

COMOX VALLEY | SPRING RECREATION GUIDE | 2016



TOWN OF COMOX



Comox Valley
REGIONAL DISTRICT



CITY OF
COURTENAY
Recreation



RECREATION
THE VILLAGE OF
CUMBERLAND

3

28

48

104



Welcome!

BC Youth Week is happening May 1 to 7. The City of Courtenay and The LINC Youth Centre are participating in this province - wide initiative and celebrating our local youth. Activities will include the annual "Young Ones vs Old Ones" road hockey tournament, plus fun contests and games for ages 11 to 18; details on page 68. No matter your age or interests, Courtenay Recreation offers a huge variety of programs and activities. I'm proud to have these facilities available to our community.



Sincerely,
Larry Jangula
Mayor of Courtenay

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Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca
click on the Recreation
Guide link

Courtenay Recreation Facility Hours

Lewis Centre

Facility Hours:

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

Office Hours:

Mon - Fri 7:15 am - 8:45 pm
Saturday 8:30 am - 12:00 pm
& 1:15 pm - 4:00 pm
Sunday 8:30 am - 12:00 pm
& 1:15 pm - 8:00 pm

Facility Closures:

Friday March 25
Good Friday

Monday March 28
Easter Monday

Monday May 23
Victoria Day

Hours subject to change



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

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre
or Native Sons Hall facilities)

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

Facility Closures:

Friday March 25
Good Friday

Monday March 28
Easter Monday

Monday May 23
Victoria Day



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

The LINC Youth Centre & Indoor Skatepark

Spring Hours:

Mondays 7:00 - 9:00 pm (*Adult Skate Night until April 25*)
Tuesdays 3:00 - 7:00 pm (*Tween night 8 - 11 years*)
Wednesdays 3:00 - 8:00 pm (*Jr Youth Night 11 - 14 years*)
Thursdays 3:00 - 8:00 pm
Fridays 3:00 - 11:00 pm
Saturdays 3:00 - 11:00 pm

Hours subject to change



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



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



Register now!

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

Play
Create
Socialize
Celebrate

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

Child and Family Research and Development program

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

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

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

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





Parent Participation

Baby Talk

(newborn - 6 months with adult)
Bring your baby and meet other parents, hear guest speakers, access the resource library, and gain the support and knowledge that new parents seek. This is a community-based program sponsored by St Joseph's Hospital.

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

Treefrog Music Together Preschool

(9 months - 5 years with adult)
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.

Instructor: Kazimea Sokil

#40466 Wednesdays
April 13 - June 15
9:15 - 10:00 am
Lewis Tsolum Building
\$170/parent & child/10

Twinkling Toes
see page 54

Little Cruisers

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

Instructor: Sandra Allen
Wednesdays
Ongoing
10:00 - 11:15 am
Lewis Meeting Room
\$1/Drop-in

COMOX VALLEY
Child Development Association

Krayola Kids

(2 - 4 years with adult) **New!**
Learn the colours through stories, arts and craft projects and hands-on demos. Don't forget to wear the color of the day! Please bring a snack. First colour of the day is Purple. **No class May 23.**

Instructor: Lisa Beaulieu
#40624 Mondays
April 25 - Jun 20
12:00 - 1:30 pm
Lewis Centre Craft Room A
\$50/8

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.

Monday - Saturday
9:00 - 11:00 am
\$4/1¼ hours
punch cards also available

Power Hour Playtime Fun!

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

Tuesdays
April 5 - June 28
10:45 am - 12:00 pm
Lewis Centre MP Hall
\$40/13 or \$4/Drop-in

1,2,3 Come Play with me!

New!

(2 - 4 years with adult)
Play the morning away with hula hoops, bean bags, balls and more! Finish the class with stories, songs and games.

Instructor: Sean Pisto

#40461 Wednesdays
April 20 - June 8
12:00 - 1:30 pm
Lewis Centre MP Hall
\$50/8

Caterpillars to Butterflies

(3 - 5 years with adult)
Grow your way into participating in an independent program. Caregivers start with child for activities and fun, then take a break while your little one enjoys a snack, circle time and a craft. **No class May 23.**

#40267 Mondays
April 18 - June 13
9:30 - 11:00 am
Lewis Centre Craft Room B
\$50/8





Independent Programs

Kinderchefs & Play

(4 - 6 years)

Cook up a storm as you try all kinds of fun new kid friendly recipes. Play games and more as you wait for your tasty treats to take shape. **No class May 23.**

Instructor: Alycia Maskiew

#40266 Mondays

April 25 - June 6

3:30 - 5:00 pm

Lewis Craft Room A

\$70/6

Mini Chefs

(3 - 5 years)

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

Instructor: Alycia Maskiew

#40464 Fridays

April 22 - June 10

12:00 - 2:00 pm

Lewis Craft Room A

\$96/8

Animal Antics

(3 - 5 years)

Get your gear together and let's head out for an animal adventure! Animal games, crafts and much more for your little animal lover!

Instructor: Lisa Beaulieu

#40462 Fridays

May 6 - June 10

9:30 - 11:30 am

Lewis Craft Room A

\$60/6

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

New!

Bugs!

(3 - 5 years)

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

Instructor: Lisa Beaulieu

#40447 Tuesdays

May 10 - June 14

9:30 - 11:00 am

Lewis Craft Room A

\$60/6

Piano Adventures

(5 - 7 years)

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

Instructor: Debbie Ross

#40460 Thursdays

April 7 - June 23

4:30 - 5:30 pm

Lewis Tsolum Building

\$144/12

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

#40459 Tuesdays & Thursdays

April 5 - June 16

4:00 - 4:45 pm

Lewis Centre MP Hall/Gym

\$154/22

Legomania

(4 - 9 years)

Get in on the fun! Learn to build a different lego item each week!

Instructor: Lisa Beaulieu

Wednesdays

April 27 - June 15

#40450 3:30 - 4:30 pm (4 - 6 years)

#40451 4:45 - 5:45 pm (7 - 9 years)

Lewis Meeting Room

\$40/8

New!

Space Explorers!

(3 - 5 years)

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

Instructor: Lisa Beaulieu

#40448 Thursdays

April 21 - June 9

10:30 am - 12:30 pm

Lewis Craft Room A

\$68/8

New!

Princesses & Fairies

(3 - 5 years)

Play dress up, make flowers, bead jewelry, crowns, make magic wands and have a tea party! Finish off the program with a picnic outside (weather permitting). **No class May 23.**

Instructor: Lisa Beaulieu

#40446 Mondays

April 11 - June 6
11:00 am - 12:30 pm
Lewis Craft Room B
\$65/8

New!

Sports for Tots

(3 - 5 years)

Run, kick, throw, and score! Active kids will love this playful and non-competitive environment.

Instructor: Sean Pisto

#40463 Saturdays

April 9 - May 28
10:30 - 11:30 am
Lewis Centre MP Hall
\$40/8

New!

Wee Science

(3 - 5 years)

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

#40626 Tuesday - Friday

March 29 - April 1
12:00 - 2:00 pm
Lewis Centre
\$60/4

Spring Break

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 23.**

Instructor: Breanne Hague

#40263 Mondays

April 11 - June 6
9:30 - 10:30 am
Lewis Centre Gym
\$68/8

Spring Break

Muckin' & Messin'

(3 - 5 years)

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

#40625 Monday - Thursday

March 21 - 24
9:30 - 11:30 am
Lewis Centre
\$60/4

Buds to Blossoms

Mini Camp

(3 - 5 years)

Make new friends while playing games and activities. Finish of the day by making delicious treats! Sure a fun way to welcome spring!

#40627 Monday - Thursday

March 21 - 24
12:00 - 2:00 pm
Lewis Centre
\$60/4

The Great Outdoors!

(3 - 5 years)

Welcome the outdoors, in our version of a spring camp out! Join us in imaginary play where we make smores, sing campout songs, build forts and tents to survive the outdoors, and explore animals through crafts and activities.

#40628 Tuesday - Friday

March 29 - April 1
9:30 - 11:30 am
Lewis Centre MP Hall
\$60/4

Please look at receipts as they contain important information and program reminders



Courtenay Recreation's
Springtime Promenade
(1 - 6 years with adult)
Join us on the bunny trails for activities, crafts & fun!
And maybe even a visit from the Easter Bunny!
Sunday March 20
11:00 am - 12:15 pm
Simms Millennium Park
\$8/family



COURTENAY EARLY YEARS



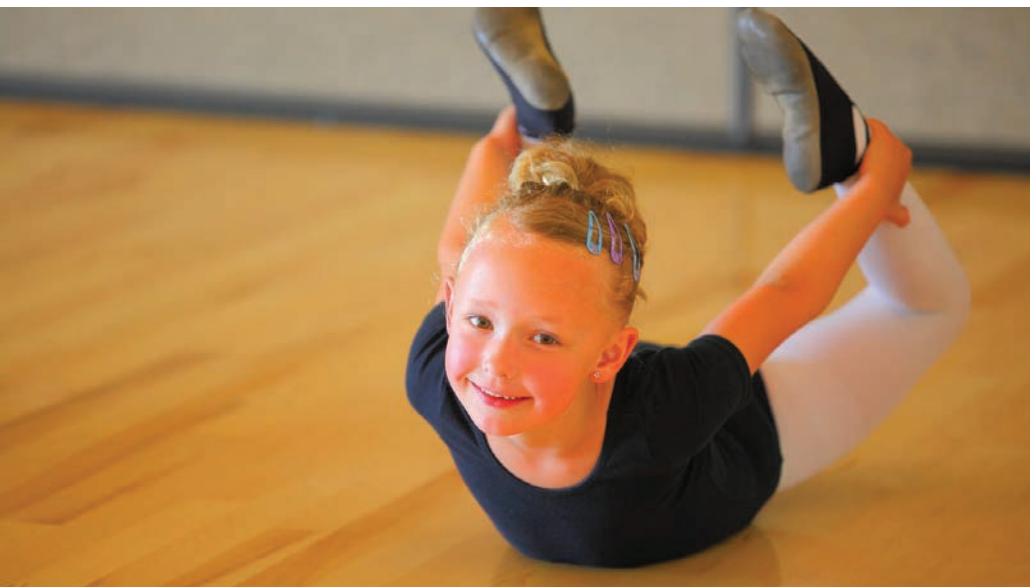
CITY OF
COURTENAY
Recreation

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

follow us  



REGISTRATION STARTS MONDAY MARCH 7 | See page 95



Dance

Kinder Musical Theatre

New!

(3 - 4 years)

Learn fun and silly theatre games. Sing along to your favourite tunes and dance it out to the latest pop and musical theatre songs in a relaxed and non-competitive environment.

Instructor: Kennedy Ledingham

#40468 Wednesdays
 May 18 - June 22
 10:15 - 11:00 am
 Lewis Activity Room A
 \$40/6

Kinder Tap

(3 - 5 years)

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

Instructor: Kennedy Ledingham

#40445 Fridays
 May 20 - June 24
 3:30 - 4:15 pm
 Lewis Craft Room A
 \$35/6

Dance programs for ages 6 & up on page 61

Tiny TuTus

(3½ - 5 years)

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

Instructor: Maggie Scofield-Reid

#40467 Wednesdays
 April 13 - June 15
 11:15 am - 12:00 pm
 Lewis Activity Room A
 \$75/10

Creative Dance

(4 - 6 years)

Explore natural movement on a backdrop of a wide variety of age appropriate music. Imagination, discovery and joyfulness are the goals. There is a heavy creative focus, where children are encouraged to explore the way their bodies move.

Instructor: Jenna Flint

#40453 Thursdays
 April 14 - June 2
 4:15 - 5:00 pm
 Lewis Activity Room A
 \$50/8

Twinkling Ballet Shoes

New!

(2½ - 4 years with adult)

Learn the basics of ballet and movement with your child in a fun and supportive environment!

Instructor: Jenna Flint

#40452 Fridays
 April 22 - June 10
 1:00 - 2:00 pm
 Lewis Activity Room A
 \$55/8

Happy Feet & Tapping Toes

(3 - 5 years)

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

Instructor: Jenna Flint

#40264 Fridays
 April 15 - June 10
 10:45 - 11:45 am
 Lewis Activity Room
 \$65/9

Disney Dance Party

New!

(3 - 5 years)

Discover a new Disney story each class! Sing along, play games, make crafts and dance with your friends to your favourite Disney music. Costumes of your favourite character are encouraged but certainly not mandatory! **No class May 23.**

Instructor: Kennedy Ledingham

#40469 Mondays
 May 16 - June 27
 1:00 - 2:00 pm
 Lewis Activity Room A
 \$40/6

Parents are encouraged to watch from outside the Activity Room

Gymnastics

Stepping Stones to Kindergym

(2½ - 3½ years with adult)
Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience.

Instructor: Sheri Roffey & Breanne Hague

#40437 Tuesdays
April 12 - June 21

#40438 Wednesdays
April 13 - June 22
9:00 - 9:45 am
Lewis Centre Gym
\$78/11

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 21.

Instructor: Sheri Roffey & Breanne Hague

#40441 Tuesdays
April 12 - June 21
9:45 - 10:45 am
Wednesdays
April 13 - June 22

#40442 11:00 am - 12:00 pm

#40443 1:00 - 2:00 pm
\$93.50/11

#40440 Saturdays
April 16 - June 25
9:00 - 10:00 am
Lewis Centre Gym
\$88/10

Family Gymnastics

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

Instructor: Sheri Roffey & Breanne Hague

#40444 Tuesdays
April 12 - June 21
11:00 am - 12:00 pm
Lewis Centre Gym
\$77/11
\$10/Drop-in

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 & Lisa Beaulieu

#40265 Tuesdays
April 12 - June 14
12:00 - 2:00 pm
Lewis Gym & Craft Room A
\$95/10

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. Please remind your favourite adult to come dressed to play.

Instructor: Sheri Roffey & Breanne Hague

#40439 Wednesdays
April 13 - June 22
9:45 - 10:45 am
Lewis Centre Gym
\$78/11
\$8/Drop-in

See page 65 for Comox Valley Gymnastics Championships. Come cheer on local gymnasts Saturday March 12.



COURTENAY EARLY YEARS





Cougars Track & Field Camp

(9 - 14 years)

Join us for some track & field fun this Spring Break! Learn to hurdle, throw a Javelin, reach new heights in High Jump, and much more.

We cover most track & field events during this 4-day camp, always with a focus on skills, fitness, & fun. Sessions are taught by former Canadian team members.

Instructor: Cougars Track & Field

#40556 Monday - Thursday
March 21 - 24

#40557 Tuesday - Friday
March 29 - April 1
9:00 am - 12:00 pm
\$74/4

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

Tuesday - Friday
March 29 - April 1

#40044 12:00 - 1:30 (5½ - 8 years)
#40045 1:30 - 3:00 pm (8 - 12 years)
Lewis Centre Gym
\$60/4

Family Gymnastics

(3 years & up with adult)

Bounce your way into Spring as you and your family have fun with Gymnastics.

Tuesday - Friday
March 29 - April 1

#40636 9:30 - 10:30 am
#40639 10:30 - 11:30 am
Lewis Centre Gym
\$50/4
\$10/drop-in

See page 53 for Early Years Spring Break programs!

Spring Break Programs

Diva Girls Camp

(7 - 12 years)

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

#40041 Monday - Thursday
March 21 - 24
9:00 am - 3:30 pm
Lewis Centre
\$95/4

Spring Break Daycamp

(6 - 12 years)

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

Monday - Thursday
#40042 March 21 - 24
or
Tuesday - Friday
#40043 March 29 - April 1
8:00 am - 3:30 pm
Lewis Centre
\$100/4

Children's Beginner 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.

Monday - Thursday
March 21 - 24
#40633 9:00 - 10:30 am
#40634 10:45 am - 12:15 pm
Lewis Centre Gym
\$45/4

To the SPOON & Back

(8 - 12 years)

Tantalize your taste buds as you mix your way into tasty treats and delicious snacks! Make everything from no bake goodies, to appetizers, to snacks! Play games in the gym and create crafts to finish off the day!

#40635 Tuesday - Friday
March 29 - April 1
9:00 am - 3:30 pm
Lewis Centre Salish
\$90/4

Horse & Pony Camp

(8 years & over)

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

Instructor: Claudia Harper

#40555 Tuesday - Friday
March 29 - April 1
9:00 am - 12:00 pm
\$282/4

Lego Camp

(7 - 11 years)

Combine Lego play and art. Projects will include: making Lego movies, building Lego cars that we will make move, creating the tallest tower of Lego we can and then knocking it over, re-creating masters paintings with Lego, and doing Lego photography and photo shoots.

Instructor: Jenja McIntyre

#40692 Tuesday - Friday
March 29 - April 1
10:00 am - 4:00 pm
Lewis Craft Room A
\$100/4

Golf Camps

(6 - 13 years)

This Spring Break class provides a fun and safe environment to work on the junior's golf skills. Develop new skills and improve on your current ones. Better your swing and learn to move a club to produce your desired result. Learn the rules and playing etiquette. Golf equipment and range balls are provided.

#40703 March 29 - 31
3:00 - 3:45 pm
Glacier Greens Golf Course
\$45/3

more golf page 64

One Day Sewing Projects

(8 - 13 years)

Sew your own tote bag, using canvas or denim. You will need your own fabric scissors, straight pins and tape measure.

Instructor: Jean Morgan

#40578 Tuesday March 22
9:30 am - 12:00 pm
Lewis Craft Room B
\$40

Junior Summer Golf Camp

(6 - 18 years)

This class is a summer long program that will incorporate all golfing skills and will include an etiquette and rules component. The cost includes rental clubs if needed, range balls, a golf shirt and hat.

#40705 Sundays, April 10, 24,
May 1, 8, 15, 22, 29,
June 12, 19
& Saturday April 16
12:00 - 3:00 pm
Glacier Greens Golf Course
\$145 + tax/10 one hour
clinics (includes golf glove
and shirt)
or
\$20 + tax drop in (will not
receive golf glove and shirt)

*See page 60 for Mother
& Daughter Spring
Art Workshop
Saturday March 19*

Parties at The LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

Saturdays starting April 2
12:30 - 2:30 pm

or

Sundays starting April 3
11:15 am - 1:15 pm

or 1:45 - 3:45 pm

The LINC

\$110

\$150/with 3 large pizzas

Saturday Sports Play Birthday Parties

(3 years & over)

This party will leave you feeling breathless! We promise you lots of fun in this special edition of birthday celebrations. We offer one hour of instructor-lead sports play.

Saturdays starting April 16
1:00 - 3:00 pm
Lewis Centre
\$100



Gymnastics & Trampoline Birthday Parties

(4 years & over)

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

Saturdays starting April 16
11:30 am - 1:30 pm
Lewis Centre
\$100





Special Interest

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.

#40604 Wednesdays
April 13 - June 1
3:30 - 5:00 pm
Lewis Craft Room A
\$85/8

Get Sailing U 16 years

(12 - 16 years)

Join this fun, and social sailing class for any level! Our Sail Canada instructors will teach you the basics of sailing and help you build on your current sailing skills. No experience necessary.

Instructor: Comox Dinghy Sailing School

#40567 Fridays
June 3 - 24
4:00 - 6:30 pm
\$100/4

Track & Field & More Sailing, see page 64

Cooking Around The World

(7 - 12 years)

Tour the world through food! Learn how to cook tasty dishes and treats from different parts of the world.

Register early!

#40605 Thursdays
April 28 - June 9
3:30 - 5:00 pm
Lewis Craft Room A
\$75/7

Optimist Sailing Wet Feet

(6 - 8 years)

Just for little sailors! This course aims to help young children feel comfortable around, near, on and in the water. Sail in an Optimist Dinghy 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

#40569 Fridays
June 3 - 24
4:00 - 6:30 pm
\$95/4

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.

Saturday

#40583 April 23
#40584 May 28
#40585 June 25
1:00 - 3:30 pm
Lewis Meeting Room
\$25

St John Babysitter Training

(11 - 18 years)

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

Saturday

#40649 April 30
#40650 May 28
#40651 June 18
9:00 am - 4:30 pm
Lewis Centre
\$69

Piano Adventures

(8 - 11 years)

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

Instructor: Debbie Ross

#40563 Thursdays
April 7 - June 23
5:30 - 6:30 pm
Lewis Tsolum Building
\$144/12

See Piano Adventures 5 - 7 years page 52

Arts & Crafts

Stained Glass Designs

(9 - 12 years)

Join this fun and creative class where you will make a Frog or Flower stepping stone. A Seashore Mosaic picture frame and Spring Suncatchers. Create several bees, dragonflies and flowers that can be grouped together in a mobile or hung separately.

Instructor: Nancy Morrison

#40559 Mondays

April 11 - May 16

4:00 - 5:30 pm

Lewis Craft Room B

\$80/6

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. Prerequisite for Clay Designs.

Instructor: Jenja McIntyre

#40582 Fridays

April 15 - June 10

3:30 - 5:00 pm

Lewis Craft Room B

\$90/9

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

#40575 Tuesdays

April 12 - 26

3:30 - 5:00 pm

Lewis Craft Room B

\$50/3

Children's Level 2 Sewing

(9 - 14 years)

Progress to a higher level of skill. Work on a simple pattern of your choice; please discuss with the instructor. You will need to purchase your own thread and fabric (approx. \$15 - \$20). You will also need your own fabric scissors, straight pins and tape measure.

Instructor: Jean Morgan

#40577 Tuesdays

May 31 - June 21

3:30 - 5:30 pm

Lewis Craft Room B

\$80/4

It's Fun to Sew

(8 - 14 years)

Make and sew your very own starter pillow case, and pull on cotton pants! You will need your own scissors that cut fabric, straight pins and tape measure. You will need to purchase your own fabric and thread (approx. \$15-\$20).

Instructor: Jean Morgan

#40576 Tuesdays

May 3 - 24

3:30 - 5:00 pm

Lewis Craft Room B

\$70/4

Clay Designs

(8 - 14 years)

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

Instructor: Jenja McIntyre

#40581 Thursdays

April 21 - June 23

4:00 - 5:30 pm

Lewis Craft Room B

\$100/10

FATHER'S DAY

Annual Kite Fly

Sunday June 19

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



CITY OF
COURTENAY
Recreation

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



COURTENAY CHILDREN



REGISTRATION STARTS MONDAY MARCH 7 | See page 95



Family Clay Art

(4 years & over with adult)
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
Thursdays

#40579 April 21 - May 5

#40580 May 19 - June 02
6:00 - 7:30 pm
Lewis Craft Room B
\$80/3

Mixed Media Arts

(5 - 12 years)
Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a carefree way. **No class May 23.**

#40654 Mondays (8 - 12 years)
April 25 - June 20
5:30 - 7:00 pm
Lewis Tsolum Building
\$100/8

#40655 Tuesdays (5 - 7 years)
April 26 - June 14
3:30 - 5:00 pm
Lewis Salish Building
\$100/8

Drawing Animals

(8 - 12 years)
Learn to draw and paint animals. Look at domestic animals, farm animals, ocean creatures and even dinosaurs. Students will learn drawing techniques and skills in drawing proportion, texture and colour.

#40657 Tuesdays
April 26 - June 14
6:00 - 7:30 pm
Lewis Salish Building
\$90/8

Lego Pro-D

New!

(6 - 10 years)
Get ready for fun art and play with Lego. We will build Lego cars that move, create the tallest Lego tower to knock it over, and re-create masters paintings with Lego.

#40653 Friday May 20
8:30 am - 3:00 pm
Lewis Salish Building
\$40

Little Architects

(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!

#40656 Wednesdays
April 20 - June 8
3:30 - 5:00 pm
Lewis Craft Room B
\$96/8

Cartooning & Manga

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

#40659 Mondays
May 30 - June 20
3:30 - 5:00 pm
Lewis Tsolum Building
\$55/4

Mother & Daughter Spring Art Workshop

(6 years & up with adult)
Come have fun marbling and paper making using fresh spring colours. Marbling is the process of dropping and swirling paint water baths and transferring it to paper or fabric. Make your own pulp in paper making and add fun materials such as leaves. A fun, easy day with many treasures to take home and share.

Instructor: Jenja McIntyre
#40695 Saturday March 19
9:00 am - 12:00 pm
Lewis Centre Craft Room A
\$50



**Celebrate
National
Volunteer
Week
April
10 - 16**

Dance & Theatre

Dance Mix

(7 - 9 years)

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

Instructor: Jenna Flint

#40458 Fridays
April 22 - June 17
4:45 - 5:45 pm
Lewis Activity Room A
\$60/9

Musical Theatre

(8 - 10 years)

Learn fun and silly theatre games, sing along to your favorite songs, dance it out to the latest pop and musical theatre songs and learn basic singing techniques in a relaxed and non-competitive environment. **No class May 23.**

Instructor: Kennedy Ledingham

#40571 Mondays
May 16 - June 27
3:30 - 4:30 pm
Lewis Activity Room A
\$40/6

Tap Dance

(7 - 13 years)

Learn the tap basics in a fun and non-competitive environment.

Instructor: Kennedy Ledingham
Wednesdays
May 18 - June 22

#40456 4:00 - 5:00 pm (7 - 10 years)
#40457 5:15 - 6:15 pm (10 - 13 years)
Lewis Craft Room A
\$40/6

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.

#40661 Wednesdays
April 13 - June 15
3:30 - 4:30 pm
Lewis Centre Activity Room
\$80/10

New!

Theatre Games and More!

(10 - 13 years)

Learn fun and silly theatre games, practice basic singing techniques, sing along to your favourite songs and more in a friendly, relaxed and non-competitive environment. **No class May 23.**

Instructor: Kennedy Ledingham

#40572 Mondays
May 16 - June 27
4:45 - 5:45 pm
Lewis Activity Room B
\$40/6

New!

Hip Hop Dance

(5 ½ - 13 years)

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

Instructor: Kennedy Ledingham
Fridays
May 20 - June 24

#40662 4:45 - 5:45 pm (5½ - 8 years)
#40663 6:00 - 7:00 pm (9 -13 years)
Lewis Activity Room B
\$40/6

Volunteers . . . are the Heart of the Community



Lots of Volunteer Opportunities at Courtenay Recreation.

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





Community Circus 1

(6 - 12 years)

Activities include: aerial silks & hoop; juggling & object manipulation; stilts & rola bola; handstands & acrobatics; partner acrobatics; improvisation & performance games. We'll finish off with our year-end "big show"! Great for beginners, younger students, & those with less than two seasons of circus experience. Info at 7storycircus.com & facebook. **No class May 23.**

#40664 Mondays
 April 4 - June 13
 3:30 - 5:30 pm
 Lewis Centre Gym
 \$200/10

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 and perseverance. Kids over 10 please join the Junior class. Woo Kim Taekwondo is a sanctioned member of BC Taekwondo Federation.

Instructor: Richard Dobbs

#40564 Fridays
 April 15 - June 3
 4:00 - 4:30 pm
 Lewis Activity Room
 \$60/8

Aerials Arts The Basics

(10 years & over)

This class is for students new to aerial fabric. With a focus on skill & strength building you'll start close to the ground and gain height as your confidence and abilities increase. We'll end the session with our year-end "big show"!

#40665 Fridays
 April 8 - June 10
 3:30 - 4:30 pm
 Lewis Centre Gym
 \$150/10

A \$21/year 7 Story Circus Membership fee must be paid to instructor at first class

Taekwondo Tigers

(5 - 7 years)

Taekwondo is a Korean martial art & an Olympic sport. Students learn Taekwondo with an emphasis on fun. Balance, co-ordination, & 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

#40459 Tuesdays & Thursdays
 April 5 - June 16
 4:00 - 4:45 pm
 Lewis Centre MP Hall
 \$154/22

Aerial Arts

Intermediate-Advanced

(10 years & up)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more. We'll end the session with our year-end "big show"! For show info follow us at 7storycircus.com & facebook.

#40666 Wednesdays
 April 6 - June 8
 6:30 - 7:30 pm
 Fridays
 April 8 - June 10

#40667 4:30 - 5:30 pm

#40668 5:30 - 6:30 pm
 Lewis Centre Gym
 150/10

Handstand Class (12 - Adult), Community Circus 2 & Open Training, see page 77

Taekwondo Juniors

(8 - 13 years)

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

Instructor: Richard Dobbs
 Tuesdays & Thursdays
 April 5 - June 16

#40565 Lower Level
 4:50 - 5:50 pm

#40566 Higher Level (blue stripe & up)
 6:00 - 7:00 pm
 Lewis MP Hall
 \$176/22

Beginner Kung Fu

(5 - 9 years)

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

Instructor: Corny Martens

#40560 Tuesdays & Thursdays

April 5 - June 23

3:15 - 3:55 pm

Lewis MP Hall

\$155/24

Karate Kids

(6 - 8 years)

Block, kick and punch your way through this fun and focused program designed for this age group. Playing skill based games and learning traditional karate techniques will help to improve motor skills, strength and balance.

Instructor: Brenda Bombini

#40603 Thursdays

April 14 - June 9

5:30 - 6:00 pm

Lewis MP Hall

\$69/9

Ninjutsu

(5 - 14 years)

Experience the Japanese ancient art of the Ninjam through the practice of self defense, invisibility, awareness, and more. Learn how it leads to health, confidence and knowledge of one's place in the environment through games, stories and the teaching of traditional skills.

Instructor: Frank Doss

#40573 Mondays (5 - 8 years)

April 18 - June 13

#40574 Wednesdays (7 - 14 years)

April 20 - June 8

4:00 - 5:00 pm

Lewis Salish Building

\$60/8

Level 4 + Intermediate

Kung Fu

(7 - 14 years)

Students in this class begin to explore the 'Cham Kui' or bridging form as well as working on 'Chi Sao' or sensitivity training. At this level, the practitioner will be learning how to stay centered in various disadvantaged fighting scenarios. Further training with staff, Dragon pole, and Chinese bladed weapons will continue.

Instructor: Corny Martens

#40561 Mondays & Wednesdays

April 4 - June 22

4:15 - 5:25 pm

Lewis MP Hall

\$165/23

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.)

Instructor: Todd Robertson

#40602 Mondays & Thursdays

April 4 - June 16

6:00 - 7:20 pm

Lewis MP Hall

\$129/21

Level 2 & 3 Advanced

Beginner Kung Fu

(5 - 9 years)

Building on the foundation of basic skills, this group will explore more advanced techniques. Students also build on having a golden sash attitude or what attributes are needed to become a Kung Fu Master. This class teaches basic staff techniques and forms from Traditional Wing Chun.

Instructor: Corny Martens

#40562 Mondays & Wednesdays

April 4 - June 22

3:15 - 4:10 pm

Lewis MP Hall

\$165/23

No classes on May 23



COURTENAY CHILDREN





Spring into Track!

(8 - 14 years)

Run, jump, and throw this spring! Experience training for most track & field events including sprints, hurdles, high jump, long jump, javelin, discus, and more. Emphasis is on core fitness and skills. This is a fun, non-competitive program that can also assist performance in other sports. Age, and fitness-level appropriate training provided by former national team members.

Instructor: Cougars Track & Field Club

#40558 Mondays

April 4 - May 23

3:30 - 5:00 pm

Vanier Track

\$74/8

Indoor Soccer Kids

(5 - 8 years)

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

Instructor: Sean Pisto

#40623 Saturdays

April 23 - June 4

11:30 am - 12:30 pm

Lewis MP Hall

\$50/7

Intro to Competitive Racing

(12 - 18 years)

For youth sailors who are interested in furthering their sailing skills and experiencing the fun sport of sailboat racing. Our Sail Canada instructors emphasize sharpening your sailing skills to build speed with confidence in a fun and energetic environment with sailors of all ages and skill levels.

Instructors: Comox Dinghy Sailing School

#40568 Tuesdays

May 3 - June 21

4:00 - 6:30 pm

Meet at Comox Marina

Park Gazebo

\$175/8

Sports

Dodgeball!

(7 - 11 years)

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

Instructor: Lisa Beaulieu

#40449 Thursdays

April 14 - June 2

4:00 - 5:00 pm

Lewis MP Hall

\$35/8

Golf FUNdamentals

(5 - 8 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 produced your desired result. Learn the rules and playing etiquette. Golf equipment is provided. Instructors: CPGA Professionals Bill Kelly or Brian Wise

#40698 Fridays

April 1 - 22

3:30 - 4:45 pm

Glacier Greens Golf Course

\$55/4

Floor Hockey-Kids

(6 - 12 years)

The week is almost over, so why not join us for some fast hockey action. Supervision and play for all levels provides fun for you and your friends. This will be non-instructional, with emphasis on lots of floor play, safety, and a good work-out.

Instructor: Sean Pisto

Fridays

April 22 - June 10

#40606 3:30 - 4:30 pm (6 - 8 years)

#40607 4:45 - 5:45 pm (9 - 12 years)

Lewis Centre MP Hall

\$35/8

\$5/Drop-in

Learn to Play Golf

(9 - 13 years)

Develop your golf skills and learn how to apply them on the course. This is a MUST window of opportunity as you develop and imprint 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 included.

Instructors: CPGA Professionals Bill Kelly or Brian Wise

#40701 Fridays

April 1 - 22

4:30 - 5:30 pm

Glacier Greens Golf Course

\$65/4

Gymnastics

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

\$120/10 Sessions (Saturdays)
\$132/11 Sessions (Tuesdays)
\$200/Both Days (21 Sessions)
Lewis Centre Gym

Girls & Boys Mixed

(5 - 8 years)

#40587 Tuesdays
April 12 - June 21
3:30 - 5:00 pm

#40586 Saturdays
April 16 - June 25
10:00 - 11:30 am

Girls Gymnastics

(8 years & over)

#40589 Tuesdays
April 12 - June 21
5:00 - 6:30 pm

#40588 Saturdays
April 16 - June 25
12:30 - 2:00 pm

Girls Advanced

(8 years & over)

#40596 Tuesdays
April 12 - June 21
6:30 - 8:30 pm

#40597 Saturdays
April 16 - June 25
2:00 - 3:30 pm

Girls Pre Advanced

(8 years & over)
Athletes progress into these programs once base skills are strong and when you are physically and mentally ready to advance. Two classes per week are recommended to develop and maintain your skill level.

#40594 Tuesdays
April 12 - June 21
6:30 - 8:00 pm

#40595 Saturdays
April 16 - June 25
10:00 - 11:30 am

Boys Advanced

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

#40599 Tuesdays
April 12 - June 21
6:30 - 8:00 pm

#40598 Saturdays
April 16 - June 25
2:00 - 3:00 pm

Boys Gymnastics

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

#40590 Tuesdays
April 12 - June 21
5:00 - 6:30 pm

#40591 Saturdays
April 16 - June 25
12:30 - 2:00 pm

Trampoline

(6 years & up)
Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the BC Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun!

Instructor: Vern Nichols & Sheri Roffey
Wednesdays
April 13 - June 22

#40600 3:30 - 4:30 pm

#40601 4:30 - 5:30 pm
Lewis Centre
\$85/11

CV Gymnastics Championships

Saturday March 12

9:30 am - 2:00 pm

Lewis Centre

Ribbons Trophies Friends Concession



courtenay.ca/rec 250-338-5371



COURTENAY CHILDREN



REGISTRATION STARTS MONDAY MARCH 7 | See page 95

Get Trained



#HackYourResume

(13 - 18 years)

Start preparing for your summer job hunt now and tweak your resume with 'The Career Tutor'! Bring your resume in and we'll help you transform it into a professional and concise document that you'll be proud to submit to potential employers.

Instructor: Beth Campbell Duke

#40478 Tuesday March 29

Spring Break

10:00 am - 2:00 pm

LINC Multipurpose Room

\$32

Job Prep

(14 - 18 years)

Get a jump on your resume and job skills as you learn cash and food handling, customer service, workplace safety, resume writing and interview skills. We'll get you ready for your summer job interview!

Receive a reference, resume and certificate upon completion.

#40712 Thursdays

April 7 - May 12

4:00 - 6:30 pm

LINC Multipurpose Room

\$83/6

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



Food Safe Level 1

(14 - 18 years)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for your resume and securing a summer job!

#40765 Thursday March 31

Spring Break

or

#40531 Saturday May 14

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

See pages 56,57 & 69 for more Spring Break programs



COURTENAY YOUTH

New Programs sponsored by Lush Valley Food Action Society

Food-e Academy

(15 - 18 years)

For young foodies who are passionate about our local food system. Learn about the local food economy through hands-on experiences from production (touring farms & community gardens), processing (visiting & learning from local food makers), food policy/security (learning from local food agencies) to eating (creating amazing meals with locally sourced ingredients). We will collaborate what we have learned and create a digital story that will be shared with the community. Youth will also be invited to start the Comox Valley's first Youth Food Council.

#40530 Saturdays

April 9 - May 14

10:00 am - 1:00 pm

Native Sons Lower Kitchen

\$30/6

Chef for a Day

(15 - 18 years)

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

#40529 Wednesdays

April 6 - May 11

4:30 - 6:30 pm

Filberg Centre

Conference Hall Kitchen

\$30/6

Lush Valley is dedicated to providing healthy food skills programming to all Comox Valley residents. Accordingly, Lush Valley is pleased to waive fees if the parent or guardian communicate this need to Lush Valley prior to registration. Please email admin@lushvalley.org or call 250-331-0152.

Skate/Scoot

Skate Scoot Sundays

(6 - 10 years)

Do you dabble in skateboarding or scootering or wish you did? Have fun developing in either, or both sports, as you learn tricks in the bowl and street sections of the park. This combo class is geared to beginner-novice riders who may want to learn new tricks or try out a new sport. Rentals available. **No class May 22.**

#40535 Sundays
April 3 - May 29
9:45 - 10:45 am
LINC Skatepark
\$82/8
\$92/with rental

Skateboard FUNDamentals

(6 - 11 years)

Build confidence learning the basics of skateboarding. Learn the basics - balance, pushing and cruising and then try out the ramps, and learning a trick or two! This class is geared to beginner-novice skaters. **No class May 23.**

#40533 Mondays
April 4 - May 30
4:15 - 5:15 pm
LINC Skatepark
\$82/8
\$92/with rental

Recreation Access

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

Ask us how to apply!

Skateboard Essentials

(7 - 12 years)

Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class size will give you individual time with the instructor to help you progress. This class is geared to skaters who have participated in Skate FUNDamentals or are novice-intermediate skaters. **No class May 23.**

#40534 Mondays
April 4 - May 30
5:30 - 6:30 pm
LINC Skatepark
\$82/8
\$92/with rental

Adults Only Skateboard Night

(18 years & over)

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

Mondays
March 21 - April 25
7:00 - 9:00 pm
LINC Skatepark
\$4/Drop-in

SK8 Like a Girl

(6 - 14 years)

While the boys are away, the girls will . . . SKATE! Build your confidence and have fun while learning the basics of skateboarding in this inclusive class. Learn to cruise, test out the ramps, try dropping in and a trick or two. Rentals available.

Instructor: Emma Twidale

#40711 Mondays
June 6 - 27
5:30 - 6:30 pm
LINC Skatepark
\$41/4
\$51/with rental

Skatepark Tours

(8 - 18 years)

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

Saturdays
April 2 - 23
10:00 am - 4:00 pm
LINC Skatepark

#40543 All 4 days
#40544 April 2 - Willow Point
#40545 April 9 - Chemainus
#40546 April 16 - Ladysmith & Cedar
#40547 April 23 - Nanaimo & Parksville
\$65/all 4 days
\$18/day

Remember the skatepark is open for all ages Wednesday - Saturday! Check out page 70 for all the info!



COURTENAY YOUTH





LET'S CELEBRATE!
REGISTER NOW FOR OUR
7TH ANNUAL ROAD
HOCKEY TOURNAMENT
SATURDAY MAY 7
CALL 250-334-8138
FOR MORE INFO
WATCH FOR SPECIAL DROP-IN
ACTIVITIES AT THE LINC
MAY 3 - 7

Kickstart:
Beginners Guitar



(12 - 16 years)
 In this workshop series, we will show you how to make enough chords to play thousands of songs! You'll learn to play a major scale, utilizing all the fingers on one hand. Please bring a guitar, tuner and a notebook if you have one and don't be afraid to strum your instrument whenever the mood strikes you.

Instructor: Bobby Herron

#40527 Wednesdays
 April 6 - May 11
 7:00 - 8:00 pm
 LINC Multipurpose Room
 \$30/6

Poetry & Art

(11 - 15 years)
 Join author Ali Marsman in this motivational writing class. You will read from her book and create a positive poem and illustration about yourself. Then turn your work into a bookmark, magnet or poster.

#40764 Saturday April 16
 10:30 am - 1:30 pm
 LINC Multipurpose Room
 \$20

Piano Adventures

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

Instructor: Debbie Ross

#40532 Thursdays
 April 7 - June 23
 6:30 - 7:30 pm
 Lewis Tsolum Building
 \$144/12

Dance Mix

(11 - 18 years)
 Learn about different dance styles by trying them out! Each class is a new dance style: we'll explore ballet, jazz, modern, contemporary and funk. Beginners welcome! **No class May 23.**

Instructor: Jenna Flint
 Mondays

#40470 April 11 - May 9 (11 - 15 years)
#40471 May 16 - June 20 (15 - 18 years)
 5:00 - 6:00 pm
 Lewis Activity Room
 \$45/5

Dragon Boating

(14 - 18 years)
 Be active on the water! Get some paddling experience and have fun with the CV Dragon Riders youth team. Dragon boating is the ultimate team sport for youth with or without experience. All that is required is the ability to learn the paddling stroke and a good fitness level. The team attends 3 - 4 races each summer and will expand to 2 practices a week in May. For team info, please call 250-871-2730.

#40542 Mondays
 April 4 - July 25
 4:45 - 6:00 pm
 Comox Marina
 \$24

Intro to Opti Sailboat Racing

(8 - 12 years)
 Sailors with little to no experience are quickly taken through the basics of sailing by our certified coaches and then introduced to racing. Get a taste of the sport and gain confidence being in charge of your own racing machine! FMI please visit comoxbaysailingclub.ca.

#40763 Mondays
 May 2 - June 20
 4:00 - 6:30 pm
 Comox Marina
 \$175/8

Outdoor Adventures

(10 - 15 years)
 Let's go enjoy Vancouver Island. Each week will be a different adventure! Activities are subject to change and weather permitting.

Saturdays
 May 14 - June 4
 10:00 am - 3:00 pm
 The LINC Games Room

#40549 All 4 days
#40550 May 14 **Kayaking**
#40551 May 21 **Caving**
#40552 May 28 **Archery & Frisbee Golf**
#40553 June 4 **Go Karting/Miracle Beach**
 \$125/4
 \$35/day



Spring Break

Spring Break Smash Up

(10 - 14 years)

Looking for some fun during spring break? Look no further! Join us for 4 days of fun that will ensure you have all sorts of exciting stories to tell when you get back to school! Activities are subject to change and weather permitting.

#40484 All 4 days

#40485 Tuesday -

Bowling/Rock Climbing

#40486 Wednesday - **Horne Lake**

Caves/Deep Bay Aquarium

#40487 Thursday - **Go Carts/Mini Golf**

#40488 Friday - **Monkido**

March 29 - April 1

9:00 am - 4:00 pm

The LINC Games Room

\$180/4 or \$50/day

S.T.E.M. Camp

(10 - 15 years)

Ever wanted to build your own robot or fire a rocket? Join us for a hands-on course in S.T.E.M. (science, technology, engineering and math)! Learn the science behind these disciplines and then try out projects in chemistry, bridge building, robotics, and become one of The LINC's first rocket scientists!

Tuesday - Friday

March 29 - April 1

11:00 am - 4:00 pm

The LINC Games Room

#40479 All 4 days

#40480 Tuesday - **Robotics**

#40481 Wednesday - **Engineering**

#40482 Thursday - **Chemistry**

#40483 Friday - **Rocketry**

\$65/4 days

\$20/day

SK8, Scoot, Swim

(7 - 11 years)

Learn some new moves on your skateboard or scooter in The LINC Indoor Skatepark. Then spend the last half of the day cooling off at the indoor pool! Don't forget your lunch, water bottle and helmet!

#40477 Tuesday - Thursday

March 22 - 24

10:00 am - 4:00 pm

The LINC Skatepark

\$87/3

Art Attack & Splash

(10 - 14 years)

Explore your creative side experimenting with different mediums and art projects in the morning and then enjoy swimming your spring break away each afternoon!

#40472 Tuesday - Thursday

March 22 - 24

10:00 am - 4:00 pm

The LINC Games Room

\$105/3

Spring Fever Youth Week Tween Dance

(8 - 11 years)

Tuesday May 3

Doors Open @ 3 pm

Dance 4 - 7 pm



Tickets \$6 or 2 for \$10

250-334-8138 250-338-5371

courtenay.ca/rec

*Check receipts carefully
for important program
information.*

Birthday Parties at The LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

No Birthdays May 7 or 22.

Saturdays starting April 2

12:30 - 2:30 pm

or

Sundays starting April 3

11:15 am - 1:15 pm

or 1:45 - 3:45 pm **New Time!**

The LINC

\$110

\$150/with 3 large pizzas



COURTENAY YOUTH



THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

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

SPRING HOURS

- Mondays** 7 - 9 pm
(Adult Skate)
- Tuesdays** 3 - 7 pm
(Tween Night 8 - 11 years)
- Wednesdays** 3 - 8 pm
(Jr Youth Night 11 - 14 years)
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm
(Family Drop-in 10 am - 12 pm)

FEES

- Youth** (8 - 18 years):
\$2.50 Drop-In
\$15/month membership
\$25/11 punch pass
- Adult** (Skatepark ONLY):
\$4 Drop-In
\$20/month membership
\$40/11 punch pass
see page 48
- Family** \$5/family

*skatepark is all ages Wed - Sat

Girls Night Out

(11 - 18 years)
Alright girls . . . this night is for you! Join us for a special activity every other Friday at The LINC. Bring a friend and get in on the fun. Drop-ins welcome for \$2.50.

- #40537 April 8 - **Baking**
- #40538 April 22 - **DIY Projects**
- #40539 May 6 - **Movie Night**
- #40540 May 20 - **Astrology**
- #40541 June 3 - **Art Party**

Instructor: Gyneil Atchison

- #40536 Fridays
April 8 - June 3
5:30 - 8:30 pm
LINC Multipurpose Room
\$10/5 or \$2.50/Drop-in

Tween Pro D Day

(8 - 12 years)
Come hang out at The LINC on your day off! We'll keep you busy in the skatepark and games room with active games, cool activities and you can even make your own pizza for lunch!

- #40742 Friday May 20
9:00 am - 4:00 pm
The LINC Youth Centre
\$38

Family Drop-in at The LINC

(all ages)
Family Drop-in is back! Enjoy The LINC as a family - play ping pong, air hockey, pool, foosball and more, or skateboard alongside your children in the skatepark! All ages welcome with an adult. This program is based on regular participation and may be cancelled if numbers are low. **No drop-in May 7.**

- Saturdays
April 2 - June 25
10:00 am - 12:00 pm
LINC Games Room
\$5/family

Creative Pursuits

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

#40374 Tuesday April 5
6:30 - 9:30 pm
Lewis Craft Room B
\$30

Stained Glass 101

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

Instructor: Nancy Morrison

#40394 Tuesdays
April 19 - June 7
7:00 - 9:00 pm
Lewis Craft Room B
\$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

#40380 Wednesdays
April 20 - May 4
7:00 - 9:00 pm
Lewis Craft Room B
\$39/3

Stone Setting Pendants

Bring your creative energy to this beginner stone setting class with jeweler, Cheryl Jacobs, learn all of the fundamentals of silversmithing 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 at start of class.

Instructor: Cheryl Jacobs

#40382 Saturday April 16
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

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

#40379 Wednesdays
June 8 - 22
7:00 - 9:00 pm
Lewis Craft Room B
\$49/3

Spring Windchime

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

Instructor: Nancy Morrison

#40381 Wednesdays
May 11 - June 1
7:00 - 9:00 pm
Lewis Craft Room B
\$52/4

Rings, Rings and more Rings

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

Instructor: Cheryl Jacobs

#40395 Saturday May 28
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85



COURTENAY ADULT





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

#40347 Thursdays
 April 7 - May 26
 8:00 - 9:30 pm
 Lewis Craft Room B
 \$100/8

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

#40387 Saturday April 23
 10:00 am - 3:00 pm
 Filberg Soroptimist Lounge
 \$45

Writing your Memoirs

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

Instructor: Kara Foreman

#40399 Saturday May 28
 10:00 am - 3:00 pm
 Filberg Soroptimist Lounge
 \$45

Check receipts carefully for important program information.

Sewing Basics

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

Instructor: Jean Morgan
 Thursdays

#40391 April 7 - 28

#40392 May 5 - 26

#40393 June 2 - 23

1:00 - 2:30 pm

Lewis Craft Room B

\$45/4

Sewing Adult Beginner

This is the perfect sewing course for you if you are a complete beginner wishing to have a thorough introduction to using a sewing machine and learning to put those techniques to practice!

Instructor: Jean Morgan

#40706 Wednesdays

April 13 - June 1

5:30 - 6:30 pm

Lewis Craft Room B

\$75/8

Introduction to Numerology

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

Instructor: Kara Foreman

#40375 Saturday May 7

10:00 am - 3:00 pm

Filberg Soroptimist Lounge

\$40

Write your Life Story

(55 years & over)

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

Instructor: Traci Skuce

#40321 Thursdays

April 7 - June 9

1:00 - 2:30 pm

Filberg Rotary Hall

\$140/10



Landscapes in Oil or Acrylic

Get ready for the upcoming summer season by learning how to paint beautiful landscapes now. Teresa will show you how, from making your sketch to getting the colours right, to defining the leaves, water and clouds. All the skills you'll need to learn in order to tackle the fun of painting landscapes on your own! This class is good for all levels. **No class May 23.**

Instructor: Teresa Knight

#40377 Mondays

April 18 - June 13

6:30 - 8:30 pm

Filberg Craft Room

\$120/8

Spanish

This course introduces you to the basic concepts of the Spanish language starting with pronunciation and gradually working towards practical phrases and effective communication. **No class May 23 & 24.**

Instructor: Bonita Wexler

Mondays

April 4 - May 9

#40693 3:30 - 5:00 pm

Filberg Soroptimist Lounge

#40691 6:00 - 7:30 pm

Filberg Evergreen Lounge

\$72/6

#40690 Tuesdays

April 5 - May 10

10:00 - 11:30 am

Salish Building

\$72/6

Drawing for Beginners

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.

No class May 23.

Instructor: Jenja McIntyre

#40378 Mondays

April 18 - June 6

7:00 - 9:00 pm

Lewis Craft Room B

\$100/7

Beginners Painting (Oils or Acrylics)

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

No class April 19.

Instructor: Teresa Knight

#40337 Tuesdays

April 12 - June 7

7:00 - 9:00 pm

Native Sons Hall

\$120/8

Photography Basics

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

Instructor: Jenja McIntyre

#40384 Tuesdays

April 19 - June 7

7:15 - 9:15 pm

Lewis Meeting Room

\$100/8

Painting with Watercolours

Enjoy demonstration driven sessions with exercises designed for specific skills attainment and practice in each weekly lesson. The presentations will be relaxed and enjoyable. There is no prerequisite or grading or any of that process. You will benefit no matter your skill level or the course selected as the same individual attention will prevail as in the past. All sessions will work on the same picture. The afternoon class will see the instructor devote a bit more time to watercolour basics and the materials, as required. **No class May 23.**

Instructor: Bill Kerr

#40309 Mondays **Intermediate**

EG April 18 - June 13

9:00 am - 12:00 pm

Lewis Tsolum Building

\$120/8

#40694 Mondays **Beginner**

EG April 18 - June 13

12:30 - 3:00 pm

Lewis Tsolum Building

\$100/8

#40349 Mondays **Beginner**

April 18 - June 13

6:30 - 9:30 pm

Lower NSH

\$120/8



Painting with Watercolours includes relaxed and enjoyable step-by-step demonstrations.



COURTENAY ADULT






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


#40338 Thursdays
 March 31 - May 5
 2:15 - 3:15 pm
 Lewis Craft Room A
 \$70/6

#40339 Thursdays
 March 31 - May 5
 6:00 - 7:00 pm
 Lower NSH
 \$70/6

Campfire Guitar

Learn to strum along to some of your favourite familiar songs. This easy beginner guitar course will teach you chord, rhythm basics, and a little bit of blues. All you need is a guitar!

Instructor: Larry Ayre


#40371 Thursdays
 March 31 - May 5
 1:00 - 2:00 pm
 Lewis Craft Room A
 \$70/6

#40372 7:15 - 8:15 pm
 Lower NSH
 \$70/6

Recorder

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

Instructor: Debbie Ross

#40312 Thursdays
 April 7 - June 23
 12:30 - 1:30 pm
 Lewis Tsolum Building
 \$121/12

Toastmasters Speech Craft

Learn and practice speaking and evaluation skills in a non-threatening environment, learning from experienced speakers. There will be no instructors. You will be developing your speaking skills with other people who are there for the same reason you are. Together, you will help one another grow and develop as speakers. And best of all you will have fun as you learn.

#40682 March 23 - May 11
 7:00 - 9:00 pm
 Lewis Meeting Room
 \$140 *due to Toastmaster Club at first class*


Piano

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

Instructor: Debbie Ross

Thursdays
 April 7 - June 23

#40310 Beginner
 10:30 - 11:30 am

#40311 Intermediate
 11:30 am - 12:30 pm

#40385 Adult
 7:30 - 8:30 pm
 Lewis Tsolum Building
 \$192/12

Be Kind to Those You Leave Behind

Death is inevitable. Before and after that day, there may be health care decisions to make, information required for estate probate, and arrangements to be made by our families. We can be kind to those we leave behind... making it easier to handle all that will be required of them. This course will guide and encourage you to clarify your wishes, gather information and documentation into one place, and have 'the conversation'.

#40630 Thursdays
 March 31 - April 28
 1:30 - 3:00 pm
 Filberg Soroptimist
 \$30/5
 Free for Evergreen Members
 \$15 *supply fee due upon registration*

Silver Swans Ballet

(55 years & over)

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

Instructor: Jenna Flint

#40313 Fridays

EG April 8 - June 24

2:00 - 3:00 pm

Lewis Activity Room

\$75/12

Country Line Dancing

Stomp your feet and kick up your heels while you learn to line dance with Gloria. You'll enjoy learning the basic steps and variations that will give you the confidence you need so you're in the front row of the next line dance.

No class May 23.

Instructor: Gloria Grieve

#40772 Mondays

April 25 - June 6

6:30 - 7:30 pm

Filberg Conference Hall

\$50/6

Cheese Making

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

#40420 Saturday April 16

Chevre & Poutine

10:00 am - 1:30 pm

#40421 Saturday May 7

Cottage Cheese & Fromage Blanc

1:00 - 3:00 pm

Native Sons Lower Kitchen

\$100

Line Dance

(55 years & over)

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

Instructor: Joan Wydenes

#40299 Tuesdays **Intermediate**

EG May 3 - June 21

1:00 - 2:00 pm

Native Sons Grand Hall

\$60/8

#40766 Wednesday **Beginner**

EG 1:00 - 2:00 pm

Lewis Activity Room A

\$60/8

\$6.50/Drop-in

Nia

Nia is a fitness/movement practice incorporating dance, martial arts and healing arts. Moving together to music that invigorates and inspires, this practice focuses on the natural intelligence of the body as it moves towards health. Every body welcome. **No class May 23.**

Instructor: Ann Marie Lisch

#40383 Mondays

April 4 - June 20

5:30 - 6:45 pm

Filberg Rotary Hall

\$99/11

Meal Planning Made Simple

Planning meals not only saves time and money, but it also ensures that we are getting the best nutrition possible. This workshop takes a practical, flexible and fun approach to preparing meals. This workshop prepares you with techniques to cook truly family-friendly, real and wholesome meals without compromising taste.

Instructor: Jenn Mitchell

#40778 Saturday April 16

1:00 - 4:00 pm

Native Sons Upper Kitchen

#40779 Tuesday April 26

5:30 - 9:30 pm

Filberg Conference

Hall Kitchen

#40780 Sunday May 29

12:00 - 4:00 pm

Filberg Conference

Hall Kitchen

#40781 Tuesday May 31

5:30 - 9:30 pm

Filberg Conference Hall



COURTENAY ADULT





Drums Alive Cardio

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

Instructor: Monica Hofer

#40350 Thursdays

April 7 - June 23

10:30 - 11:30 am

Native Sons Grand Hall

\$84/12

\$8/Drop-in (*please bring exact change to class*)

Drumming

Drums Alive Choreo

This Drums Alive class is intended for those who are already familiar with the fun of getting fit while dancing and pounding on fitness balls. If you have a class or two under your belt, and are interested in focusing on more challenging choreography and faster move changes, with the same aerobic and brain benefits, this is the class for you!

Instructor: Monica Hofer

#40351 Wednesdays

April 13 - June 22

7:00 - 8:00 pm

Native Sons Grand Hall

\$77/11

\$8/Drop-in (*please bring exact change to class*)

Beginners African Drumming

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

Instructor: Monica Hofer

Wednesdays

#40335 March 30 - May 4

#40336 May 11 - June 15

5:30 - 6:30 pm

Native Sons Grand Hall

\$86/6

Intermediate African Hand Drumming

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove!' New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. This class is intended for those with previous experience. Please contact instructor for more information.

Instructor: Monica Hofer

Mondays

#40710 April 11 - May 16

\$86/6

#40709 May 30 - June 27

\$72/5

11:45 am - 12:45 pm

Native Sons Grand Hall

Rhythm Ensemble

Rhythm enthusiasts will want to check out this new class. We will be creating a rhythm ensemble with drums, hand held and found rhythm instruments, garbage pails and buckets...you name it, we'll use it! If you feel inspired to be part of a group that is not only having fun rhythmically, but also up for the challenge of creating performance - worthy ensemble pieces, this class is for you! **No class May 23.**

Instructor: Monica Hofer

#40388 Mondays

April 11 - June 20

2:30 - 3:30 pm

Native Sons Grand Hall

\$100/10

Ensure minimum numbers are met for all drop-in options.



Adult Aerial Arts

For beginner - advanced aerialists. Focus is on skill & strength building, starting close to the ground, gaining height as your confidence & abilities increase. Meet others who love it, too! We'll end the session with our year-end show, participation is optional. For show info follow us at 7storycircus.com & Facebook.

Instructor: Kaya Kehl

#40344 Wednesdays
April 6 - June 8
7:30 - 8:30 pm
Lewis Centre Gym
\$150/10

or

#40341 Thursdays
April 7 - May 26
9:30 - 11:00 am
Lewis Centre
\$168/8

#40343 Fridays
April 8 - June 10
6:45 - 7:45 pm
Lewis Centre Gym
\$150/10

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

#40373 Tuesdays
April 5 - June 21
8:00 - 9:00 pm
Lewis Centre Gym
\$96/12
\$10/Drop-in

Check receipts carefully for important program information.

Community Circus 2

We have been creating our year-end show! If you have previous circus experience and are interested in joining us, this class is for you! With a focus on polishing individual and group acts we'll produce our exciting year-end finale! For show info follow us at 7storycircus.com & Facebook. **No class May 23.**

Instructor: Kaya Kehl

#40345 Mondays
April 4 - June 13
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

Circus Open Training

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills too! All equipment is available for practice. This is a supervised, non instructional class open to anyone with circus &/or aerial experience. A separate \$21 once/year 7 Story Circus membership must be paid to the instructor at the first class.

Instructor: Kaya Kehl

#40346 Fridays
April 8 - June 3
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

Adult Only Skateboard Night

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

Mondays
March 21 - April 25
\$4/Drop-in

Handstand Class

Discover your next passion in 7 Story Circus's Handstand classes! Our course is designed to maximize skill and strength development while building confidence in one's abilities. Starting with basic support holds and working up to full handstand positions in a very natural, stress free progression. All skill levels are welcome.

Instructor: Owen Wilson

#40777 Fridays
April 8 - May 27
6:45 - 7:45 pm
Lewis Centre Gym
\$96/8



Build strength, confidence and flexibility in Circus and Aerial Arts programs.





Sports


Basketball

Haven't played in a while? Want to keep your game up! Join us and expect competitive games and good sportsmanship! Be safe and register for the entire program to ensure that you can stay and play!

#40334 Tuesdays
 April 5 - June 21
 8:00 - 10:00 pm
 Lewis Centre MP Hall
 \$5/Drop-in

Pickleball

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

#40386 Tuesdays & Thursdays
 March 22 - June 23
 2:30 - 4:30 pm
 Native Sons Grand Hall
 \$2.50/Drop-in

Daytime Badminton

Get some exercise, meet new players and improve your game in this fast paced group sport! **No games May 23.**

#40295 Mon, Thurs & Fri
 April 4 - June 24
 1:00 - 3:00 pm
 Lewis Centre Gym
 \$3/Drop-in

Evening 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 23.**

#40333 Mondays
 April 4 - June 20
 8:00 - 10:00 pm
 Lewis Centre Gym
 \$30/11
 \$3/Drop-in

#40332 Wednesdays
 April 6 - June 22
 7:30 - 9:30 pm
 Queneesh Elementary
 School Gym
 \$60/12
 \$5/Drop-in

Floor Hockey

Drop in anytime for this competitive but fun and fast-paced night of hockey action. New players welcome! All equipment provided. **No games June 9.**

Instructor: Tim Chaisson
#40370 Thursdays
 March 31 - June 30
 8:00 - 9:30 pm
 Lewis Centre Gym
 \$5/Drop-in

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
 Tuesdays
 April 26 - May 17

#40679 6:00 - 7:30 pm **Beginner**
#40680 7:30 - 9:00 pm **Intermediate**
 Tuesdays
 May 24 - June 14

#40682 6:00 - 7:30 pm **Beginner**
#40681 7:30 - 9:00 pm **Intermediate**
 Lewis Tennis Courts
 \$70/4

Introduction to Lawn Bowling

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

Instructor: Courtenay Lawn Bowling
#40674 Mondays
 May 2 - 16
 6:00 - 7:30 pm
 \$30/3

Tai Chi

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

Instructor: Albert Balbon

#40396 Thursdays
April 7 - June 23
7:15 - 8:15 pm
Lewis Meeting Room
\$75/12

#40397 Saturdays
April 2 - June 18
10:00 - 11:00 am
Lewis Meeting Room
\$75/12

Tai Chi

(55 years & over)

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

Instructor: Ivy Wang

EG Wednesdays
March 30 - June 15

#40319 9:00 - 10:00 am **Intermediate**

#40318 10:00 - 11:00 am **Beginner**

#40320 11:15 am - 12:15 pm **Advanced**
Native Sons Hall
\$120/12

Adult Kung Fu

Applied Body Mechanics Ving Tsun (ABMVT) is a tested system of Ving Tsun (Wing Chun) Kung Fu that emphasizes small movements for maximum results. This class is skill based training in an encouraging and safe, non-threatening environment. Being a form of Chinese Boxing, this class develops fast hands with progressive sparring drills and pad work. **No class May 23.**

Instructor: Corny Martens

#40331 Mondays & Wednesdays
April 4 - June 22
8:00 - 10:00 pm
Lewis Activity Room
\$230/23
\$20/Drop-in

Karate

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). **No class May 23.**

Instructor: Brenda Bombini & Todd Robertson

#40376 Mondays & Thursdays
April 4 - June 16
7:30 - 9:30 pm
Lewis Centre MP Hall
\$126/21

Nordic Pole Walking - Level 1

(55 years & over)

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

Instructor: Catherine Egan

#40307 Fridays
April 29 - June 17
11:00 am - 12:00 pm
\$80/8

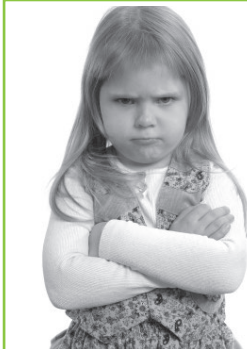
Nordic Pole Walking - Level 2

(55 years & over)

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

Instructor: Catherine Egan

#40308 Fridays
April 29 - June 17
12:30 - 1:30 pm
\$80/8



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



COURTENAY ADULT





Let's Get Started

This clinic provides a fun and relaxed environment for the new golfer. The focus will be on building strong fundamentals in their full swing so they can enjoy the game for years to come. Great for new golfers and people returning to the game after a long break.

#40686 Wednesdays
April 13 - May 4
1:30 - 2:30 pm
\$90/4

From Tee to Green

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

#40688 Thursdays
May 12 - June 2
1:00 - 2:00 pm
\$90/4

Ladies Clinics

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

#40685 Saturdays
May 7 - 28
9:30 - 10:30am
\$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 fundamentals in the full swing, chipping and putting.

Instructor: Bill Kelly
#40683 Fridays
April 15 - May 6
3:00 - 4:00 pm
\$90/4

Back Nine

Back Nine 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.

#40687 Thursdays
April 14 - May 5
1:00 - 2:00 pm
\$90/4

Drop your score!

Explore the fine points of the short game.

Instructor: Bill Kelly
#40684 Fridays
April 15 - May 6
1:30 - 2:30 pm
\$90/4

Intro to Adult Sailing

Come join other adults and learn how to sail in a fun environment! Our certified Sail Canada instructor will teach you the basics of sailing and help you build your confidence on the water. A perfect way to try the sport! No experience necessary.

Mondays & Thursdays
6:30 - 8:30 pm

#40675 May 2 - 27

#40676 May 30 - June 23
\$230/8

CANsail Adult Sailing

This course is taught by certified Sail Canada Instructors and is designed to develop your sailing skills towards sailing independently with confidence. No experience necessary. Students work towards their CANsail certification. Our course fills fast so be sure to register early!

Monday/Wednesday/Friday
9:00 am - 3:30 pm

#40677 May 2 - 27

#40678 June 13 - July 8
\$340/12

Weather, Tides, and 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, Paddle Canada Instructor Trainer

#40669 Wednesdays
May 25 & June 1
5:30 - 8:30 pm
Filberg Evergreen Lounge
\$48/2

Kayaking

Kayak Rescues

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

Instructor: Comox Valley Kayaks
7:45 - 9:30 pm

#40637 Monday April 4

#40638 Monday April 18

#40640 Monday May 9

#40641 Wednesday May 18

#40642 Tuesday June 7

#40643 Thursday June 23
\$58

Paddle Canada Basic Kayaking

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

Instructor: Comox Valley Kayaks
Paddling Skills (Part 2)
10:00 am - 1:00 pm

#40645 Saturday May 14

#40644 Saturday June 4

#40646 Saturday June 25
\$58

Progressive Paddling (Part 3)
2:00 - 5:00 pm

#40648 Saturday May 14

#40647 Saturday June 4

#40652 Saturday June 25
\$58

The Kayak Roll Intermediate

This 2-session course uses Greenland techniques to teach participants the mechanics of rolling a kayak. To take this course, participants must have a good controlled wet exit, be comfortable staying in the kayak while it is upside down, and competent paddling skills. Maximum 2 students per instructor.

Instructor: Comox Valley Kayaks

#40660 Tuesday & Thursday

June 14 & 16

7:45 - 9:30 pm

\$120/2

Paddle Canada Sea Kayaking: Level 1

Paddle Canada Level 1 can help you take your Sea Kayaking skills to the next level. In this multi-day course we build intermediate paddling skills, learn about weather, navigation, tides & risk assessment, and plan & undertake a day trip. An exciting & challenging 2 days on the water! Prerequisite: Basic Kayaking.

Instructor: C V Kayaks & Canoes

#40658 Saturday June 11
& Sunday June 12
\$260

Seniors' Intro to Kayaking

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

Instructor: CV Kayaks & Canoes

#40673 Friday June 10
9:00 am - 12:00 pm
\$45

Paddle Canada Basic Kayak: Instructor Training

Are you a solid kayaker with the desire to help others learn this rewarding sport? Becoming a Paddle Canada Basic Kayak Instructor will give you the tools you need to provide exceptional instruction. This course combines dry land and on-water skill development with teaching strategies and safety. Prerequisites: Paddle Canada Basic Kayak and Paddle Canada Sea Kayaking Level 1.

Instructor: Comox Valley Kayaks
Dates and Times TBA
\$350

Paddle Canada Basic SUP

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

Instructor: CV Kayaks & Canoes

#40670 Sunday May 15
1:00 - 3:00 pm

#40671 Saturday June 18
4:00 - 6:00 pm
\$40



COURTENAY ADULT



Lewis Centre Squash Courts

To reserve a court:

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

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

4 squash courts
Low rates for
Non-prime time bookings
Equipment rentals
Childminding (see page 51)



Court Fees (per person)

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

All fees include 5% GST

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

Unlimited Play Passes

A great deal for regular court users.
Unlimited ½ 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:

dgaudia@yahoo.com

Why Play Squash?

Playing squash gives you many health benefits:

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



Wellness Centre

Great new weightroom with same Great service!

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

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

Wellness Centre Fees

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

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

Memberships (includes 5% GST)

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

Childminding

(All ages)

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

Mondays - Saturdays

9:00 - 11:00 am

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

Wellness Centre & Fitness Pass Suspension & Refunds

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

Equipment

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

We recommend you consult your physician before beginning a fitness program



Wellness Centre Classes & Attendant Hours

Monday	Tuesday	Wednesday	Thursday	Friday
5-7:30 am Attendant on Duty		5-7:30 am Attendant on Duty		
TRX 6:30-7:30 am	TRX 6:30-7:30 am	TRX 6:30-7:30 am	TRX 6:30-7:30 am	TRX 6:30-7:30 am
55+ TRX 9-10:00 am Level 2	55+ TRX 9-10:00 am Level 1	55+ TRX 9-10:00 am Level 2	55+ TRX 9-10:00 am Level 1	
9-10:30 am & 11 am-2:30 pm Attendant on Duty	7-10:30 am Attendant on Duty	9-2:00 am Attendant on Duty	7-10:30 am Attendant on Duty	55+ Strength Training 10-11:00 am
				6am-12:30pm Attendant on Duty
55+ Strength Training		10:30 - 11:30 am		
Mon & Wed 55+ Strength Training		1:30-2:30 pm		
Tues & Thurs Easy Does it				
3-6:30 pm Attendant on Duty	1-7 pm Attendant on Duty	3-6:30 pm Attendant on Duty	3-7 pm Attendant on Duty	3-5 pm Attendant on Duty
TRX Body Blast 5:15-6:15 pm	55+ TRX 2:45-3:45 pm		55+ TRX 2:45-3:45 pm	
8-9:00 pm Attendant on Duty	Circuit Training 7:00-8:00 pm		Circuit Training 7:00-8:00 pm	
		8-9:00 pm Attendant on Duty		

Wellness Centre Hours

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

Hours subject to change



NOTE:

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

55+ Strength Training

(55 years & over)

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the Wellness Centre guiding you through your fitness journey and offering support at every turn.

Instructor: Juan Blancas

EG Mondays & Wednesdays
March 21 - June 22

#40287 10:30 - 11:30 am

#40288 1:30 - 2:30 pm
Lewis Wellness Centre
\$156/26

#40289 Tuesdays & Thursdays

EG March 22 - June 23
10:30 - 11:30 am
Lewis Wellness Centre
\$168/28

#40290 Fridays

EG April 1 - June 24
10:00 - 11:00 am
\$78/13

30/30 Spin TRX Hybrid

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

Instructor: Kim Hamilton
Tuesdays & Thursdays

#40325 April 19 - May 19

#40327 May 24 - June 23
6:30 - 7:30 am
\$70/10

or

Instructor: Tammy Jones
Mondays

#40324 April 4 - May 9
\$42/6

#40328 May 16 - June 20
\$35/5
6:30 - 7:30 am

55+ Beginner Strength Training

(55 years & over)

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.

Instructor: Cathy Riopelle

#40281 Tuesdays & Thursdays

EG March 29 - June 23
3:00 - 4:00 pm
Lewis Activity Room
\$156/26

TRX Body Blast

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build your strength, flexibility and core all at once! Register early as class size is limited to 9. **No class May 23.**

Instructor: Kim Hamilton

#40938 Mondays

April 18 - June 20
5:15 - 6:15 pm
Lewis Wellness Centre
\$63/9

30/30 Cardio TRX Combo

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

Instructor: Tammy Jones
Wednesdays & Fridays

#40329 April 6 - May 13

#40330 May 18 - June 24
6:30 - 7:30 am
Lewis Activity Room
\$84/12

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

#40357 Tuesdays & Thursdays

March 29 - June 16
1:30 - 2:30 pm
Lewis Wellness Centre
\$144/24

Circuit Training

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

Instructor: Juan Blancas

#40340 Tuesdays & Thursdays

March 22 - June 23
7:00 - 8:00 pm
Lewis Wellness Centre
\$168/28



COURTENAY ACTIVE LIVING





55+ TRX and Resistance Training

(55 years & over)

Suspension training is perfect for the older adult allowing the user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort.

Instructor: Kim Hamilton

EG Level 2

Mondays & Wednesdays

#40293 April 18 - May 18
\$75/10

#40294 May 25 - June 22
\$67.50/9
9:00 - 10:00 am

EG or Level 1

Tuesdays & Thursdays

#40291 April 19 - May 19

#40292 May 24 - June 23
9:00 - 10:00 am
\$75/10

#40773 April 19 - May 19

#40774 May 24 - June 23
2:45 - 3:45 pm
Lewis Wellness Centre
\$75/10

Cardio & Strength

(55 years & over)

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

Instructor: Joyce Leong

#40296 Fridays

EG April 1 - June 24
9:00 - 10:00 am
Native Sons Grand Hall
\$78/13

Simply Strength 1

(55 years & over)

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

Instructor: Joyce Leong & Steve Thomson

#40314 Mondays & Wednesdays

EG March 21 - June 22
10:15 - 11:15 am
Native Sons Grand Hall
\$156/26

Simply Strength 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education.

Instructor: Joyce Leong & Steve Thomson

#40315 Mondays & Wednesdays

EG March 21 - June 22
9:00 - 10:00 am
Native Sons Grand Hall
\$156/26

Stretch & Strength

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class.

Instructor: Janice Bradford

#40317 Mondays & Thursdays

EG March 21 - June 23
9:00 - 10:00 am
Filberg Rotary Hall
\$156/26

55+ Circuit Fit

(55 years & over)

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

Instructor: Cathy Riopelle

#40282 Tuesdays & Thursdays

EG May 29 - June 23
1:45 - 2:45 pm
Lewis Activity Room
\$156/26

Personal Training Team



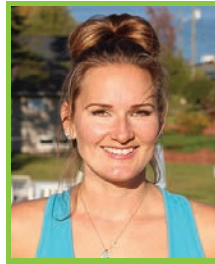
Juan Blancas
 Personal Trainer, Weight Training, Fitness Theory, Third Age
 Certified Since: 2002
 Training Specialties:
 - Better Butts
 - Awesome Abs/Phenomenal Abdominals
 - The Magic of Muscles
 - Wobble Board & Balance
 - Step, Resistance Tubing, Dumbbell
 - Developing Self Esteem
 - Stability Ball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



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



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



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



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

Benefits of Personal Training

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

Personal Training Prices

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

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

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

Ask about our Small Group Personal Training



Fitness Schedule effective March 21 2016 - unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	
7:45 am			Yoga Drop-in 8:30am			
9:00 am	Cardio Chaos+	Zumba 9am / BootCamp Blast+ 10:30am	The Works	BootCamp Blast+	Core N' Cuts	Sizzling Saturday+
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm		
5:15 pm		Power Spin & Beyond (starting April 19)	Tabata 5:30pm	Cycle N' Lift 5:15pm / Zumba 5:30pm	Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class ★ Pre-registered class, punch cards not accepted	
7:00 pm	15/15/15 Intense		Zumba 6:30pm / Yoga Fit 7:00pm			

Drop in & Punch Card Fees including GST

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

Childminding

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

Monday - Saturday
9:00 - 11:00 am
Lewis Centre
\$4/1¼ hours
\$4.50/1½ hours
\$5/1¾ hours

punch cards also available

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

Children in fitness classes:

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

Drop-in Fitness

Cardio Chaos

Monday 9:00 - 10:15 am

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

Instructor: Tammy Jones

Spin, Stretch & Strength

Mondays & Wednesdays

12:00 - 1:00 pm

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

Limited to 17 participants.

Instructor: Steve Thomson

Power Spin & Beyond

Tuesdays 5:15 - 6:15 pm

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

Instructor: Kim Hamilton

Starting April 19

Tabata

Wednesdays 5:30 - 6:30 pm

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

Instructor: Wendie Matte

Yoga Drop-in

Tuesdays 9:45 - 10:45 am

Wednesdays 8:30 - 9:30 am

Drop in Yoga class. This class delivers fundamental poses that build strength, balance, flexibility and focus, dynamically moving from pose to pose. You'll leave refreshed, renewed and ready to embrace a new day. Modifications and options will be offered for all levels, allowing you to adapt and/or challenge yourself to what feels best for you on each day - everyone is welcome!

Instructor: Rikki Spezowka **Tues.**

Instructor: Wendy Davies **Wed.**

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 body-weight only exercises. This dynamic class combines cardio, functional training and conditioning exercises. It's all about working hard, facing a challenge and getting results! Get ready to blast every part of your body with an intense circuit training class!

Instructor: Steve Thomson

The Works

Wednesdays 9:00 - 10:00 am

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

Instructor: Wendie Matte

Core N Cuts

Fridays 9:00 - 10:00 am

A core based exercise class inter-mixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves tighten butts, sculpt abs, and melt body fat.

Instructor: Steve Thomson

Sizzling Saturday+

Saturdays 9:00 - 10:15 am

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

Instructors: Lyla Pettis

See pages 90 - 91 for pre-registered programs which may have drop-in options



COURTENAY ACTIVE LIVING





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. 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

#40358 Tuesdays
March 22 - June 21

#40359 Thursdays
March 24 - June 23
12:10 - 12:45 pm
Lewis Activity Room
\$63/14
\$5/Drop-in

Cycle N' Lift

Combine the cardio of indoor cycling with the power of weight lifting. This class will move on and off the bikes for maximum benefit. Along with cycling, participants may use hand weights, body bars and resistance bands as part of the resistance work out.

Instructor: Glenny Whelan

#40855 April 7 - May 5

#40856 May 19 - June 16
5:15 - 6:15 pm
Lewis Activity Room
\$30/5
\$6.50/Drop-in

Ensure minimum numbers are met for all drop-in options.

Zumba

(55 years & over)
Ditch the workout, join the Party! Fun, easy Zumba moves inspired by Latin and International music as well as current hits. Guaranteed to keep you smiling & moving! Drop-ins welcome. **No class May 23.**

Instructor: Tammy Jones

#40303 Mondays **High Impact**

EG April 4 - June 20
10:30 - 11:30 am
Lewis Centre MP Hall
\$66/11

Instructor: Lyla Pettis

#40302 Thursdays **Beginner**

EG April 7 - June 23
10:30 - 11:30 am
Lewis Centre MP Hall
\$72/12

15/15/15 Intense

This intense, 45 minute, high-energy class blends cardio and strength into one great workout! 15 minutes of cardio is followed by 15 minutes of strength and 15 minutes of core/stretching finishes it out. **No class March 28 or May 23.**

Instructor: Wendie Matte

#40352 Mondays
March 21 - June 20
7:00 - 7:45 pm
Lewis Activity Room
\$60/12
\$5/Drop-in

Zumba

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

Instructor: Lyla Pettis

#40368 Tuesdays
April 5 - June 21
9:00 - 10:00 am
Lewis Activity Room
\$72/12
\$6.50/Drop-in

#40369 Thursdays
April 7 - June 23
5:30 - 6:30 pm
Lewis Craft Room A
\$72/12
\$6.50/Drop-in

Instructor: Gloria Grieve

#40767 Wednesdays
April 6 - June 22
6:30 - 7:30 pm
Lewis Craft Room A
\$72/12
\$6.50/Drop-in

Fall Proof Balance & Mobility Training

(55 years & over)

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class May 23.**

Instructor: Kim Hamilton
EG Mondays & Thursdays

#40300 April 18 - May 26

#40301 May 30 - July 7

1:00 - 2:00 pm

Native Sons Grand Hall
\$109/11

Minds in Motion

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

Instructor: Wendie Matte
Wednesdays

#40304 March 30 - May 4

#40305 May 11 - June 15

#40306 June 22 - July 27

1:00 - 3:00 pm

Native Sons Lower Level
\$45/6

Chair Fit

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work.

No class March 25.

Instructor: Janet Gravouelle & Wendie Matte

#40297 Tuesdays & Fridays

EG March 22 - June 24

9:15 - 10:15 am

Filberg Rotary Hall
\$162/27

Roller Massage

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

Instructor: Glenn Whelan
Thursdays

#40389 April 7 - May 5

#40390 May 19 - June 23

6:45 - 7:45 pm

Lewis Craft Room A

\$30/5

Family Laughter Wellness

Learning to laugh together at life's moments, both stressful and otherwise is a great way for families to bond. Whether you're several family members or an individual, you're welcome to join our series of role play and improv type exercises in a non-judgemental environment. Parent/Guardian must participate with children. Check out invoke-laughter.com for more info.

Instructor: Joanne McKechnie

#40857 Saturday March 26

#40858 Saturday April 9

#40859 Saturday May 14

#40860 Saturday June 11

10:45 - 11:30 am

Lewis Activity Room

\$9/family

\$6.50/individual

Yoga Fit

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

Instructor: Wendie Matte
Wednesdays

#40366 April 6 - May 11

#40367 May 18 - June 22

6:45 - 7:45 pm

Lewis Activity Room

\$36/6

\$6.50/Drop-in

Laughter Wellness

Need to lighten up in life?! Laughter Wellness is a series of playful, interactive exercises designed to stimulate laughter & how to connect with our inner spirit of joy, allowing us to laugh anywhere, anytime, and for no reason at all. A willingness to laugh is all that's needed!

Instructor: Joanne McKechnie

#40700 Fridays

EG April 1 - June 17

1:00 - 2:00 pm

Lewis Meeting Room

\$96/12

\$6.50/Drop-in



COURTENAY ACTIVE LIVING





Yoga

Yin Yoga

Yin Yoga is a quiet, meditative and slow moving practice. It uses long held, 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 down). **No class June 7.**

Instructor: Wendy Davies

#40416 Tuesdays
 April 5 - June 21
 5:30 - 6:45 pm
 Lewis Meeting Room
 \$100/10

Iyengar Yoga

Promote integration of body, mind and spirit through the practice of traditional yoga postures with an emphasis on developing strength, endurance, balance and correct body alignment. **No class May 12.**

Instructor: Traci Skuce

EG Thursdays
 March 31 - June 23

#40407 8:30 - 10:00 am
#40406 10:15 - 11:30 am
 Filberg Rotary Hall
 \$144/12

Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class May 23.**

Instructor: Catherine Reid

#40404 Mondays
 April 4 - June 20
 6:00 - 7:00 pm
 Lewis Meeting Room
 \$99/11

Hatha Level 2

If you've been taking classes for at least a year and/or practicing on your own, consider joining this class. You are aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses and comfortable in Downward Dog. **No class May 23.**

Instructor: Catherine Reid

#40405 Mondays
 April 4 - June 20
 7:15 - 8:45 pm
 Lewis Meeting Room
 \$132/11

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 required. **No class April 19.**

Instructor: Catherine Reid

#40412 Tuesdays
 April 5 - June 21
 5:15 - 6:15 pm
 Lower Native Sons Hall
 \$99/11

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! Not suitable for beginners. **No class May 20.**

Instructor: Akiko Shima

#40403 Fridays
 April 8 - June 24
 9:15 - 10:45 am
 Lewis Meeting Room
 \$132/12

Meditation with Yoga Level 2

Have you attended 'Intro to Meditation (with Yoga)' with Sheron? Have some silent sitting meditation experience? Grow your practice with the support of a group. We'll begin with a modified Hatha practice and then sit for 25-40 minutes.

Instructor: Sheron Jutila

#40699 Thursdays
 April 7 - June 23
 2:00 - 3:30 pm
 Lewis Meeting Room
 \$144/12

Check receipts carefully for important program information.

55+ Hatha Yoga

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class May 23.**

Instructor: Sheron Jutila

#40284 Mondays

EG April 4 - June 27
2:00 - 3:30 pm
Filberg Rotary Hall
\$144/12

or

Fridays
April 1 - June 24

#40286 10:00 - 11:30 am

#40285 2:00 - 3:30 pm
Native Sons Lower Level
\$156/13

55+ Gentle Yoga

A blend of styles that includes mostly low to the ground poses with a bit of standing. A calming practice with stretching and easy strengthening poses. Suitable for those who are slow in getting up and down from the floor or have limited mobility. **No class May 23.**

Instructor: Sheron Jutila

#40283 Mondays

EG April 4 - June 27
10:15 - 11:15 am
Filberg Rotary Hall
\$108/12

Chair Yoga

(55 years & over)
Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class April 19.**

Instructor: Sheron Jutila

#40298 Tuesdays

EG March 29 - June 14
11:00 am - 12:00 pm
Native Sons Grand Hall
\$110/12

Yoga for Joint Health

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

Instructor: Sheron Jutila

#40323 Thursdays

EG April 7 - June 23
10:00 - 11:30 am
Lewis Meeting Room
\$144/12

Prenatal

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome. **No class May 23.**

Instructor: Akiko Shima

#40410 Mondays

April 4 - June 20
9:30 - 10:45 am
Lewis Meeting Room
\$110/11

#40411 Wednesdays

April 6 - June 22
6:30 - 7:45 pm
Lewis Salish Building
\$120/12

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

#40408 Wednesdays

April 6 - June 8
9:30 - 10:30 am
Lewis Salish Building
\$90/10

Gentle Yoga

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice. **No class May 23.**

Instructor: Akiko Shima

#40741 Mondays

April 4 - June 20
11:00 am - 12:15 pm
Lewis Meeting Room
\$110/11

#40401 Wednesdays

April 6 - June 22
10:45 am - 12:00 pm
Lewis Salish Building
\$120/12

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 preferring a slower practice.

Instructor: Akiko Shima

#40413 Fridays

April 8 - June 24
11:00 - 12:15 pm
Lewis Meeting Room
\$120/12





Recreation for Special Needs

Check our website & newsletter for current information

www.courtenay.ca/specialneedsrec

Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

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!

250-338-5371

specialneedsrecreation@courtenay.ca

Comox Valley Accessibility Committee



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

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

• Lydia 250-338-5371 • Marg 250-218-0357

www.cvaccess.ca

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

Sign me Up!

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

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

By Fax

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

By Mail

Mail registration form (this page) with payment to:
Lewis Centre, 489 Old Island Hwy Courtenay, B.C. V9N 3P5
Filberg Centre, 411 Anderton Ave Courtenay, B.C. V9N 6C6

Refunds

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

Registration Information

Name: _____
Birthdate: _____ Care Card# _____
Allergies/Medical Conditions: _____
Address: _____
City: _____ Postal Code: _____
Home Phone: _____
Alternate Phone: _____ Email: _____



Participant's Name: _____
Program: _____
Time: _____ Start Date: _____
Bar code # _____ Program Fee: \$ _____
Participant's Name: _____
Program: _____
Time: _____ Start Date: _____
Bar code # _____ Program Fee: \$ _____

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

Payment: (Must be included with your registration)

() Cheque () Visa () MC Cardholder's Name: _____
Credit Card #: _____
Expiry Date: _____ Phone #: _____

Registration Policy

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



Volunteers are the Roots of our Communities!



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

The Evergreen Club is supported by Courtenay Recreational Association and provides leisure activities for those 55 years of age or better.

Membership fees are paid annually and are required to participate in most Evergreen activities.
\$27+ GST/year

Club Membership Benefits include

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

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

For more information, call 250-338-1000 or visit website @

www.evergreenclub.me

Evergreen Club Activities

Computer Lab

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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

Evergreen Events

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

Pancake Breakfast



Saturday, March 12
7:30 to 11:00 am
Conference Hall (upper level),
Florence Filberg Centre
411 Anderton Avenue, Courtenay

\$5
per person

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



*Second Stage
Players Present...*

Scattered Skits



funny quick skits written by Betty Annand

Wednesday, April 27
1:30 pm (doors open 1:00 pm)

Thursday, April 28
7:00 pm (doors open 6:30 pm)
Florence Filberg Centre Conference Hall

\$10/person ~
tickets at Florence Filberg office



Travel Opportunities

Check out the Evergreen Club trips upcoming for 2016:

- West Coast Adventure, June 2016
- Newfoundland Bus Tour, August 2016
- Discovery Coast to Cariboo/Circle Tour, August 2016
- Four day Pacific Coastal Cruise/San Diego, September 2016
- Okanagan Wine Festival Tour, October 2016

And much more!

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



Friday Night Dances

for March and April

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

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

Dance Dates:

March 11, 18 and April 1, 8, 15, 22

Evergreen Food Service

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

Hours: Monday to Friday: 8:00 am - 3:30 pm

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

The Florence Filberg Centre is a multi-use facility that features larger spaces for weddings, conferences, seminars and special events. The centre is located at 411 Anderton Avenue – downtown Courtenay, below the Sid Williams Theatre.

Meetings Rooms:

- The Conference Hall is 6000 square feet with seating capacity of 400 for banquets.
- The Rotary Hall is 3000 square feet and is a great space for dances, larger meetings and events.
- The Evergreen Lounge is a large comfortable meeting space with kitchen access.

Meeting Room Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

Native Sons Hall

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

Meetings Rooms:

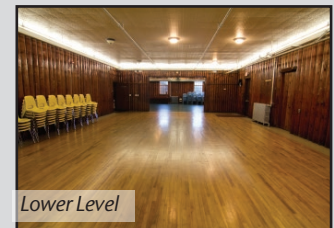
- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

Meeting Room Features:

- Fully equipped kitchens on the upper and lower levels
- All rooms feature a great historic feel
- Hourly rates available
- Wheelchair accessible
- Ample parking



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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

Courtenay Recreation Facility Rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

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



Hourly Rates start at:

- \$16.00 Community Groups
- \$23.00 Private Groups
- \$33.50 Commercial Groups

Call the Lewis Centre
at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

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



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

The LINC Youth Centre

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



Courtenay Parks News

Courtenay Parks and Trails Map

On the facing page view the recently updated Parks and Trails Map. This letter size map includes all parks and greenway trails within Courtenay.

Use this map to find some great walking trails including the recently completed Rotary Trail. This trail runs from 5th - 29th Street beside the railway tracks, and is a distance of about 2.5 kilometres.

Also, coming this spring is an online **Interactive Parks Map**. This feature map will feature walking trails, and parks features, all in a handy mobile and desktop friendly platform.

The Parks and Trails Map can also be viewed and printed at courtenay.ca/parks

Upcoming Parks Events

Mile of Flowers Plant-In

Tuesday, May 31 from 5:00 - 7:30 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! More information: courtenay.ca/mileofflowers

Simms Park Summer Concert Series

Free concerts starting at the end of June. Concerts feature local musicians on Sundays at 7:00 pm during the summer. More information: courtenay.ca/simms



photo by Ron Pogue

Courtenay Park Bookings

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

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

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

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

Schools:

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

City Parks:

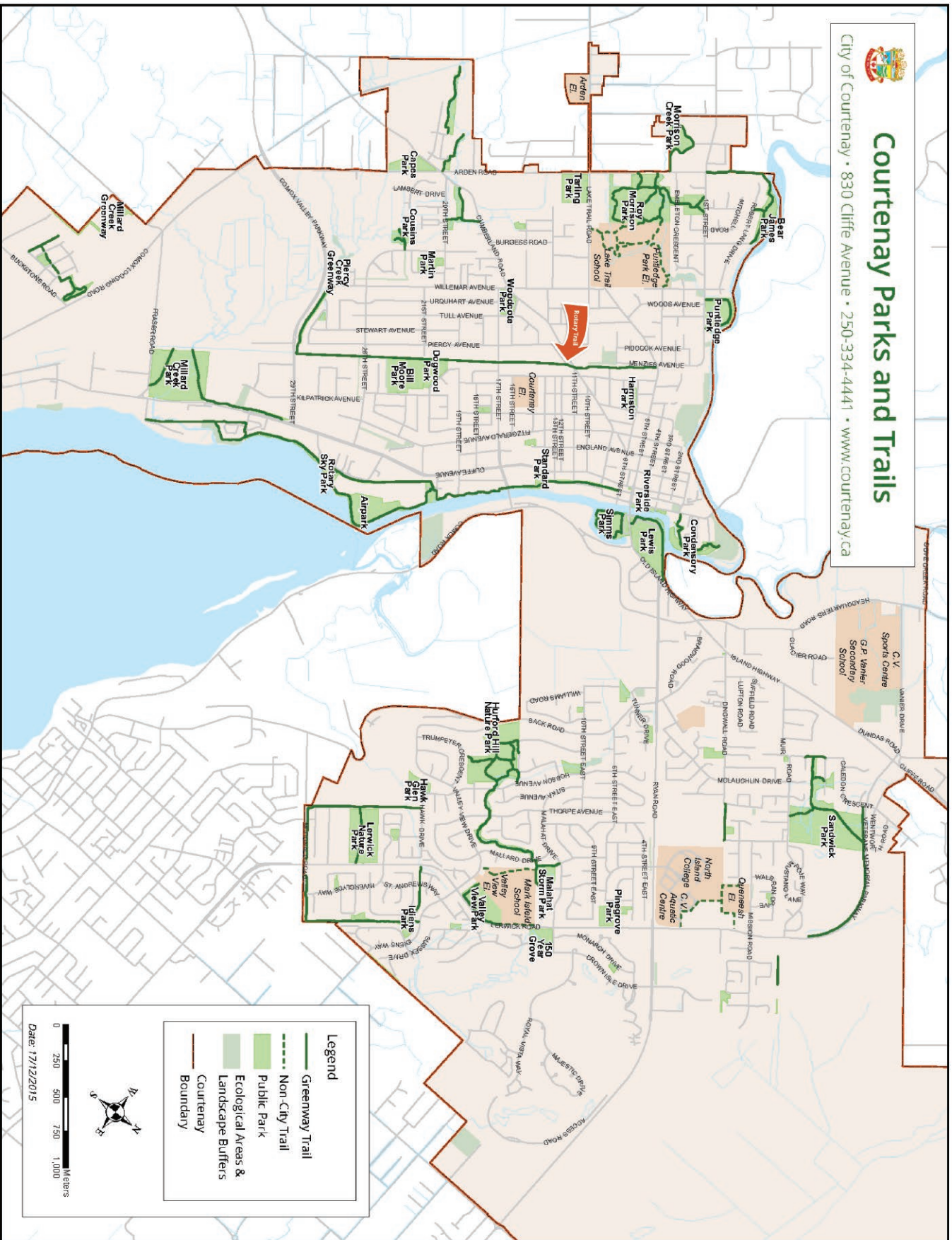
- Bill Moore Park
- Puntledge Park
- Lewis Park
- Valley View Park
- Martin Park
- Woodcote Park
- Standard Park
- Simms Park
- Courtenay Riverway





City of Courtenay • 830 Cliffe Avenue • 250-334-4441 • www.courtenay.ca

Courtenay Parks and Trails



COURTENAY PARKS



Get to Know Courtenay Parks

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

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

ADMISSION IS BY DONATION



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

GALLERY TUESDAY TO SATURDAY 10-5
SHOP MONDAY TO SATURDAY 10-5

Courtenay and District **Museum** & Paleontology Centre

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



Discoveries happen here!

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

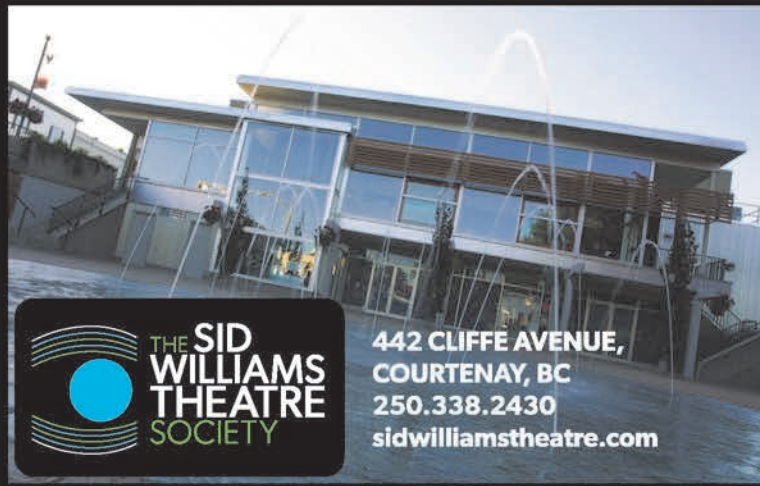
Year round school programmes, fossil tours, field trips, lectures and gift shop.

Hours of Operation

(closed on statutory holidays)

Hours (till Victoria Day):
Tuesday to Saturday: 10 am - 5 pm
(Sun & Mon: closed)

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



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME & SEE

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



Volunteer Opportunities

Therapeutic Riding

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

Call **250-338-1968** or visit: www.cvtrs.com



Comox Valley Accessibility Committee

We meet once a month & are passionate about advocating for better access for people with disabilities. Help us make the Comox Valley barrier free! FMI **250-338-5371**

specialneedsrecreation@courtenay.ca
www.cvaccess.ca



The Gardens on Anderton

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

www.gardensonanderton.org

Call Joan **250-334-3089**



Volunteer Comox Valley

Volunteer Comox Valley is dedicated to community volunteerism. Not sure where to volunteer? Drop by Unit C - 450 Eighth Street, Courtenay. Monday - Friday 10 - 3; or call 250-334-8063. Or browse our online Volunteer Directory & register to volunteer.

www.volunteercomoxvalley.ca



Volunteers grow community!

Courtenay Recreation

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

www.courtenay.ca

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



Special Needs Recreation

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

250-338-5371 ineville@courtenay.ca or

www.courtenay.ca/specialneedsrec



Mountaineer Avian Rescue Society (MARS)

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

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

Call **250-337-2021**

or visit www.wingtips.org



The Salvation Army

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

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

volunteer@cvsalarmy.ca



Giving Hope Today



Low Cost Recreation

Father Involvement Network

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

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

Active Comox Valley

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

Canadian Tire JumpStart

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

Town of Comox TRIP Program

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



Courtenay Riverside Fit Park!

Work out in the Great Outdoors! Located across from the Florence Filberg Centre (411 Anderson Avenue, Courtenay) the Fit Park features 32 workout stations. The Fit Park is available year round for drop-ins and scheduled classes. For info call 250-338-1000.

New Discoveries Parent & Child Learning Centre

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

City of Courtenay

Recreation Access Coupon Books

These provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at the Lewis Centre, Florence Filberg Centre and City Hall. Call **250-338-5371** or **250-338-1000**

189 Port Augusta Sea Cadets

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

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

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.