.00

### Memberships (includes 5% GST)

	1 year	6 mo	3 mo	1 mo
Adult	\$300	\$175	\$109	\$44
Student	\$150	\$88	\$56	\$22
Senior (55+)*	\$236	\$153	\$97	\$40
Special Needs	\$150	\$88	\$56	\$22
Family	\$695	\$430	\$240	\$94.60

\*Senior rates apply to Evergreen Club members only

*We recommend you consult your physician before beginning a fitness program.*

## Childminding

(All ages)

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

Mondays - Saturdays  
9:00 - 11:00 am

Drop-in:  
\$4.00/1¼ hour drop-in  
\$5.00/1¾ hour drop-in  
*other options also available*

Punch Cards  
\$35/10 X 1¼ hr drop-ins  
\$40/10 X 1½ hr drop-ins

*Attention*

*New Student Members!*

## TEEN TUNE UP

Students, familiarize yourselves with the weightroom in these orientation sessions prior to receiving your membership card.

Not only will you learn about proper technique for using the equipment, you will also discover how to avoid injury and ensure that you actually get what you want out of your work out. Please allow approximately 45 minutes.

### Tune-Up Schedule:

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

### Wellness Centre & Fitness Pass Suspension

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





### Circuit Training

Circuit training includes cardio intervals between muscle strengthening exercises. It is a completely balanced workout that can be done at any age or fitness level and is a great calorie burner while toning your body!

**No class** May 18.

**Instructor:** Juan Blancas

**#38004** Tues & Thurs

Apr 2 - June 30

7 - 8 pm

Lewis Wellness Centre

\$130/26

or

**Instructor:** Cathy Riopelle

**#38005** Mon & Wed

Apr 8 - June 29

7 - 8 pm

Lewis Activity Room

\$115/23

#### Quote the Code to register!

We now have handy barcodes that make registration more efficient. When you register by phone or in person simply give us the barcode that's connected to the specific program that you need. Barcodes are found under course descriptions.

**#37628** Thurs, Apr 30 - June 18

### 55+ Strength Training

The benefits of strength training for older adults are numerous and include arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. With a qualified fitness instructor monitoring the gym floor at all times, you can rest assured that we will guide you through your fitness journey, providing support at every turn.

**Instructor:** Juan Blancas

**#37667** Mon & Wed

Apr 1 - June 29

10:30 - 11:30 am

or

**#37670** 1:30 - 2:30 pm

\$115/23

or

**#37669** Tues & Thurs

Apr 2 - June 30

10:30 - 11:30 am

\$130/26

or

**#37668** Fri, Apr 10 - June 26

10 - 11 am

\$60/12

Lewis Wellness Centre

No classes April 3 & 6 and May 18

### Teen Wellness Centre Orientation

(13 - 15 years old)

Not familiar with our Wellness Centre or facility? No problem. Register for an orientation and our Wellness Centre staff will be happy to give you a personal tour through the room and provide all of the information you need to get you on track for working out in this beautiful new facility! Maximum of 4 people per time slot.

**#38092** Thurs, Apr 16

or

**#38187** Tues, May 12

3:30 - 4:15 pm

### TRX Body Blast

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program. Register early as class size is limited to 9.

**No class** May 18.

**Instructor:** Kim Hamilton

**#37845** Mon, Apr 13 - June 29

5:15 - 6:15 pm

Lewis Wellness Centre

\$88/11

### 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

**#38006** Tues & Thurs

Apr 2 - June 30

1:30 - 2:30 pm

Lewis Wellness Centre

\$130/26



## Personal Training Team



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



**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



**Tammy Jones**  
 Personal Training, Group Fitness,  
 Third Age, Zumba, TRX, Spin,  
 Fitness Theory  
 Certified Since: 2006  
 Training Specialties:  
 - Kickboxing  
 - Zen Karate  
 - Cardio-Kickboxing  
 - Aquafit



**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

Courtenay Recreation  
 Wellness Centre

### Personal Training Prices

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

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

**Express Personal Training New!  
 \$75/3 30 minute sessions (private only)**

Ask about our Small Group Personal Training

### Benefits of Personal Training

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





# 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 31)

### Prime Time:

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

### Non-Prime Time:

Monday to Friday ..... 6:45 - 11:15 am &  
1:30 - 4:30 pm

Saturday ..... 9:00 am - 3:45 pm

Sunday ..... 9:00 am - 7:45 pm

## Why play squash?

Playing squash gives you many health benefits:

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

## Court Fees (per person)

	Adult	Student
<b>DROP-IN</b> (45 min.)		
Prime Time	\$5.50	\$3.75
Non Prime Time	\$4.00	\$2.50
<b>BOOKING CARD</b> (10 uses)		
Prime Time	\$50	\$30
Non Prime Time	\$35	\$21

All fees include 5% GST

## Unlimited Play Passes

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

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

## Shower Passes

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

## For Squash Club and Squash League info, contact:

Dan Lindsay 250-338-0746

[www.cvsquashclub.com](http://www.cvsquashclub.com)





## Recreation for Special Needs

### Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

Check our website & newsletter for current information.

[www.courtenay.ca/specialneedsrec](http://www.courtenay.ca/specialneedsrec)

### Volunteers

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

**Remember, YOU make a difference!**

Volunteers particularly wanted for:

- Art Cards
- Sewing
- Bowling
- Special Events

Join a great team!

**Phone 250-338-5371**



## Comox Valley Accessibility Committee



The Comox Valley Accessibility Committee has been actively working to make the Comox Valley a barrier-free community for over 15 years.

The Committee meets monthly, and everyone interested in accessibility is welcome to join.

**More Information: [www.cvaccess.ca](http://www.cvaccess.ca)**

• Heather 250-338-5371 • Marg 250-338-6316

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



# Lewis Centre



## Services

The Lewis Centre offers a full range of recreation services and features:

- Craft Rooms
- Meeting Rooms
- Preschool
- Two Gymnasiums
- Four Squash Courts
- Wellness Centre
- Activity Rooms
- Outdoor Skatepark
- Friendly, Professional Staff



Free WiFi available.

Ask at the front desk for the password.



## Hours

### Facility Hours:

Mon - Fri 5:00 am - 10:00 pm  
 Saturday 8:30 am - 4:00 pm  
 Sunday 8:30 am - 8:00 pm

### Office Hours:

Mon - Fri 8:30 am - 8:45 pm  
 Saturday 8:30 am - 12:00 pm  
 & 1:15 pm - 4:00 pm  
 Sunday 8:30 am - 12:00 pm  
 & 1:15 pm - 8:00 pm

### Facility Closures:

Friday April 3  
*Good Friday*  
 Monday April 6  
*Easter Monday*  
 Monday May 18  
*Victoria Day*

*Hours subject to change*

Phone **250-338-5371** Fax 250-338-8600 Email [lewis@courtenay.ca](mailto:lewis@courtenay.ca)  
 489 Old Island Highway Courtenay, BC V9N 3P5  
[www.courtenay.ca](http://www.courtenay.ca) click on the Recreation Reporter Link





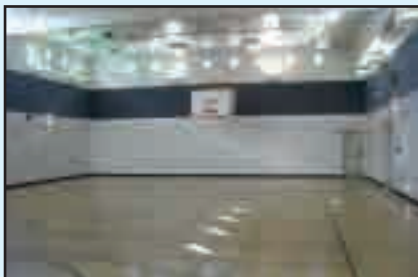
# Facility Rentals

## Lewis Park



### Lewis Centre

- Meeting Rooms
- Craft Rooms
- Preschool
- 2 Gymnasiums
- Activity Rooms
- Outdoor Stage
- Wheelchair accessible



### MP Hall/Gym

- Accommodates 225 - 400 people
- 3538 sq. feet
- Wheelchair accessible
- Showers & washrooms

## Valley View Park



### Clubhouse

- Accommodates 50 - 100 people
- 1000 sq. feet
- Kitchen, washrooms



### Tsolum Building

- Accommodates 40 - 60 people
- 644 sq. feet
- Kitchen, washrooms
- TV/VCR & DVD
- Wheelchair accessible



### Salish Building

- Accommodates 25 - 50 people
- 532 sq. feet
- Kitchen, washroom
- TV/VCR & DVD

## Bill Moore Park



### Lawn Bowling Building

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

Courtenay Recreation  
Lewis Facilities

## Call the Lewis Centre at 250-338-5371

Choose the facility that best suits your needs!

*Meetings • Workshops • Seminars • Social Gatherings  
Team Practices • Sports & Active Play • Birthday Parties  
Squash Courts*

Hourly Rates start at:

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

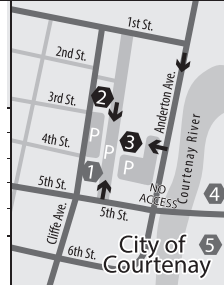
View these facilities on the virtual tour on our website: [www.courtenay.ca](http://www.courtenay.ca)



# Florence Filberg Centre & Native Sons Hall

Book your Special Event with us!

- Conferences
- Meetings
- Wedding Receptions
- Seminars
- Social Events



- 1 Sid Williams Theatre
- 2 Native Sons Hall
- 3 Florence Filberg Centre
- 4 Lewis Park
- 5 Simms Millennium Park

Courtenay Recreation  
Filberg Facilities

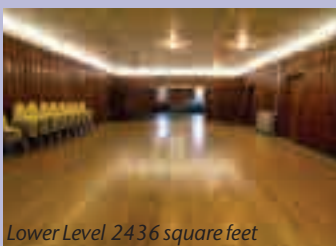


Filberg Centre Conference Hall 5940 square feet

The most unique Meeting Place in the Valley!

## Native Sons Hall

360 Cliffe Avenue, Courtenay, BC V9N 2H9  
Tel. 250-338-1000 Fax. 250-338-0303  
Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)



Lower Level 2436 square feet



Upper Level 4350 square feet

## Where the Comox Valley Meets! Florence Filberg Centre

411 Anderton Avenue, Courtenay, BC V9N 6C6  
Tel. 250-338-1000 Fax. 250-338-0303  
Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)

Evergreen Lounge 1786 square feet



Craft Room 450 square feet



## Native Sons Hall



Office open Monday to Friday (8:30 am - 4:30 pm)  
Take a Virtual Tour @ [www.courtenay.ca](http://www.courtenay.ca)



# Sign me Up!

Spring Program Registration begins **Wednesday March 4** at 8:30 am

**4 easy ways to register for Courtenay Recreation programs!**

### In Person

At the Lewis Centre or the Filberg Centre

### By Phone

250-338-5371 or 250-338-1000

Use your Visa or Mastercard

### By Fax

**250-338-8600** Lewis Centre

**250-338-0303** Filberg Centre

Fax registration (this page)

Use your Visa or Mastercard

### By Mail

Mail registration form (this page) with payment to:

**Lewis Centre**, 489 Old Island Hwy Courtenay, B.C. V9N 3P5

**Filberg Centre**, 411 Anderton Ave Courtenay, B.C. V9N 6C6

### Refunds

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



## Registration Information

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Care Card# \_\_\_\_\_

Allergies/Medical Conditions: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Alternate Phone: \_\_\_\_\_ Email: \_\_\_\_\_



**Participant's Name:** \_\_\_\_\_

Program: \_\_\_\_\_

Time: \_\_\_\_\_ Start Date: \_\_\_\_\_

Program Fee: \$ \_\_\_\_\_

**Participant's Name:** \_\_\_\_\_

Program: \_\_\_\_\_

Time: \_\_\_\_\_ Start Date: \_\_\_\_\_

Program Fee: \$ \_\_\_\_\_

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

**= TOTAL:** \$ \_\_\_\_\_

**Payment:** (Must be included with your registration)

( ) Cheque ( ) Visa ( ) MC Cardholder's Name: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Phone #: \_\_\_\_\_

### Registration Policy

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



**THE SID WILLIAMS THEATRE SOCIETY**

442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
sidwilliamstheatre.com

**BLUE CIRCLE SERIES**

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

**COME&SEE**

Courtenay  
ART GALLERY

**Museum**  
Paleontology Centre

2077 Highway 100  
Courtenay  
250-334-0188  
www.comoxvalleyartgallery.ca



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

**Hours of Operation**  
Tuesday to Saturday: 10 am – 5 pm  
Sunday & Monday: closed  
*closed on statutory holidays*

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

**CVAG** comoxvalleyartgallery.com  
585 BUNGAY AVE COURTENAY BC V9N2M7

**Great Art!**

The Comox Valley Art Gallery features contemporary art by local, regional and national artists.



*Salish Weave Collection, Summer 2015*

Admission is by donation and free for members. Visit our website for information on memberships, exhibitions, special events, art education and our TIFF film series.

Call (250) 338 6211 • Gallery Open Tuesday thru Saturday  
Gift Shop Open Monday thru Saturday from 10am to 5pm

**Great Gifts!**

The Gallery Gift Shop offers the best in regional handmade arts and crafts.



*Red Jolla Glass*

We have a wide selection to suit all tastes and budgets including pottery, jewellery, paintings, prints, cards, glasswork, woodwork and more!

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

# Get to Know Courtenay Parks

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

Courtenay Recreation Parks

# Utility Box Painting

## in Courtenay Parks & Streets

*Simms Park Box  
painted by Barb Mareck*

Some plain metal utility boxes in Courtenay got a fresh new look in 2014 thanks to the work of local artists.

The transformation of boxes was a collaboration between the City of Courtenay and the Comox Valley Community Arts Council.

Dallas Stevenson, Executive Director of the Comox Valley Arts Council, said the project has numerous benefits for the community, "The painted boxes energize public areas, create a feeling of pride in our community, create dialogue, and engage people of all ages."

The painted boxes have another important benefit: they deter graffiti and vandalism, as taggers generally do not damage artwork.

At Simms Park, the utility box features musical notes and instruments in bright orange and cool blue and was painted and designed by artist Barb Mareck.

"It was such a pleasure to paint at Simms Park" commented Mareck, "Everyone passing by was so supportive, many coming back daily to see the progress. It reinforced with me how important the Utility Box Painting project is to our community."

Another box located at Fitzgerald Avenue and eighth street, painted by artist Teresa L'Hirondelle, is an ocean theme with bright anemones and sea stars.

The newly painted boxes join a number of other utility boxes painted in Courtenay in previous years.

For more information on this project or others within the City of Courtenay please contact [communityservices@courtenay.ca](mailto:communityservices@courtenay.ca) or call 250-334-4441

Visit the Comox Valley Art Council's website for project details: [www.comoxvalleyarts.com](http://www.comoxvalleyarts.com)



## Trail Closure

A portion of the Rotary Riverside Trail along the Puntledge River has been closed since November 2014 due to a slope failure. The trail connects Robert Lang Drive (behind old Rod and Gun Club) with the Ruth Masters Greenway further west.

The slope failure is significant, so this portion of the trail is closed until further notice, and a projected reopening date is not yet known. City staff have posted signage at either end of the trail to alert the public.

For info please contact City of Courtenay Parks at 250-338-1525 or email [publicworks@courtenay.ca](mailto:publicworks@courtenay.ca)



## Upcoming Events

### Centennial Mile of Flowers Plant-In

Tuesday, May 26 from 5:00 - 7:00 pm

Planting takes place on Cliffe Avenue from 8th to 21st Streets and is followed by a BBQ at Standard Park. Youth groups & clubs, families and individuals are encouraged to attend. Join this community fun event!

### Simms Park Summer Concert Series

Free concerts starting June 28. Concerts feature local musicians on Sundays at 7:00 pm during the summer.



## Courtenay Park Bookings

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

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

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

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

### Schools:

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

### City Parks:

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



# Welcome to Cumberland Recreation!

The Outdoor Recreation Hub of the Comox Valley

*The Village of Cumberland is known for great outdoor recreation opportunities including mountain biking, hiking, trail running, BMX racing, camping, climbing, adventure racing and even water sports at the Lakeside Park.*

*But did you know that we also have a Recreation Centre that has been supporting these activities since 1936. We are excited to be expanding our programming through new and improved infrastructure, parks and services. Listed are just a few of our programs. Please check out Cumberland.ca as we are always adding to the lineup!*

## WEIGHT ROOM

### 13 years and up

Cardio Equipment, Free Weights, Fixed Resistance and Variable Resistance Machines and a Multifunction Area including Bosu, Kettle & Medicine balls, Pull-up bar, Rowing machine, Speed ropes and more!

Age Restrictions: 13-15 years must be accompanied by an adult parent or guardian

Adult Drop in: \$3.35  
Adult 10 pass: \$32.00  
Teens / Senior Drop in: \$2.45  
Teens / Senior 10 pass: \$21.81  
Monthly/Yearly passes available.

## FITNESS PROGRAMS

### Zumba

#### 14 years and up

Latin inspired dance fitness is a great way to exercise and have fun at the same time! All levels

**Instructor:** Flory Vega  
Tuesdays April 14 – June 30  
6:30 - 7:30pm  
Pre register: \$84/12 classes  
Drop in: \$8.50

### Fitness for Life

#### 14 years and up

Group training that will motivate you through constantly varying challenges. These workouts are always fun and full of cardio and body weight exercises that anyone can do and see the benefits from.

**Instructor:** Paul Purin  
Tuesdays April 14 – June 30  
6:00 - 7:00 pm  
Pre Register: \$78/12classes  
Drop in: \$7.00

## CHILDREN AND YOUTH

### Parent and Tot Gym

#### 0 - 6 years

This special time is set-aside for you and your little ones. Come and play! It is an active social time to be enjoyed by all!

Monday, Tuesday and Fridays  
10:00 - 11:30 am  
Drop in: By donation

### Kid's Play

#### 3 - 5 years

This program allows your preschooler to interact through sporting games, and an assortment of indoor and outdoor activities. Skill development and good sportsmanship will be encouraged along with fun! With a curriculum designed to develop motor skills, balance, and social skills, this program is a sure winner. You bring the kids and we'll bring the fun for your child. Please provide a nut-free lunch and water bottle for your child.

**Instructor:** Sheri Roffey  
Mondays April 13 – June 15  
No class May 18th  
12:30 - 2:00pm  
Pre Register: \$43.50/9 classes  
Drop in: \$6.00

## Red Dragon Taekwondo

#### 4 - 8 years

Red Dragon Taekwondo Comox Valley and Instructor Paul Sitko will teach your child all aspects of Taekwondo while maintaining a fun, respectful and safe environment.

**Instructor:** Paul Sitko  
Wednesdays April 8 – June 24  
7:00 – 7:45pm  
Pre Register: \$40/month/person  
\* Pass may be used in the Courtenay location too!  
10 Pass: \$50/person

## Floor Hockey

#### 5 - 15 years

Fully supervised floor hockey with all equipment supplied. Sponsored by *Youth Unlimited*, with an optional 5-minute break discussing human values applied to daily life.

Thursdays  
5 – 10 years 6:00 - 7:00 pm  
11 – 15 years 7:15 - 8:30 pm  
\$1.50 per/child

## Birthday Parties

You supply the kids, snacks and cake; we provide the fun and clean up the mess! Choose from indoor climbing, floor hockey, basketball or tot-toys themes. Call 250-336-2231





# Cumberland Recreation - Trails, Parks & Programs!

Cumberland.ca

250-336-2231

2665 Dunsmuir Avenue

## GENERAL PROGRAMS

### Learn to Run

#### All Ages!

A great introduction to running providing training in stretching, running form and technique, dressing for the weather, hydration and food as fuel, benefits of running partners and more. Participants will break into groups based on fitness levels, experience and personal goals to do a run, walk or run/walk.

**Instructor:** Paul Purin

Sundays April 19 – June 21

9:00 - 10:15am

Pre Register: \$50/10 weeks

### Red Dragon Taekwondo

#### 9 years - adults

Come and be part of Red Dragon Taekwondo Comox Valley. Learn all aspects of Taekwondo: kicking, punching, self-defense, kick boxing, Olympic sparring and poomse (forms) while maintaining a fun, respectful and safe environment. A great program for parents to take with their kids!

**Instructor:** Paul Sitko

Wednesdays April 8 – June 24

7:45 - 8:00pm

Preregister: \$40/month/person

\* Pass may be used in the

Courtenay location too!

10 Pass: \$50/person

### Pickleball

#### 14 years and up

Everyone can take part! Pickleball is like a mini tennis game played by 2 or 4 people on a badminton size court using wooden paddle raquets.

April 15 – June 26

Wednesday 10:45am - 12:45pm

Fridays 1:00 - 3:00pm

Drop in: \$2.40

### Table Tennis

#### 14 years and up

Come out to the Cultural Centre for a fun game of table tennis.

Everyone Welcome!

Sunday 3:00 - 6:00 pm

Monday 5:00 - 7:00 pm

Starting April 13

No class May 18

Drop in: \$3.00

### Open Badminton

#### 14 years and up

Two courts available and everyone is welcome! Please call ahead as some dates may be cancelled due to special events.

Fridays April 3 - June 26

6:00 - 9:00pm

Drop in: \$2.40

## CLIMBING WALL

#### All Ages!

Get out of the wet weather and onto the wall! Climbing supervisors are available to belay, and rental gear is available for rent if you don't have your own. Special Family climbs each month too, please see our schedule online for dates and times.

Friday 6:00 - 8:45 pm

Saturday 1:30 - 4:15 pm

Sunday 1:30 - 4:15 pm

Adult: \$4.50

Teen/Senior: \$4.00

Youth: \$3.15

Times and schedules subject to change, please see the schedule online or call for more information.

### Drop In Gym

#### All Ages!

Come to the CRI anytime the Hall is not in use and play basketball or floor hockey.

Call 250-336-2231 for availability

Drop in: \$1.50

## SQUASH COURTS

#### All Ages!

A great way to have fun while getting a fantastic workout! We have two squash courts as well as equipment available for use. To reserve a court call 250-336-2231

Adult: \$3.35 Senior/Teen: \$2.45

### Registration Policy

Registrations processed on a first come first serve basis.

Cumberland Recreation reserves the right to cancel programs.

G.S.T. will be charged on all programs with participants over the age of 14.



Check out Cumberland.ca for more information on:

Youth Climbing Team Sewing Workshops

Outdoor Programs for Kids and Adults

Spring Break Camps PLC Activities and Programs

Personal Training Fitness Classes and Workshops

Village Park Upgrades Park Use Permits

Community Events



THE VILLAGE OF

**CUMBERLAND**

Visit [cumberland.ca](http://cumberland.ca) for more info



Cumberland  
Parks and Recreation

119

Village of Cumberland  
Recreation

**The latest Stats  
Canada Survey  
of Giving &  
Volunteering reports:**

Almost 1 in 3  
British Columbians  
over the age of 15  
volunteers an  
average of 169  
hours per year!



**Hats off to the  
17,000 +  
people of the  
Comox Valley  
who donate over  
3,200,000 hours to  
our community  
every year!**

## volunteer opportunities



### Volunteer Comox Valley

ValleyLinks home of Volunteer Comox Valley is dedicated to enhancing community volunteerism through the delivery of information, training, services & programs. Not sure where to volunteer? Drop by Unit C - 450 Eighth Street, Courtenay. Mon - Fri, 1-3; or call 250-334-8063 to arrange a time to meet with one of our Volunteer Advisors.

Or visit our Volunteer Directory & register online.

[www.volunteercomoxvalley.ca](http://www.volunteercomoxvalley.ca)



### Special Needs Recreation

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

250-338-5371 [hcrites@courtenay.ca](mailto:hcrites@courtenay.ca) or  
[www.courtenay.ca/specialneedsrec](http://www.courtenay.ca/specialneedsrec)

### The Gardens on Anderton

Experience all the joys and benefits of gardening at The Gardens on Anderton! At this wheelchair accessible garden volunteer opportunities abound, so whether you already love to garden but don't have one, want a chance to learn from experts, or you just want to make new friends and get exercise, there are lots of ways to get involved in this very special garden.

Joan 250-334-3089



[www.gardensonanderton.org](http://www.gardensonanderton.org)



### The Salvation Army

We have dozens of volunteer positions to consider! From short term special events to regular weekly opportunities we have a place for you. We offer a comprehensive orientation and a recognition program. This helps to ensure that our volunteers are valued for their contribution and that their needs are met.

The Salvation Army would love to hear from you!

Call Nancy 250-338-5133 ext.223, or  
[volunteer@cvsalarmy.ca](mailto:volunteer@cvsalarmy.ca)

# volunteer opportunities



## Mountaineer Avian Rescue Society (MARS)

MARS is "Spreading Our Wings" - we need YOUR help working with Public education and Special Events. We are seeking volunteers interested in helping us fund-raise for our new flight pen, organize events, prepare media communications and assist with educational outreach. Training is provided.

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

Call **250-337-2021** or visit [www.wingtips.org](http://www.wingtips.org)



## Comox Valley Accessibility Committee

We are a group of individuals in the community who are passionate about advocating for better access for people with disabilities. We meet once a month at the Lewis Centre for an hour at lunch. Help us make the Comox Valley barrier free!

FMI Heather **250-338-5371**

[hcrites@courtenay.ca](mailto:hcrites@courtenay.ca)



## Therapeutic Riding

Volunteers needed to assist people with disabilities: side walkers, horse leaders, barn help etc. 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. Sessions run Mon-Sat, 8:30 am - 6:00 pm. Riders are aged 5 and up.

Call **250 338-1968** or visit: [www.cvtrs.com](http://www.cvtrs.com)



## Courtenay Recreation

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

Call **250-338-5371** or **250-334-8138**  
or [www.courtenay.ca](http://www.courtenay.ca)



**grow community!**

*Who can volunteer?*

**Anyone!**

seniors, students, moms, dads, men, women...

*What can volunteers do?*

**Anything!**

childcare, walking, driving, office support, directors, community activities...

*When can volunteers work?*

**Anytime!**

an hour here, a few hours there - work it into your own schedule.

*Why volunteer?*

**All reasons!**

meet people! learn! work experience! fun!!

*Where volunteer?*

**Everywhere!**

Check us out!



## Comox Valley Toy Librarians Needed

Comox Valley Toy Library Society needs volunteers willing to commit 2 hrs/month to help run the library. Volunteer with us if you enjoy babies and children!

**250-218-6764** or [cvtoylibrary@gmail.com](mailto:cvtoylibrary@gmail.com)

# LOW COST Recreation

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## **Courtenay Riverside Fit Park!**

Work out in the Great Outdoors! Located across from the Florence Filberg Centre (411 Anderton Avenue, Courtenay) the Fit Park features 32 workout stations. The Fit Park is available year round for drop-ins and scheduled classes.

For info **250-338-1000**.

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## **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*.

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## **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**

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## **189 Port August 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: [commandingofficer@portaugusta.ca](mailto:commandingofficer@portaugusta.ca)

or Phone: **250-339-8211** ext.3606

[www.189portaugusta.ca](http://www.189portaugusta.ca)

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## **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.

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## **Father Involvement Network**

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

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## **KidSport™ Comox Valley**

provides support to children to remove the financial barriers of playing organized sport.

For application forms and guidelines visit:

**kidsportcanada.ca**

**phone** 250-334-9294

**email** [comoxvalleykidsport@kidsportcanada.ca](mailto:comoxvalleykidsport@kidsportcanada.ca)

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## **New Discoveries Parent and Child Learning Centre**

Discover our programs for parents and children under 5. Parenting programs include: Home with a Heart, Boundaries and Triple P. Parent and Child weekly programs include Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info or email: [shanda@cvsalary.ca](mailto:shanda@cvsalary.ca)

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## **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](http://www.viha.ca/children).

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# 19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



## Membership Rates Effective 1 April 15

	Regular	Ordinary	Associate
Single 1year	\$124	\$230	\$454
Family 1year	\$191	\$317	\$620 Plus gst

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

Enjoy high quality  
Cardio Equipment  
Weightroom  
25 Metre Ozone Pool  
Hot Tub

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

Drop by or Contact us:  
19 Wing Comox Recreation  
250-339-8211 Local 7173 or 6989  
[www.cfgateway.com](http://www.cfgateway.com) and choose Comox



comox valley

# Aboriginal Head Start



## Early Years Program

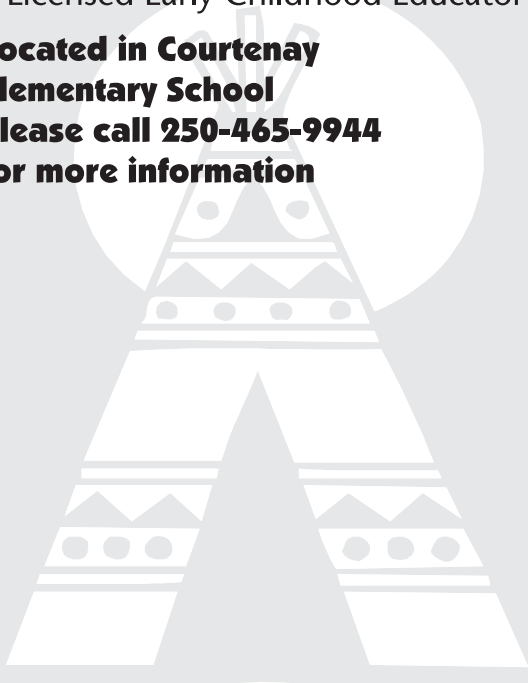
Focusing on Aboriginal children and families birth - 3 years of age.

### Program Includes

- Meals & Transportation provided
- Parent participates with child
- Licensed Early Childhood Educator

**Located in Courtenay  
Elementary School**

**Please call 250-465-9944  
for more information**



## Preschool

All children of Aboriginal ancestry, Status, Non-status, Metis, Inuit, aged 30 months - 5 years accepted (must be 3 years old by December 31)

### Free of charge

- Meals & Transportation provided
- Registrations are taken on an on-going basis

### Six Major Components

Culture & Language	Social Support
Education	Parental Involvement
Health Promotion	Nutrition

956 Grieve Avenue Courtenay, BC  
For more information call  
**250-334-2477**

**Funded by** Public Health Agency of Canada and Success By Six **Sponsored by** Upper Island Women of Native Ancestry



# 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  
Rob Webb (President)  
[coachwebb@shaw.ca](mailto:coachwebb@shaw.ca) or  
**250-339-7304** or  
[www.bluedevilsswimclub.com](http://www.bluedevilsswimclub.com)

# Comox Valley Skating Club

## Learn to Skate

The Comox Valley Skating Club offers Canada's premier Learn to Skate program! All you need is a CSA approved helmet and a pair of skates  
Skate rentals available (*not included*)

## Session Dates:

### CanSkate (5+ years)

Mondays: April 13 – May 11

Wednesdays: April 15 - May 13

Accepting registration for 1 or 2 sessions/week

## Registration dates:

March 16/March 18:  
5:00 - 6:15 pm in Arena #1

April 13/April 15:  
5:00 - 6:15 pm in Arena #1

For more information call 250-339-9872 or email [comoxvalleyskatingclub@gmail.com](mailto:comoxvalleyskatingclub@gmail.com)



SKATE CANADA



Girl Guides of Canada  
Guides du Canada

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

- 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



For local information, contact [cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com) or phone 1-800-565-8111



# Comox Valley Raiders Football Club

## Spring Fundamental Football April 14th - June 21st

Open Registration dates from February 1 to April 18 at The Lewis Centre

**Ages 8 - 10 boys & girls, Ages 11 - 13 boys & girls**

All equipment included except cleats \$100.

No experience needed just learn the basics of football and also get prepared for our fall season as a CV Raider Football Player.

Kids receive pictures and Fathers day fun game and BBQ.

Practices Tuesdays, Thursdays & Sundays

## Spring Game Ready Camp

Open Registration starts March 1 to May 2 on CV Raiders website and at The Lewis Centre

**Invitation to all players ages 12 - 18** in BC to come train with the best.

May Camp 2 Days includes equipment except cleats \$100.

Register at The Lewis Centre or at Raiders Website

All CFL Coaches will be announced on Raiders Website.

Will be held at Billmoore Park 9:00 - 3:00 both days.

**2015 Raiders Football Fall Early Registration MUST Pre-register to save a spot on our senior teams before June 1. Ages 14 - 18 payment not due until August sign up. List will be located on Raiders website.**

CV Raiders are always looking for Volunteers \* Coaches \* Sponsors to help continue to make this the best Community Football Club. [www.comoxvalleyraiders.com](http://www.comoxvalleyraiders.com)



watch our JB 2014 video on Raiders website

[www.comoxvalleyraiders.com](http://www.comoxvalleyraiders.com)

Email: [comoxvalleyraiders@gmail.com](mailto:comoxvalleyraiders@gmail.com)/ Friend Us On Facebook

**[www.comoxvalleyraiders.com](http://www.comoxvalleyraiders.com)**

partially funded by the Provincial Government





# 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 address challenges
- one on one, in individual classrooms
- subject-specific tutoring for higher grades
- **instruction in French available**

*Opening Doors for Learning for over 20 years*



## Little R's Pre-school

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

*Promoting successful learning*



phone: 250-338-4890 • e-mail: [four.rs@shaw.ca](mailto:four.rs@shaw.ca) • website: [www.4rseducation.com](http://www.4rseducation.com)

33RD ANNUAL

# TRIK

THE RACES FOR ALL AGES

Teeny	5 - 7 years
Inbetweeny	7 - 9 years
Mini	8 - 17 years
Sprint	16 years +
Just Tri-It!	16 years +
Duathlon	16 years +
	OPEN MEN & WOMEN

Register Online!  
[trik.ca](http://trik.ca)

For Race Details and Entry Forms  
[WWW.TRİK.CA](http://WWW.TRİK.CA)

SHORELINE ORTHODONTICS

# TRIATHLON

COMOX VALLEY — MAY 24, 2015



COMOX VALLEY ECSD



# Courtenay Lawn Bowling

## Open House

**Date:** Saturday, April 18 2:00 pm  
Wednesday, April 22 6:00 pm

**Place:** Bill Moore Park,  
Kilpatrick Ave. & 23rd St.



A sport for all ages. Come give it a try!

For more info contact: Frank Lo 250-331-0185 or Pete Harding 250-871-4145  
Visit our website [www.courtenaylawnbowling.ca](http://www.courtenaylawnbowling.ca)



LIFELONG LEARNING  
FOR SENIORS 55+

The Comox Valley ElderCollege is committed to meeting the learning needs and educational interests of older adults in the Comox Valley.  
*Membership is open to anyone 55 and over.*

To find out more about the types of courses offered and how to become a member, visit our website at [www.nic.bc.ca/ec](http://www.nic.bc.ca/ec), pick up a copy of the latest newsletter at the Registration Office at North Island College, or visit our Facebook page at <https://www.facebook.com/ComoxValleyElderCollege>.

A wide variety of courses of different lengths offered in both fall and winter semesters.

OVER 15 YEARS IN THE COMOX VALLEY

Tel: 250-334-5000 (Local 4602) Email: [eldercollegeCV@nic.bc.ca](mailto:eldercollegeCV@nic.bc.ca) Facebook: [ComoxValleyElderCollege](https://www.facebook.com/ComoxValleyElderCollege)

**Discoveries Happen Here!**

Cultural and Natural History of the Comox Valley

FOSSIL TOURS  
EDUCATION PROGRAMMES  
COLLECTIONS  
ARCHIVES




Courtenay and District **Museum**  
a Paleontology Centre

**Book a Tour!**  
250-334-0686

[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)  
207 Fourth Street, Courtenay, BC V9N 1G7





**WILEY**

**The Acoustical Sounds of Big Sugar** March 10

**Radical Reels Tour** March 14

**AMADEUS: Dances With Wolfgang** March 27

**THE SID WILLIAMS THEATRE SOCIETY**

Phone 250.338.2430

**Ticket Centre Hours**  
Tues to Sat 10 am - 4 pm  
1 hour prior to show time

***New Turf, New Era for Field Hockey.***  
Comox Valley Field Hockey League  
*For girls, boys, women and men ages 8 - 68*

**Spring Sessions**  
On the new turf field  
April to June 2015



For more info & registration  
contact: [info.cvfhl@gmail.com](mailto:info.cvfhl@gmail.com)  
[www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)





## Comox Valley Tennis Club

### All Players Welcome!

Club activities include singles, mixed, ladies and men's leagues, socials, inter-clubs and tournaments.

### Season Sign-Up

• Saturday April 4  
10:00 am - 3:00 pm  
Comox

### Season Opening Day

• Saturday April 25  
10:00 am - 2:00 pm  
Comox

### Tournaments

Dates to be determined, see <http://www.cvtennis.com/cvtc/>

- **Club Flight M&W Doubles Tournament**
- **Lewis Park - CV Open Championships**
- **Any Two For Tennis Mixed Doubles**
- **Club Tournament Comox & Lewis M&W Singles & Doubles**
- **Club Flight Mixed Double Tournament**
- **Mixed Doubles**

**Membership fees:** \$40/Player  
**League fees:** Free

Club Info [president@cvtennis.com](mailto:president@cvtennis.com)  
Junior Program Info [juniors@cvtennis.com](mailto:juniors@cvtennis.com)

## NORTH ISLAND COLLEGE



The First Aid Division at North Island College offers a wide variety of First Aid Certifications including WorkSafeBC and Red Cross.

### Comox Valley Campus Spring 2015

Code	Course	Date(s)
FAC 084	Marine Adv First Aid	Mar 23 - 27
HRT 011	CPR Level C	Mar 28
OFA 010	OFA Level 1	Mar 31
FAC 010	Emergency Child Care	Apr 11
FAC 021	Standard First Aid & CPR C	Apr 18 & 19
FAC 082	Marine Basic First Aid	Apr 23 & 24
OFA 020	OFA Level 2	Apr 27 - May 1
AET 020	Emergency Medical Responder	May 4 - 15
OFA 010	OFA Level 1	May 19
OFA 015	Transportation Endorsement	May 20
OFA 033	Paramedic in Industry	May 21
FAC 015	First Responder	May 25 - 29

### Occupational First Aid Level 3

OFA 030	OFA Level 3 - June 1 - 12
OFA 032	OFA Level 3 Renewal - June 8 - 12
OFA 030	OFA Level 3 - Aug 10 - 21
OFA 032	OFA Level 3 Renewal - Aug 17 - 21

For a complete list of all first aid courses being offered during the Spring 2015 semester at the Comox Valley Campus or any of our other campuses visit

[www.nic.bc.ca/continuingeducation](http://www.nic.bc.ca/continuingeducation)

Check us out on facebook at  
North Island College - First Aid Training  
or on Twitter @NICFirstAid

NORTH ISLAND COLLEGE

NIC is a certified WorkSafeBC training provider.

For further information or to schedule contract training, please contact  
250-334-5005 or  
[firstaid@nic.bc.ca](mailto:firstaid@nic.bc.ca)

# START YOUR DEGREE, LEARN A TRADE, DEVELOP A CAREER

## Automotive Service Technician

Qualify for a wide range of employment opportunities within the mechanics trade. Earn apprenticeship technical training credit toward your Interprovincial Red Seal.

Location: Campbell River  
Length: 30-week certificate  
Tuition: \$2,135 approx



## Hospital Unit Clerk

Gain the skills and knowledge to access jobs throughout the health care industry, from hospitals to medical offices and care facilities.

Location: Campbell River  
Length: 8-month certificate  
Tuition: \$4,225 approx



## Tourism & Hospitality Management

Blend a solid business education with tourism industry knowledge and connections. Choose from sustainable tourism, hospitality, or adventure guiding options. Earn paid co-op work experience and two years credit toward NIC's business degrees.

Location: Comox Valley  
Length: 2-year diploma  
Tuition: \$2,325 to \$9,160 approx / year



## Office Assistant I

Develop office administration skills valued in virtually every type of business and industry. Courses are all offered online, giving you the flexibility to plan your studies to suit your needs.

Location: Online  
Length: 30-week certificate online  
Tuition: \$1,510 approx

## Web and Mobile Application Development

Develop skills in web programming, game development, e-commerce, server-driven applications, and mobile application development. Gain experience and industry connections from workplace practicums.

Location: Comox Valley  
Length: 2-year diploma  
Tuition: \$2,740 approx / year



## Business Administration

Well-rounded business education includes accounting, marketing, computer applications, and business writing. Earn credit towards a degree. Video and podcasts let you learn anytime, anywhere. Classroom option in the Comox Valley.

Location: Comox Valley, online  
Length: 1-year certificate  
Tuition: \$2,740 approx



## Health Care Assistant

Prepare for a fulfilling, high-demand career as seniors' care. Qualify for employment as a frontline care provider in residential care facilities, home support agencies, group homes, and more.

Location: Comox Valley  
Length: 27-week certificate (CVI)  
Tuition: \$2,740 approx



## Plumbing & Piping Foundation

Develop skills in plumbing, steamfitting, sprinkler fitting, and gasfitting, enabling you to enter any of these trades upon completion. Earn apprenticeship technical training credit toward your Interprovincial Red Seal.

Location: Comox Valley  
Length: 26-week certificate  
Tuition: \$2,135 approx

WWW.NIC.BC.CA

For a full list of programs  
or to register

[www.nic.bc.ca](http://www.nic.bc.ca) | 250-334-5000

NORTH ISLAND COLLEGE



UPGRADING | BUSINESS | COMMUNITY CARE | FINE ARTS | HEALTH | TOURISM | TRADES | UNIVERSITY TRANSFER

# Community Directory

## Adult Education

- 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

- Adult Learning Centre (CALLS).....(250)338-9906
- Advocacy Society - Marnie .....(250)338-4694
- Amnesty International.....(250)897-1658
- Canadian Mental Health Association  
Courtenay Branch.....(250)338-8287
- Canine Rescue and Re-Homing Society  
- Larissa Whitby.....(250)218-0201
- 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
- C.V. Pregnancy Care Centre.....(250)334-0058
- C.V. Military Family Resource Centre .....  
.....(250)339-8290
- C.V. Multicultural & Immigrant Support Society .....(250)898-9567
- C.V. Project Watershed.....(250)703-2871
- C.V. Transition Society .....(250)897-0511
- Vancouver Island Crisis Line  
- Crisis Line ..... 1-888-494-3888  
- Office..... 1-877-753-2495
- Fanny Bay Community Hall  
- Vanessa.....(250)335-2832
- Food Security Hub.....(250)331-0152
- Help Line for Children ..... Zenith 1234
- Immigrant Welcome Ctr.....(250)338-6359
- Juvenile Diabetes Research Foundation..  
..... [www.jdrf.ca](http://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 .....(250)218-7223
- Lilli House 24 hr Crisis Line.....(250)338-1227
- Meals on Wheels - Diane .....(250)331-8522
- Mountaineer Avian Rescue.....(250)337-2021  
(Pager - Wildlife Emerg)..... 1-800-304-9968
- Social Planning Council  
- Elizabeth Shannon .....(250)335-2003
- St. John Ambulance .....(250)897-1098
- St. Joseph's Hospital Volunteer Services - Pat.....(250)339-1548
- The Salvation Army  
- Family Services .....(250)338-5133  
- Thrift Stores .....(250)338-8151
- Today n' Tomorrow Young  
Parent Program.....(250)338-8445
- Therapeutic Riding Association.....(250)338-1968
- Transition Town Comox Valley.....  
..... [www.transitiontowncv.org](http://www.transitiontowncv.org)
- United Way (Comox Valley).....(250)338-1151
- V.I.Regional Library Courtenay Branch.....(250)334-3369
- V.I. Visitor Centre . [info@investcomoxvalley.com](mailto:info@investcomoxvalley.com)
- Welcome Wagon - Mary Lynn.....(250)338-8024

## Clubs & Organizations

### Church Groups

- C.V. Aglow - Debra .....(250)871-7678
- C.V. Community Church The Salvation Army  
.....(250)338-8221
- C.V. Presbyterian Church .....(250)339-2882
- C.V. Unitarian Society .....(250)890-9262
- Comox Community Baptist .....(250)339-0224
- Shepherd of the Valley  
Lutheran ELCIC.....(250)339-3933
- Unity Comox Valley ..... 1-866-853-9866

### Dog Clubs

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

### Horticulture

- CV Growers & Seed Savers Society  
- Susan.....(250)334-4008
- CV Horticultural Society  
-Lesley Cox..... [duchessofdirt@telus.net](mailto:duchessofdirt@telus.net)

### Public Speaking

- Comox Toastmasters - Marion.....(250)339-5432
- CV Toastmasters - Sylvain.....(250)338-1431
- 60 Minute Toastmasters  
- Gaynor .....(250)334-3664

### Other

- Association Francophone de la Vallée de Comox-Pauline Tardif.....(250)334-8884
- Beekeepers Association - Urs.....(250)337-8858
- Beta Sigma Phi - Gerrie .....(250)338-8557
- Telus Community Ambassadors  
- Shirley .....(250)339-5917
- Camera Club - Lin Auerbach.....(250)703-2850
- C.V. Classic Cruisers - Richard ..(250)338-9540
- C.V. Family History Research Group  
- Courtenay Museum.....(250)334-0686
- Newcomers Club.....[CVnewcomers.net](http://CVnewcomers.net)
- Orca Probus Club - Patrick.....(250)338-8728
- Radio Control Aeronautics Assoc.  
- Frank .....(250)337-5320
- Raw & Living Foods Vegan Potlucks  
- Rose.....(250)334-2251
- Taoist Tai Chi Society - Arlene.....(250)890-3671
- Ukrainian Society - Nelly .....(250)334-2653
- University Women's Club .....  
..... [comoxvalleycfuw@gmail.com](mailto:comoxvalleycfuw@gmail.com)
- Vancouver Island Paleontology  
- Betty .....(250)339-7372

### Seniors

- Comox Senior Centre.....(250)339-5133
- C.V. Eldercollege -Aksel Porsild.....(250)334-5247
- Evergreen Senior's Club.....(250)338-1000
- Senior Peer Counselling Society .....  
..... [seniorpeercounseling@shaw.ca](mailto:seniorpeercounseling@shaw.ca)

## Health & Wellness

- Adult & Teen Day Therapy .....(250)339-1496
- Al-Anon - Rene.....(250)334-2392  
- Jan .....(250)338-2947
- Alcoholics Anonymous .....(250)338-8042
- Anderton Therapeutic Garden Society  
Joan.....(250)334-3089
- Canadian Cancer Society .....(250)338-5454
- C.V. Mental Health & Addictions Services  
.....(250)331-8524
- C.V. Hospice Society  
(Info. & bereavement support).....(250)339-5533
- CV Nursing Centre .....(250)331-8502
- C.V. Stroke Recovery Branch ....(250)890-0711
- Cumberland Health Centre & Lodge  
Recreation Department . (250)336-8531(ext271)
- CV Head Injury Society .....(250)334-9225
- CV Ostomy Support Group .....(250)871-4778
- Heart&Stroke Foundation-Ollie.....(250)339-4009
- On the Move Fitness Service ....(250)923-8291
- Overeaters Anonymous .....(250)703-2960
- Options for Sexual Health.....(250)331-8572
- Red Cross (Health  
Equipment Loans).....(250)334-1557
- St. Joseph's General Hospital  
Auxiliary Society - Pat .....(250)339-1407
- AIDS Vancouver Island - Sarah ..(250)338-7400
- Therapeutic Riding Association.....(250)338-1968
- Public Health Nursing.....(250)338-1711
- Wheels for Wellness Society.....(250)338-0196

## Service Clubs

- Amateur Radio Club- Glen.....(250)336-8205
- Comox Legion - Br.160 - Cyndy.....(250)339-2022
- Courtenay Legion - Branch 17.....(250)334-4322
- Cumberland Legion - Br. 28.....(250)336-2361
- C.V. Kinsmen Club - Jim Lilac ... (250)334-9444
- C.V. Monarch Lions Club .....(250)338-9602
- Elks Club #60 .....(250)334-2512
- Harmony Rebekahs Lodge #22  
- Carol Briggs .....(250)336-8373
- Kiwanis Club of Comox - John ..(250)334-2190
- Kiwanis Club - Courtenay - Bill (250)703-2222
- Knights of Columbus - Rodger ..(250)339-1176
- Baynes Sound Lions - John .....(250)335-0365
- IODE Laura Gordon Chapter .....  
- Louisa .....(250)338-1162
- Order of the Royal Purple - Irene (250)334-4740
- Pythian Sisters - Diana Harris.....(250)335-2451
- Rotary Club of Comox - Victor . (250)338-3740
- Soroptomist Club of Courtenay  
- Barbara Lewis.....(250)898-8510
- Strathcona Sunrise Rotary Club  
- Keith .....(250)897-5055

## Fairs & Festivals

- Empire Days - Leslie Baird .....(250)336-2718
- C.V. Exhibition.....(250)338-8177
- Filberg Festival - Sylvia .....(250)334-9242  
- [www.filbergfestival.com](http://www.filbergfestival.com)
- C.V. Highland Games Society  
- Laurie .....(250)897-8885

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

## Sports

### Adult Leagues

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

### Aquatics

C.V. Aquatic Club (Sharks)Kris .....(250)650-1680

C.V. Orcas Synchronized

Swim Club .....(250)941-2021

### Baseball/Softball

C.V. Minor Baseball - Steve .....(250)339-9152

C.V. Minor Softball - Shannon ..(250)947-5204

C.V. Slo Pitch League - Mike.....(250)792-1807

C.V. Ladies Fastball - Michele.....(250)702-3916

C.V. Ladies Slo Pitch - Jennifer ..(250)898-1371

Softball B.C. Rep - Gord.....(250)338-7935

### Basketball

C.V. Men's Masters Basketball - James .....(250)941-1204

C.V. Youth Basketball Assoc.

- Anthony Edwards .....(250)898-9973

Ladies Recreational Basketball

- Iris Churchill .....(250)338-5409

Steve Nash Basketball Youth Programs

..... [isfeldlockquell@gmail.com](mailto:isfeldlockquell@gmail.com)

### Ice Sports

C.V. Glacier Kings Jr. Hockey

- Iris .....(250)338-5409

C.V. Minor Hockey - Dale .....(250)334-0567

Skating Club C.V. ....(250)339-9872

Women's Ice Hockey

Pam - Breakers .....(250)897-1253

Kelly - Whalers .....(250)338-9786

### Martial Arts

V.I. Karate Society - Jacquie .....(250)338-4718

Courtenay Shito-Ryu Karate

- Todd.....(250)338-9722

C.V. Karate Club - Brenda.....(250)338-9722

C.V. Kung Fu Academy .....(250) 702-3780

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

Russian Martial Arts - Vali .....(250)335-2781

The Academy of Martial Arts & Fitness

.....(250)465-9073

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

### Racquet Sports

C.V. Tennis Club - Pat McGrath.....

..... [mcgrathpm@shaw.ca](mailto:mcgrathpm@shaw.ca)

Courtenay Sr. Badminton Club

- Daryl Bissell .....(250)339-3383

C.V. Squash Club

- Dan Lindsay.....(250)338-0746

### Skiing

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](http://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 Gymnastics .....(250)339-2255

Comox Valley Tri-K - Rick .....(250)334-3124

Courtenay Knights Floor Hockey

- Tim.....(250)792-3332

Courtenay Lawnbowling Club

- Pete Harding .....(250)871-4145

C.V. Cougars Track & Field Club(250)338-4191

.....[www.comoxcougars.org](http://www.comoxcougars.org)

CV Curling Centre .....(250)334-4712

CV Ringette Association

- Helen Oliphant.....(250)890-0818

Field HockeyCV ..[www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)

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

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur .....(250)338-9657

Minor Lacrosse Association, C.V. Wild

..... [www.comoxlacrosse.ca](http://www.comoxlacrosse.ca)

Raiders Youth Football-Chris.....(250)338-3815

Road Runners CV - Jim.....(250)338-2402

Rugby - Kicker's Club

- Aimee Eurlay.....(250)703-6677

Rugby - Saratoga Beach Over 40

- John Gotto.....(250)338-8142

Special Olympics, C.V. - Randy. (250)897-1828

### Outdoor Groups

#### Boating

Canadian Power & Sail Squadron

- Curt.....(250)339-1964

CV Dinghy Sailing School and

Comox Bay Sailing Club..[comoxvaysailingclub.ca](http://comoxvaysailingclub.ca)

Compass Adventures ..[www.compassadventure.ca](http://www.compassadventure.ca)

Dragon Boat Society (Blazing Paddles)

- Erica Roy .....(250)703-0707

Dragon Boat Team-Hope Afloat (Women

Cancer Survivors) .....Glenda Wilson(250)339-3598

Dragon Boat Team (Dragonflies)

- Colleen .....(250)334-3676

Dragon Boat Team (Prevailing Wins)

- Leon .....(250)339-5772

C. V. Rowing Club-Geoff..[www.rowingcanada.com](http://www.rowingcanada.com)

C. V. Yacht Club .....[www.cvyachtclub.com](http://www.cvyachtclub.com)

Comox Valley Paddlers Club

- Monica .....(250)339-2950

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

#### Other

Coal Hills BMX.....(250)336-2699

Comox District Mountaineering (Hiking)

Club - Ken Rodonets .....(250)871-1245

Comox Glacier Wanderers

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

C.V. Ground Search & Rescue ..(250)334-3211

C.V. Gowers & Seed Savers..... [www.cvgss.org](http://www.cvgss.org)

C.V. Naturalists Society -Robin (250)339-4754

C.V. Land Trust - Jack .....(250)331-0670

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

Courtenay Fish & Game Protective

Association .....(250)338-9122

CCCTS (Cycling).....[www.cccts.org](http://www.cccts.org)

Fanny Bay Salmonid Enhancement Society

.....(250)335-1575

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

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

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

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

## Dance Groups

Ocean Waves Square Dance Club

- Cathy and Guy Moreau .....(250)338-7942

Scottish Country Dance

- Heather .....(250)338-9060

Ukrainian Dancing Culture Society

- Nellie Choquette .....(250)334-2653

- Eva Prioy.....(250)339-7355

## Visual/Performing Arts

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

Comox District Concert Band

- Pat Jackson .....(250)339-5091

C.V. Clown Club - Dolores VanderMaaten

.....(250)334-4255

C.V. Potters Club - Laurie .....(250)339-4229

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

C.V. Community Arts Council

.....(250)338-4417 (ext.2)

C.V. Pipe Band Society - Bill .....(250)339-6444

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

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

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

Filberg Lodge & Park Association

- Glen & Lynn .....(250)339-2715

Just in Time Jazz Choir

- Wendy .....(250)338-0244

Les Harmonies Francos

- Pauline Tardif.....(250)334-8884

Letz Sing Community Choir

- Tina .....(250)923-7709

Needlearts Guild - Kathy .....(250)338-6639

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

North Island Music Teachers Association

- Ginny Lawrie.....(250)338-9464

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

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

Rainbow Youth Theatre

.....[www.rainbowtheatre.com](http://www.rainbowtheatre.com)

Strathcona Symphony Orchestra

.....(250)331-0158

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

Island Phoenix Acapella Chorus

- Sandy.....(250)923-0101

Vancouver Island Music Fest

- Megan .....(250)336-7981

## Youth

### Scouting

C.V. Girl Guides.....[cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com)

Scouting Inquiries - Chris .....(250)339-2424

### Cadets

Air Cadets - 386 Squadron.....(250)339-9198

Army Cadets - .....(250)339-8211 ext 7995

Sea Cadets - Mike Smith.....(250)335-3407

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

St John Ambulance - Cadet Brigade(250)897-1098

### Other

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

Dragon Boating Youth Team

(Dragon Riders) - Carol .....(250)871-4229

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

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

CV Young Naturalist Club - Lisa

..... [YNCComox@gmail.com](mailto:YNCComox@gmail.com)

# Comox Valley United Soccer

Get your kicks locally!

**2015 Spring Soccer Programs**  
**House League/Selects/UDP Clinic**  
**For Players born 1997-2010**  
**Season - April 18 - June 21**

Registration available online @ [cvusc.org](http://cvusc.org)  
For more information, please contact the soccer office  
[cvuscoccer@gmail.com](mailto:cvuscoccer@gmail.com) 250-334-0422



**BOYS AND GIRLS CLUBS - EXPERTS IN PLAY!**



**REGISTRATION ON NOW**



### **Quality licensed Before and After School Care Programs for children ages 5 - 12.**

Core Programming includes: Physical Activity & Nutrition, Leadership & Enterprise, Educational Support, Creative Arts, Cultural Diversity, & Social Skill Development.

- Hours catering to working families
- Passionate qualified staff
- On site care for peace of mind and convenience
- NEW - Adventure Club for ages 8 - 12
- Spring/Summer Break Camps - REGISTER NOW!

Attend at one of two convenient locations:

#### **Aspen Park Elementary**

Contact: Ann  
250-650-2274

[aspenpark@bgccvi.com](mailto:aspenpark@bgccvi.com)

#### **Brooklyn Elementary**

Contact: Ann  
250-650-1458

[brooklyn@bgccvi.com](mailto:brooklyn@bgccvi.com)

For more information on Comox Valley Programs visit [www.bgccvi.com](http://www.bgccvi.com)



# CELEBRATE

Centennial events  
all year long!

## Citizens of the Century

Nominate at [courtenay.ca/100](http://courtenay.ca/100)

Submit names of volunteers who have made a significant contribution to the City of Courtenay by March 31, 2015

## Homecoming Week

June 26 to July 5, 2015

Block Parties • Concerts • Fireworks  
Canada Day Parade • Street Dance

For up to date  
centennial info:  
[courtenay.ca/100](http://courtenay.ca/100)



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**COURTENAY**

250-334-4441 follow us  



Courtenay & District's Bicentennial 1915-2015