

What's Inside...



2
CVRD Sports
& Aquatic
Centres

250-334-9622
Registration is
ongoing

28
Courtenay
Recreation

250-338-5371
Registration starts
Monday November 20

83
Comox
Recreation

250-339-2255
Registration starts
Monday November 20

111
Cumberland
Recreation

250-336-2231
Registration starts
Monday November 20



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CANADA 150

*Cover photo supplied by
Comox Valley Regional District*



CVRD AQUATIC CENTRE
377 Lerwick Road
Courtenay
Phone 250-334-2527

Wave pool, 2 indoor waterslides, tot slide, 8-lane pool, fitness studio, sauna, steam room, hot tub, meeting rooms and swim shop.

CVRD SPORTS CENTRE
3001 Vanier Drive
Courtenay
Phone 250-334-9622

6-lane pool, sauna, hot tub, wellness centre, two ice arenas, outdoor track and field and meeting rooms.

MESSAGE FROM THE CHAIR

Have some active fun in our facilities this winter! Join us for a skate in our twinkling, festive Winter Wonderland, have your photo taken with Santa on the Zamboni at our Skate with Santa, and ring in the new year with our annual free New Year's Eve Swim and Skate.



EXHIBITION GROUNDS
4839 Headquarters Road
Courtenay
Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2017 Casual rider passes available. Purchase your annual pass at the CVRD sports centre customer service desk. Must present horse council #.

Individual: \$56.08 + GST
Family: \$140.66 + GST
Happy Trails!

And here's an easy and healthy gift idea for just about everyone on your list - consider giving the gift of recreation this holiday season. Sports and Aquatic Centre passes and certificates are available for our many programs and memberships.

Have a healthy holiday season!

Manno Theos
Chair
Comox Valley Sports Centre
Commission



ADMISSION RATES - EFFECTIVE SEPTEMBER 1, 2017 TO AUGUST 31, 2018

ADMISSION	POOLS, FITNESS & WELLNESS CENTRES		ARENAS ONLY		MEMBERSHIPS - FULL FACILITIES ACCESS			
	*SINGLE DROP IN	*10 VISIT PASS	*SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT (19-59)	\$5.80	\$52.20	\$5.25	\$47.20	\$69.60	\$177.50	\$292.30	\$459.35
SENIOR (60+)	\$4.90	\$44.10	\$4.30	\$38.70	\$58.80	\$149.95	\$246.95	\$388.10
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.65	\$32.80	\$3.25	\$29.20	\$43.80	\$111.70	\$183.95	\$289.10
CHILD (3-12)	\$3.10	\$27.90	\$2.70	\$24.30	\$37.20	\$94.85	\$156.25	\$245.50
TOT (2 & UNDER)	NO CHARGE	NO CHARGE	NO CHARGE	NO CHARGE	MEMBERSHIP PASSES: <ul style="list-style-type: none"> Drop-in activities may be subject to change or cancellation. Prorated refunds may be granted for medical reasons with a doctor's note. Pass extensions will be granted for 6 month (7 day extension) & 1 year (14 day extension) during the term of the pass - pass will be suspended for the period, must be requested in advance. For 1 year passes - pre-authorized monthly payment plans are available - 50% due at time of purchase and three subsequent monthly payments with Visa or MC. 			
FAMILY (6 MAX - MIN 1 ADULT/SENIOR & 1 CHILD/TEEN)	\$12.40	\$111.60	\$11.00	\$99.00				
LOCKERS	\$.50	N / A	N/A	N/A				
SKATE RENTAL	N/A	N/A	\$2.00	N/A				
SKATE SHARPENING	N/A	N/A	\$5.40	N/A				

*Pool 10 visit passes may also be used at the Sports Centre arenas. Regular swim admission includes use of pool and fitness areas.

SWIMMING LESSON PRICE LIST

½ Hour Class

6 Sessions - \$32.40
 7 Sessions - \$37.20
 8 Sessions - \$43.20
 9 Sessions - \$48.60
 10 Sessions - \$54.00
 11 Sessions - \$59.40
 12 Sessions - \$64.80
 Private up to 14 yr - \$28.45
 Private over 14 yr - \$32.15

¾ Hour Class

6 Sessions - \$49.20
 7 Sessions - \$57.40
 8 Sessions - \$65.60
 9 Sessions - \$73.80
 10 Sessions - \$82.00
 11 Sessions - \$90.20
 12 Sessions - \$98.40

ICE PROGRAMS LESSON PRICE LIST

½ Hour Class

7 Sessions - \$31.01
 8 Sessions - \$35.44
 9 Sessions - \$39.87
 10 Sessions - \$44.30
 11 Sessions - \$48.73

¾ Hour Class

7 Sessions - \$46.55
 8 Sessions - \$53.20
 9 Sessions - \$59.85
 10 Sessions - \$66.50
 11 Sessions - \$73.15

H2O x 2 Combo Classes

7 Sessions - \$52.50
 8 Sessions - \$60.00
 9 Sessions - \$67.50

SKATE SHARPENING—\$5.40

Books of 10 economy tickets available

Hours of Operation until May 20:

Mon 10:30-2:00 PM (#1)
 6:30-8:30 PM (#2)*
Tue 10:30-2:00 PM (#1)
 3:00-5:00 PM (#2)
 10:15-11:30 PM (#2)
Wed 10:30-2:00 PM (#1)
 6:30-8:30 PM (#2)
Thu 10:30-2:00 PM (#1)
 3:00-5:00 PM (#2)
 10:15-11:30 PM (#2)
Fri 10:30-2:00 PM (#1)
 3:00-5:00 PM (#2)
Sat 3:00-5:00 PM (#2)
Sun 1:15-3:15 PM (#2)

*cancelled in Apr/May

Skate rentals—\$2.00

Books of 10 economy tickets available

Please note all fees include the applicable taxes.



HAVE A BIRTHDAY PARTY WITH US!



BIRTHDAY PARTIES

Call 250-334-9622, ext 2 for party registration and information, or drop into the Sports or Aquatic Centres.

SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

Includes swimming for up to 10 children and 2 adults during an everyone welcome swim & slide, locker tokens and room rental.

Cost is \$59.05 (Pre-register)
Available **Fridays, Saturdays & Sundays**
September - June
(48 hour cancellation notice required)

WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides
5:00-6:00 pm Saturdays!

Cost is \$80.22 (Pre-register)
Available Saturdays
September - June
(Locker tokens and room rental are an additional cost - 7 day cancellation notice required)

SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

Includes skating for up to 10 children and 2 adults during an everyone welcome skate, skate rentals and room rental.

Cost is \$59.05 (Pre-register)
Available **Saturdays & Sundays**
September - May
(48 hour cancellation notice required)

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for up to 100 people. Includes room rental and birthday child gets a Zamboni ride! Call 250-334-9622 ext 233 for availability.

Cost is \$182.58
Available **Saturdays & Sundays**
(14 day cancellation notice required)

Does your party need a PARTYOLOGIST? What's that you ask? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$30 cost includes a 1 hour activity leader to organize and lead a variety of age appropriate games for your party. Call 250-334-9622 ext 2 for more information.

Did you know the pools, arenas, meeting rooms and Exhibition Grounds are available to rent? For facility bookings phone 250-334-9622 ext 233 or visit the CVRD Sports Centre, 3001 Vanier Drive for rental information.

HOW TO REGISTER

You may register for any of our programs or classes in person or by phone.

Fees must be paid in full at the time of registration.

IN PERSON

At the Sports Centre or the Aquatic Centre during operating hours. Payment methods include cash, cheque, debit card, Visa or MasterCard. We also accept Quality Foods Rec Bucks.

Locations to register:

Sports Centre 3001 Vanier Drive, Courtenay

Aquatic Centre 377 Lerwick Road, Courtenay

BY PHONE

250-334-9622, EXT 2

	September to June
Monday to Friday	8:00am-7:30pm
Saturday	8:00am-1:30pm
Sunday	8:00am-1:30pm

Phone-in registration is not available on statutory holidays.



Registration will be unavailable January 30th & 31st due to system upgrade. Spring registration will begin on February 1st.

REGISTRATION GUIDELINES

Course Full? Add your name to a waitlist so we can contact you if space becomes available.

Cancellations: Classes may be cancelled due to low registration numbers. Register early to avoid disappointment.

Classes missed due to illness, weather, power failures or other events beyond our control will not be refunded or credited.

Change of plans? Unless advised otherwise:

1. If you withdraw prior to the course start date, a full refund or credit will be issued.*
2. If you withdraw prior to the end of the 3rd class, a pro-rated refund or credit will be issued.*
3. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons.*
4. Seven days cancellation notice is required for leisure pool rentals.

*Exceptions apply to all leadership courses.

Red Cross Swim & Ice Quest Skating Lessons - late registrations for these courses may be accepted until the 3rd class and will be pro-rated.

FINANCIAL ASSISTANCE

PROVIDING LEISURE ACCESS FOR YOU (PLAY)

The Comox Valley Regional District, through the Sports Centre commission, offers financial assistance to qualifying residents in Comox, Courtenay and Electoral Areas A, B & C who would like to participate in any of our recreational activities but find it difficult to do so because of financial limitations. Assistance includes limited free or discounted admissions and programs.

Ask our recreation customer service representatives for more information.



AQUATIC CENTRE SCHEDULE

25 METRE LANE POOL UNTIL JUNE 30, 2018 Please note facility is **CLOSED** statutory holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim+ 6:00-11:00 AM Shared Space - Lengths (min 2) & Rentals/Programs					Lane Swim+ 9:00 AM-1:00 PM (lengths min 2)	Family Swim 9:00 AM-1:00 PM (lengths min 2)
Everyone Welcome 11:00 AM-1:00 PM Waves & Slides Open + Lengths (min 2)					Everyone Welcome 1:00-5:00 PM Waves & Slides Open + Lengths (min 2)	
Lane Swim + 1:00-6:00 PM Shared Space - Lengths (min 2) & Rentals/Programs				Lane Swim+ 1:00-3:00 PM (min 2)	Lane Swim + (min 2) Kayak Hour 5:00-6:00 PM *cancelled after May 25	FITNESS SCHEDULE SEE PAGE 10
Everyone Welcome 6:00-7:30 PM Waves & Slides Open + Lengths (min 2)				Everyone Welcome 3:00-9:00 PM Waves & Slides Open + Lengths (min 2)	Everyone Welcome 6:00-9:00 PM Waves & Slides Open + Lengths (min 2) *cancelled after May 25	
16+ Swim 7:30-9:00 PM Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides Open						

WAVE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rehab & Therapy Swim 6:00-9:00 AM Shared Space - Rehab & Therapy Drop In's & Rentals/Programs						
Open Swim Monday, Wednesday, Friday 9:00-11:00 AM Tuesday & Thursday 10:00-11:00 AM Shared Space - Leisure/Rehab Drop In's & Rentals/Programs						Family Swim 9:00 AM-1:00 PM Shared Space
Everyone Welcome 11:00-1:00 PM Waves & Slides Open + min 2 Lanes					Everyone Welcome 1:00-5:00 PM Waves & Slides Open	
	Open Swim 2:00-3:00 PM Shared Space - Leisure/Rehab Drop in's & Rentals/Programs					
Everyone Welcome 6:00-7:30 PM Waves & Slides Open				Everyone Welcome 3:00-9:00 PM Waves & Slides Open	Birthday Party Rentals 5:00-6:00 PM	FITNESS SCHEDULE SEE PAGE 10
16+ Swim 7:30-9:00 PM Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides Open					Everyone Welcome 6:00-9:00 PM Waves & Slides Open *Cancelled after May 25	

AQUATIC CENTRE FITNESS STUDIO, SAUNA & HOT TUB HOURS (16+)

Until May 25, 2018

Monday – Friday 6:00 AM – 9:00 PM
 Saturday 9:00 AM – 9:00 PM
 Sunday 9:00 AM – 5:00 PM

Please note the facility is **CLOSED** statutory holidays.

Water Play (all ages)

Join the guards at the Aquatic Centre for a variety of activities including group challenges, games, dance offs and more. Regular admission.

Fridays 7:00-8:30 PM

Saturdays 2:00-3:30 PM & 7:00-8:00 PM

Sundays 2:00-3:30 PM

DROP-IN PROGRAM DESCRIPTIONS

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted and the backstroke flags will be up. Lane etiquette pamphlets are available on site and online for your convenience.

Everyone Welcome Swim

All ages welcome and fun encouraged at this high energy swim time. The waves, slides and various water features will be on intermittently throughout the swim. The diving board and space for large toys (i.e. foam canoes, mats etc.) in the lane pool is also available. 2 lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals. See special event calendar & Water Play schedule for the "extra" fun times.

OPEN Swim

Although this swim is open to everyone it is targeted at people looking for a more relaxed pace than the Everyone Welcome Swim. The waves and slides will be off and a minimum of 2 lanes will be reserved for length swimmers. Rentals and programs will be taking place in the pools at the same time so the space will be shared.

**FOR DAILY SCHEDULE INFORMATION CALL
250-334-9622 EXT 1.**

SPECIAL SWIMS & SCHEDULE CHANGES

Nov 26 – Early Year's Free Family Swim – CVAC 5:00-6:30 PM
Dec 17 – Early Year's Free Family Swim – CVAC 5:00-6:30 PM
Dec 24 – CVAC CLOSED at 3 PM
Dec 25/26 – STAT – CLOSED
Dec 31 – New Year's Eve Free Swim & Skate 5-8 PM at CVSC sponsored by Tim Hortons
Jan 1 – STAT – CLOSED
Jan 28 – Early Year's Free Family Swim – CVAC 5:00-6:30 PM
Feb 12 – STAT – Family Day – CVAC FREE Swim 1-5 PM sponsored by Comox Valley McDonalds
Feb 17 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed
Feb 17 – CVSC Pool Open for Length Swimming 9:00-1:00 PM
Feb 18 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM

Family Swim

Same description as an open swim but children under the age of 12 must be accompanied into the pool by an adult.

16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides are on. Rentals and programs will be taking place in the pools at the same time including an AquaFit class you are welcome to participate in. Please note the diving board will be closed.

Rehab & Therapy Swim

A more relaxing warm water swim targeting those working on self or group rehabilitation or therapy. The waves and slides will be off – great time for those with sensory challenges. Associated rentals and programs will be taking place in the warm pool at the same time.

Kayak Hour

Bring your kayak and practice your moves. \$7 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.

POOL CLOSURE INFORMATION 2018

Jul 1-Aug 6 – CVAC CLOSED for Maintenance
Jul 2-Aug 3 – CVSC Summer Schedule in Effect
Aug 4-Sep 3 – CVSC CLOSED for Maintenance
Aug 7-31 – CVAC Summer Schedule in Effect
Sep 4 – Both CVAC & CVSC Open for Regular Season

Feb 18 – CVSC Pool Open for Length Swimming from 9:00-1:00 PM
Mar 26-29 – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:00 PM
Mar 30 – STAT – Good Friday – EW CVSC 1-5 PM/CVAC CLOSED
Apr 2 – STAT – Easter Monday – EW CVSC 1-5 PM/CVAC CLOSED
Apr 3-6 – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:00 PM
May 5 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1:00-7:00 PM
May 6 – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM
May 21 – STAT – CLOSED
May 26-Jun 30 – CVAC Pool CLOSED on Saturdays after 5 PM

Check the events listing on pages 17-20 for more information.



follow comoxvalleyrd



SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL SEPTEMBER 5, 2017-JUNE 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs			Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs		FITNESS SCHEDULE SEE PAGE 10 SEE PAGE 7 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION			
Rehab & Therapy Swim 7:30-9:00 AM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs								
Lane Swim+ Monday, Wednesday, Friday 10:00-11:30 AM Tuesday & Thursday 9:00-11:30 AM Lengths (2) & Rentals/Programs								
Rehab & Therapy Swim 11:30-12:30 PM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs								
Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs	Lane Swim+ 12:30-3:30 PM Lengths (2) & Rentals/Programs	Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs	Lane Swim+ 12:30-3:30 PM Lengths (1) & Rentals/Programs	Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs				
Rehab & Therapy Swim (+2 lanes) 2:15-3:00 PM Shared Space		Rehab & Therapy Swim (+2 lanes) 2:15-3:00 PM Shared Space		Rehab & Therapy Swim (+2 lanes) 2:15-3:00 PM Shared Space				
	Lane Swim+ 6:30-8:00 PM Lengths (2) & Rentals Programs		Lane Swim+ 6:30-8:00 PM Lengths (2) & Rentals/Programs	Lane Swim+ 6:00-8:00 PM Lengths (2) & Rentals/Programs				

HOT TUB & SAUNA

Until April 27, 2018

Monday – Friday 6:00 AM – 8:00 PM

April 28-June 30, 2018

Monday, Wednesday & Friday 6:00 AM - 6:00 PM

Tuesday & Thursday 6:00 AM - 8:00 PM

FOR DAILY SCHEDULE INFORMATION CALL 250-334-9622 EXT 1.

DROP-IN PROGRAM DESCRIPTIONS

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted and the backstroke flags will be up. Lane etiquette pamphlets are available on site and online for your convenience.

Rehab & Therapy Swim

This swim is ideal for those working on self or group rehabilitation or therapy. Two lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals.



SPORTS CENTRE POOL & WELLNESS CENTRE



WELLNESS CENTRE

The Wellness Centre is open to everyone aged 16+ or for 12-15 year olds that are supervised by an adult. See pool schedule for list of special events and/or cancellations.

General Hours of Operation until June 30, 2018

Monday to Friday 6:00 am-8:00 pm
Saturday & Sunday 8:00 am-2:00 pm

Supervised Hours until April 27, 2018

This is a great time for youth aged 12-15 to use the facility without an adult or for anyone with questions about equipment or workouts to drop-in.

Monday/Wednesday 12:00-2:00 pm & 6:00-8:00 pm
Tuesday/Thursday 6:00-8:00 pm
Friday 12:00-2:00 pm
Saturday/Sunday 9:00 am-1:00 pm

Supervised Hours April 27 – June 30, 2018

Monday/Wednesday/Friday 12:00-2:00 pm

Did you know all our facilities may be available to rent? Perhaps you have a special event to plan or are looking for some fitness or recreation activities for your group. Contact our Booking Coordinator at 250-334-9622 ext 233 for further information.



AQUATIC FITNESS SCHEDULE TO JUNE 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Board Fit 6:15-7:15		Board Fit 6:15-7:15		
	Registered Class		Registered Class		
Aquafit *6:30-7:15am	Aquafit 6:30-7:15am	Aquafit *6:30-7:15am	Aquafit 6:30-7:15am	Aquafit *6:30-7:15am	
Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	
Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	
Aquafit 9:00-10:00am	AquaMotion 2 9:00-10:00am	Aquafit 9:00-10:00am	AquaMotion 2 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:05-10:05am
	Registered Class		Registered Class		
Aquafit 10:00-11:00am	AquaMotion 3 10:00-11:00am	Aquafit 10:00-11:00am	AquaMotion 3 10:00-11:00am	Aquafit 10:00-11:00am	
	Registered Class		Registered Class		
Aquatic Hip & Knee 10:00-11:00am	AquaMotion 4 10:00-11:00am	Aquatic Hip & Knee 10:00-11:00am	AquaMotion 4 10:00-11:00am	Aquatic Hip & Knee 10:00-11:00am	
Registered Class	Registered Class	Registered Class	Registered Class	Registered Class	
Aquatic Hip & Knee 10:30-11:30am	AquaMotion 3 10:30-11:30am	Aquatic Hip & Knee 10:30-11:30am	AquaMotion 3 10:30-11:30am		
Registered Class	Registered Class	Registered Class	Registered Class		
	Aquatic Hip & Knee 12:30-1:30pm		Aquatic Hip & Knee 12:30-1:30pm		
	Registered Class		Registered Class		
50+ Aquafit 1:15-2:15pm	Aquatic Hip & Knee 1:45-2:45pm	50+ Aquafit 1:15-2:15pm	Aquatic Hip & Knee 1:45-2:45pm	50+ Aquafit 1:15-2:15pm	
	Registered Class		Registered Class		
Seniors Water Circuit 2:00-3:00pm	Aquafit Warm Water 2:00-3:00pm	Seniors Water Circuit 2:00-3:00pm	Aquafit Warm Water 2:00-3:00pm		
Registered Class		Registered Class			
Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm		
	Board Fit 6:45-7:45pm		Board Fit 7:35-8:35pm		
	Registered Class		Registered Class		



AQUATIC CENTRE

SPORTS CENTRE

*Mon-Wed-Fri 6:30 AM Aquafit classes cancelled April 30-June 1

DROP-IN FITNESS PROGRAMS

Aquafit – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided).

Swim Fit – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!

REGISTERED WELLNESS PROGRAMS

SESSIONS/ DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	TUESDAY	THURSDAY	FRIDAY
	Nov 20-Dec 20 (10) Jan 8-Feb 7 (10) Feb 14-Mar 21 (11)	Nov 21-Dec 21 (10) Jan 9-Feb 8 (10) Feb 13-Mar 22 (12)	Nov 21-Dec 19 (5) Jan 9-Feb 6 (5) Feb 13-Mar 20 (6)	Nov 23-Dec 21 (5) Jan 11-Feb 8 (5) Feb 14-Mar 22 (6)	Nov 10-Dec 22 (7) Jan 12-Feb 9 (5) Feb 16-Mar 23 (6)
AQUATIC HIP & KNEE	Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30 am	Sports Centre 12:30-1:30pm or 1:45-2:45pm			Aquatic Centre 10:00-11:00am
AQUAMOTION 2		Sports Centre 9:00-10:00am			COURSE PRICE LIST Board Fit 5 Sessions \$65.00 All other Registered Fitness Classes 10 Sessions \$86.00
AQUAMOTION 3		Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30am			
AQUAMOTION 4		Aquatic Centre 10:00-11:00am			
BOARD FIT			Sports Centre 6:15-7:15am 6:45-7:45pm	Sports Centre 6:15-7:15am 7:35-8:35pm	
SENIORS WATER CIRCUIT	Aquatic Centre 2:00-3:00pm				

ADAPTIVE FITNESS PROGRAMS

AquaMotion Level 2 – gentle shallow water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

AquaMotion Level 3 – shallow & deep water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

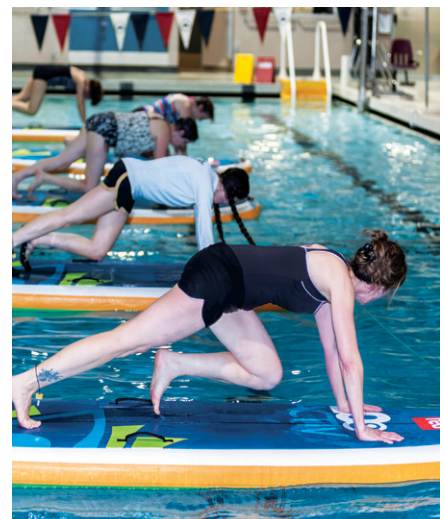
AquaMotion Level 4 - shallow to deep water class that is designed to bridge the gap between Aqua-Motion 3 and a drop-in fitness class. This class will be in the 25 m lane pool and will focus on improving your cardiovascular fitness and core strength.

Aquatic Hip & Knee – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Physician’s consent required.

Seniors Water Circuit – improve your strength, flexibility and balance in this fun and unique strength training program. Using a variety of resistant equipment and stations this program is sure to improve your strength.

REGISTERED FITNESS PROGRAM

Board Fit – the Valley’s first indoor stand up paddle board exercise class! Join us for a fun and unique core and balance fitness class. As we are in the pool, bring active wear that you do not mind getting wet. This class offers participants a great cross training opportunity.



ARE YOU INTERESTED IN EMPLOYMENT AS A LIFEGUARD/INSTRUCTOR?

You will need Lifesaving Society courses AND Red Cross Water Safety Instructor courses:

BRONZE STAR (optional) Bronze Star is the pre-Bronze Medallion training standard and is excellent preparation for success in Bronze Medallion. Candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills.

BRONZE MEDALLION

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR-A certification

BRONZE CROSS

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Includes CPR-C certification.

STANDARD FIRST AID with CPR C

Comprehensive training covering all aspects of first aid and CPR. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies. Includes CPR-C certification.

ADVANCED LEADERSHIP COURSES

Lifesaving Instructor (LSI) Lifesaving Instructors are trained to teach and evaluate Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and Distinction. Candidates are introduced to basic learning approaches and teaching strategies and apply them to teaching water rescue, first aid, and other lifesaving skills. Instructor candidates also learn about long-range and short-term planning, class management, safety supervision, and the principles of evaluation. This introductory instructor level is the base for most Lifesaving Society instructor certifications.

CALA Vertical Water Training This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions. Course fee includes CALA registration and open book exam.

CALA Group Aqua Fitness Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. This course provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process. Course fee includes cost of the formal evaluation if completed during the course. If participants wish to have additional practice time before being evaluated the cost of an evaluation is \$35.

Aquatic Fitness - Adaptive Workshop This course is for trained instructors wanting to work with and teach aquatic fitness classes to groups with various chronic conditions (i.e. Parkinson's Disease, MS, post polio, hip/knee replacements etc.). This course includes classroom and practical study. Be prepared to be in the pool for up to five hours over the weekend. BCRPA/CALA credits pending.

Emergency First Aid (EFA)

Using hands-on training and practice this basic first aid course will give you the confidence to respond effectively to an emergency. You will learn lifesaving skills such as patient assessment, rescue breathing, CPR, and obstructed airway procedures. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, bleeding, shock, heart attack and stroke. Includes CPR-A certification.

NATIONAL LIFEGUARD

Recognized as the standard measurement of lifeguarding performance in Canada, the NLS program develops a sound understanding of lifeguarding principles, good judgment and communication skills, and a mature and responsible attitude toward the role of the lifeguard. The NLS lifeguard's primary role is to prevent injuries (and when necessary, effectively manage emergencies) and to facilitate a safe and enjoyable aquatic experience. NLS training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations.

RED CROSS WATER SAFETY INSTRUCTOR

This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include a WSI - Skills Evaluation, WSI - Online, WSI - Teaching Experience, and WSI - Classroom and Pool components.



For further information call the Aquatic Coordinator at 250-334-2527 ext 303.

2017/18 FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	PRE-REQUISITES
BRONZE STAR	Apr 8-22	Sun	12:00-4:00pm	\$90.00*	8 years and ability to swim 250 metres (10 lengths) but recommended age 12
BRONZE MEDALLION & BRONZE CROSS COMBO	Jan 7-Feb 4	Sun	10:00am-5:00pm	\$375.00*	13 years old by last day of course or Bronze Star
	Feb 20-Mar 22	Tue & Thu	4:00-8:00pm		
	Apr 14-May 19	Sat	9:00-4:00pm		
BRONZE CROSS	Dec 4-18	Mon & Wed	4:00-8:00pm	\$205.00*	Bronze Medallion
NATIONAL LIFEGUARD (NL)	Nov 24-Dec 16	Fri Sat	5:00-9:00pm 11:00am-7:00pm	\$465.00*	16 years old by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
	Feb 23-Mar 17	Fri Sat	5:00-9:00pm 11:00am-7:00pm		
	May 25-Jun 16	Fri Sat	5:00-9:00pm 11:00am-7:00pm		
WATER SAFETY INSTRUCTOR - SKILLS EVALUATION	Feb 3	Sat	9:00am-1:00pm	\$35.00	15 years by last day of course. Level 10 swimming skills & previous first aid certification (EFA, Bronze Cross or higher) - does not have to be current
WATER SAFETY INSTRUCTOR - ONLINE AND TEACHING	Complete by Jan 1	Contact pool to get package & schedule teaching hours		\$150.00	Successful completion of WSI Skills Evaluation
	Complete by Mar 16				
WATER SAFETY INSTRUCTOR CLASSROOM & POOL	Jan 13-27	Sat	9:00am-5:00pm	\$220.00	Successful completion of WSI Skills Evaluation, Online & Teaching Experience Components.
	Mar 26-28	Mon, Tue, Wed	9:00am-5:00pm		
EMERGENCY FIRST AID (EFA)	Feb 9	Fri	9:00am-5:00pm	\$95.00*	12 years old minimum/15 years recommended
	May 13	Sun	9:00am-5:00pm		
STANDARD FIRST AID (SFA) & CPR C	Feb 9 & 10	Fri & Sat	9:00am-5:00pm	\$140.00*	12 years old minimum/15 years recommended
	May 13 & 20	Sun	9:00am-5:00pm		
NL PRECERT/RECERT	Feb 4	Sun	9:00am-6:00pm	\$125.00*	Previous NL award and recommended CPR C (current within the year)
	May 13	Sun	9:00am-6:00pm		
WSI RECERT	Feb 18	Sun	9:00am-1:00pm	\$90.00	WSI Award (issued within 5 years of the expiry date)
	Jun 17	Sun	1:00-5:00pm		
LSI RECERT	Apr 7	Sat	1:00-5:00pm	\$90.00*	LSI Award (issued within 5 years of the certification date)

*Reuseable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one.

GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor, NLS and WSI certifications for credit toward high school graduation. Credits available:

- Bronze Cross is worth 2 credits for Grade 11.
- Lifesaving Instructor + Bronze Cross are worth 3 credits for Grade 11.
- National Lifeguard Service – Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Red Cross Water Safety Instructor (WSI) is worth 2 credits for Grade 11.



RED CROSS SWIM LESSONS



PARENT & TOT LESSONS (Ages 4 months-3 years) - 30 minute classes

Starfish 4-12 months	Facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.
Duck 12-24 months	Active supervision, Stop Look Ask!, shallow water entries and exits, PFD and Me, when and how to get help, choking response, rhythmic breathing, buoyancy and movement and submersion (optional.)
Sea Turtle 24-36 months	Stop Look Ask!, jumping into chest deep water, PFD and Me, assisted front and back floats and assisted front swims.

PRESCHOOL LESSONS (ages 3-6 years) - 30 minute classes

Sea Otter	Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 m. They also learn age-appropriate water safety skills.
Salamander	Learn about active supervision. Stop Look Ask an adult, jump into chest deep water, buoyant objects rhythmic breathing, front float and recovery, front glides with kick and a distance swim of 2m.
Sunfish	Safe entries, surface support, floats and recovery in deep water, front and back and side glides with kick, roll over glides and a distance swim of 5m.
Crocodile	Changing direction in deep water, jumping into deep water, surface support, calling for help, glides with kick, front and back swims for 5m and a distance swim of 10m.
Whale	Learn when and where it is safe to swim, jump into deep water and tread water for 20 seconds, stop throw and call for help, front and back swims for 7m as well as a 15m continuous swim.

SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-4)/45 minute class (levels 5-10)

Level 1	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
Level 2	Work on propulsion skills to move through the water and to remain at the surface, the front swim (5m) and learn about deep water activities and proper use of a PFD. Fitness activities include the 10m flutter kick and a 10m distance swim.
Level 3	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.
Level 4	Intro to the front crawl (10m) and back swim with shoulder roll (15m.) Swimmers work on kneeling dives, surface support (45 seconds-deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
Level 5	Intro to the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
Level 6	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Also includes front dive, treading water in deep water for 1.5 minutes, dolphin kick and a 75m swim.
Level 7	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
Level 8	Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300m.
Level 9	Wise choices and peer influence, boating regulations, self ice rescues, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke as well as a 400m distance swim.
Level 10	Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500m endurance swim.
Homeschool lessons	The regular Swim Kids Program curriculum will be taught through a series of blended levels. Just inform the Customer Service Representative what level your child is at when you register. Parents and other siblings can choose to pay a drop in fee on the Wednesday class and play in the Wave Pool during the lesson time or network on the pool deck.

TEEN & ADULT LESSONS (ages 12+) - 45 minute classes

Teen/Adult Beginner	Beginner swimmers welcome! Don't like getting your face wet? Never felt comfortable floating? Want to learn how to do more than just dog paddle?
Teen/Adult Inter/Advanced	Designed for swimmers that feel comfortable in the water and can swim at least 2 lengths. Small class size means we can cater to each individual's needs whether you just want to learn how to do butterfly or work on your strokes for your next triathlon.

PRIVATE LESSONS (ages 3+) - 30 minute classes

Single	Does your child keep repeating the same level? Need that extra practice to get you through to the next level? Register for a single private lesson.
Personalized Lesson Package	Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? Registering more than one child in the same level? These private lessons follow the regular lesson set dates and times. Register for personalized lessons for the entire lesson set and receive 10% off.

SWIMMING LESSONS

TO REGISTER CALL 250-334-9622 EXT 2

Our swimming lessons offer a progressive program of swimming, fitness and water safety skills that allow participants to learn in a fun and encouraging environment.

Please note that children under the age of 7 must have a parent or guardian in the building during their lesson. For prices please see fees on page.



AQUATIC CENTRE FALL LESSON SCHEDULE

PLEASE NOTE - NO CLASSES ON FRIDAY, NOV 24 - FRIDAY, FEB 9 - SATURDAY, FEB 17 - SUNDAY, FEB 18

LEVEL	MON & WED	TUE & THU	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FALL C NOV 15-DEC 20 (11) WINTER A JAN 8-FEB 7 (10) WINTER B FEB 14-MAR 21 (11)	FALL C NOV 14-DEC 21 (12) WINTER A JAN 9-FEB 8 (10) WINTER B FEB 13-MAR 22 (12)	FALL C NOV 7-DEC 19 (7) WINTER A JAN 9-MAR 20 (11)	FALL C NOV 9-DEC 21 (7) WINTER A JAN 11-MAR 22 (11)	FALL C NOV 10-DEC 22 (6) WINTER A JAN 12-MAR 23 (10)	FALL C NOV 4-DEC 23 (7) WINTER A JAN 13-MAR 24 (10)	FALL C NOV 5-DEC 17 (7) JAN 7-MAR 18 (10)
TOTS STARFISH/ DUCKS	10:30am, 3:00pm, 4:30 pm	10:30am, 5:00pm		10:30am	10:30am	9:00am, 10:00am, 11:00am	9:00am
TOTS 3 SEA TURTLE	10:00am, 4:00pm, 5:00pm	10:00am, 4:30pm		10:00am	10:00am	9:30am, 10:30am	9:30am
SEA OTTER	9:00am, 9:30am, 10:00am, 10:30am, 3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:00pm	3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:00pm, 5:30pm	10:00am, 10:30am	10:00am, 10:30am	9:00am, 9:30am, 10:00am, 10:30am	9:00am, 9:30am, 10:00am, 11:00am, 11:30am, 12:00pm	9:00am, 10:00am, 11:00am, 12:00pm
SALAMANDER	9:00am, 9:30am, 3:00pm, 3:30pm, 5:30pm	3:00pm, 4:00pm	10:00am		9:00am, 9:30am	11:00am, 11:30am, 12:00pm, 12:30pm	9:30am, 10:30am, 11:30am, 12:00pm
SUNFISH	3:30pm, 4:00pm	5:00pm	10:30am			9:30am, 10:30am	10:30am, 12:30pm
CROCODILE/ WHALE	5:30pm	5:30pm				12:30pm	12:30pm
LEVEL 1	3:00pm, 4:30pm, 5:30pm	3:30pm, 5:30pm				9:00am, 10:00am, 11:00am	10:00am, 11:30am
LEVEL 2	3:30pm, 5:00pm	3:00pm, 3:30pm			3:00pm	10:30am, 11:30am, 12:30pm	9:00am, 11:00am
LEVEL 3	4:30pm, 5:30pm	3:00pm, 4:00pm	6:30pm	6:30pm	3:30pm	9:00am, 10:00am, 12:00pm	9:30am, 10:30am
LEVEL 4	4:00pm, 5:00pm	3:30pm, 4:30pm	7:00pm	7:00pm	3:15pm	9:30am, 11:30am, 12:30pm	9:30am, 11:00am
LEVEL 5	4:00pm	4:00pm	6:00pm			10:15am, 11:45am	10:30am, 11:30am
LEVEL 6	4:45pm	4:45pm	(level 5/6)		4:15pm (level 5/6)	11:00am	11:15am
LEVELS 7/10	4:45pm		6:45pm		4:15pm	10:30am	12:15pm
HOMESCHOOL	2:00pm, 2:30pm						
TEEN/ADULT BEGINNER				6:00pm		9:30am	
TEEN/ADULT INTERMEDIATE/ ADVANCED				6:45pm		12:15pm	
PRIVATE LESSONS	4:00pm, 5:30pm	3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:30pm	6:00pm	6:00pm	3:45pm	9:00am, 12:00pm, 12:30pm	9:00am, 10:00am, 12:00pm, 12:30pm
PERSONALIZED LESSON PACKAGE	4:00pm, 4:30pm, 5:00pm, 5:30pm					10:00am, 10:30am, 11:00am, 11:30am	



H2O X 2 - Swimming & skating lesson combo - 2 lessons for 1 great price!
See pages 26 & 27 for more information.



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REGISTERED PROGRAMS

(JLC) Junior Lifeguard Club (8-14)

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who really love the water. JLC keeps kids interested and active in aquatics – especially quick learners and those caught between levels or programs. Friends can join together even if they are of different ages and abilities. Sign up today and develop your swimming, lifesaving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

Fridays, 5:00-7:00pm
Jan 12-Mar 23 (10)
(No class Feb 9)
\$100.00 (10)

Babysitting Course (11-14)

Do you want to become a certified Red Cross babysitter? This course will help you understand all the aspects of caring for children and prepare you for the responsibility. Register now, so you can babysit and earn some money while having fun. Fee includes snack, manual and mini first aid kit.

Tuesdays & Thursdays

3:30-5:30pm

Jan 9-25 (6)

Mondays & Wednesdays

4:00-6:00pm

Mar 5-21 (6)

\$45.00

H2O X 2 Swimming & Skating Lesson Combo
2 lessons for 1 great price!
See pages 26 & 27 for more information!

Board Masters (6-13)

Introduction to Springboard Diving

Learn basic jumping and diving skills through progressive land, water and springboard movements. Progress at your own level and learn more advanced skills such as front and back pike jumps and dives, hurdle jumps, tucks, flips and somersaults. Candidates must be comfortable in deep water (level 4 swimming minimum).

NEW

Saturdays

Ages 8-13, 11:15-12:00pm

Ages 6-8, 12:00-12:30pm

Jan 13-Mar 24 (10)

(No class Feb 17)

\$85.70 for 8-13 yr olds (10)

\$57.10 for 6-8 yr olds (10)



SPECIAL EVENTS

November

Taylor Swift Themed Pool Party (7-12)

Pizza & Swimming Party

Come dance, sing and swim to your favourite Taylor Swift songs. There will be fun dance offs, karaoke, Taylor Swift trivia and lip sync competitions. 2 hours of fun - includes admission, snacks and pizza.

Aquatic Centre
Friday, Nov 17
6:00-8:00 PM
\$10.00



Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun!

Lifeguards have stocked up on all kinds of goo for this event including pudding, jello and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre
Saturday, Nov 18, 2:00-4:00 PM
Regular Admission

SCUBA (13+)

The CVRD has partnered with 2 local dive companies so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18 must have a waiver signed by a guardian.

Try It Scuba

Pacific Pro Dive offers this program. 30 minute sessions available - 1st come, 1st served. Sign up on the pool deck starting at 6:00 PM.

Aquatic Centre
Mondays Oct 2-Dec 18
Jan 8-Mar 19
(no class Feb 12)
6:00-7:30 PM
Regular Admission



Discover Scuba

UB Diving offers this full lesson, sign up at www.ubdiving.com

Aquatic Centre
Fridays Oct 6 - Dec 15
Jan 12- Mar 23
7:00-8:45 PM
Regular Admission

Dads Night Out

(Dads with Kids under 12)

Water Safety Lesson & Everyone Welcome Swim

Great chance for male family members/caregivers to get out with the kids. Free admission to the pool for "dads" and their kids - evening includes free 1/2 hour water safety lessons (ran every 1/2 hr) and visit to the Everyone Welcome in the wave/lane pool. Funding for this program provided by the Early Years Collaborative and is part of the ValleyDads initiative.

Aquatic Centre
Wednesday, Nov 22, 6:00-7:30 PM
Free Admission to Dads with Kids under 12



FREE Family Swim

(all ages)

Sponsored by the Early Years Aquatic Centre

Sunday, Nov 26, 5:00-6:30 PM



Frozen Games & Treats

(all ages)

Everything is better frozen! Try milk jug curling, frozen bean bag toss, frozen hockey jerseys, penguin dives and have a freezie on ice.

Sports Centre Arena #2
Wednesday, Nov 29
6:30-8:30 PM
Regular Admission



WIN a Zamboni Ride!

at Glacier Kings Games

Contest open to children aged 4 -12 years old. Includes a family prize pack.

View details and register to win at www.973theeagle.com

IN PARTNERSHIP WITH



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SPECIAL EVENTS

December

Parents Day Off (5-10) Saturday Aquatics Daycamp for Kids

Parents – got plans? Need great daycare while you run errands? Register for Parents Day Off and let your kids ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop their swimming skills while having a blast. Plan of having a bunch of wet, organized fun. Fee includes a snack. Participants must feel comfortable in the water.

Aquatic Centre
Saturdays, Dec 9 & 30
9:00-4:00 PM
\$40.00 per day
Call to register



Welcome to the GOO ZONE (all ages)

Messy Wet Aquatic Fun
See previous event description for more information.

Aquatic Centre
Saturday, Dec 16, 2:00-4:00 PM
Regular Admission

FREE Family Swim

(all ages)
Sponsored by the Early Years

Aquatic Centre
Sunday, Dec 17, 5:00-6:30 PM



Santa Skate (all ages)

Sponsored by Comox Valley McDonald's. Come skate with Santa and get your picture taken with him in front of the Zamboni. Skate rentals included – bring your camera!

Sports Centre Arena #2
Sunday, Dec 17, 1:15-3:15 PM



Red & Green Swim (all ages)

Candy canes for anyone wearing a red or green swim suit! Lots of red and green activities planned including the jello slide, strawberry syrup squirt, candy cane hockey and gingerbread splat.



Aquatic Centre
Saturday, Dec 23, 2:00-4:00 PM
Regular Admission

NEW YEAR'S EVE

Family Swim & Skate

(all ages)
Sponsored by Tim Hortons
Join us at the Comox Valley Sports Centre for an evening of family fun. In addition to free swimming, skating and hockey activities there will also be a series of prize draws and Tim Hortons hot chocolate and goodies on site.

Sports Centre Pool & Arena
Sunday, Dec 31, 5:00-8:00 PM
FREE – Donations to the Comox Valley Food Bank will be accepted



WINTER WONDERLAND ON ICE!

Arena #1 is transformed into a winter wonderland every year by our skate staff. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer. Shiny hockey players will get to enjoy a 1/3rd of the rink and experience what it's like to play pond hockey while others can enjoy their skate among the trees. This area is available for rent outside of the public times for family, community or corporate functions.

Wednesday, Dec 20	1:00-6:00 PM
Thursday, Dec 21	1:00-6:00 PM
Friday, Dec 22	1:00-6:00 PM
Saturday, Dec 23	1:00-6:00 PM
Sunday, Dec 24	1:00-4:00 PM
Wednesday, Dec 27	1:00-6:00 PM



SPECIAL EVENTS

January

Parents Day Off (5-10) Saturday Aquatics Daycamp for Kids

Parents – got plans? Need great daycare while you run errands? Register for Parents Day Off and let your kids ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop their swimming skills while having a blast. Plan of having a bunch of wet, organized fun. Fee includes a snack. Participants must feel comfortable in the water.

Aquatic Centre
Saturday, Jan 6
9:00-4:00 PM
\$40.00 per day
Call to register!



Epic Beach Party Night

(7-12) **Pizza & Swimming Party**
Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, snacks/pizza and beach themed party favours.

Aquatic Centre
Friday, Jan 12
6:00-8:00 PM
\$10.00



Welcome to the

GOO ZONE (all ages) Messy Wet Aquatic Fun

See previous event description for more information.

Aquatic Centre
Saturday, Jan 20, 2:00-4:00 PM
Regular Admission

Comox Valley Jr. Hockey Skills Competition (all ages)

Participants will be broken into divisions based on age/skill level. Categories will include: skate speed, puck speed, stick handling and shooting accuracy. Fun for all ages and abilities.

Arena #2
Sunday, Jan 21
1:15-3:15 PM
Regular Admission



FREE Family Swim (all ages)

Sponsored by the Early Years
Aquatic Centre
Sunday, Jan 28, 5:00-6:30 PM



Give the Gift of Recreation



It's easy, fun and healthy!

This holiday season give the gift of recreation for pool, arena and fitness fun at the CVRD Sports and Aquatic Centres. Certificates are available in all denominations and make great eco-friendly gifts for just about everybody on your list.

For more information:
www.comoxvalleyrd.ca/rec
or call 250-334-9622, ext. 2



comoxvalleyrd.ca



SPECIAL EVENTS

February

Salute to Winter Olympics

(all ages)

Help us create a banner to support our Olympians. Today's water play games will focus on Olympic events including underwater hockey, waterslide luge, milk jug curling, bobsleigh tube races and pool noodle skiing

NEW

Aquatic Centre**Saturday, Feb 10, 2:00-4:00 PM****Regular Admission****Family Day Swim & Skate**(all ages) **Sponsored by Comox****Valley McDonalds**

Join us for a FREE Everyone Welcome Skate at the Sports Centre 1:00-3:00 PM and an Everyone Welcome Swim at the Aquatic Centre 1:00-5:00 PM.

Sports Centre & Aquatic Centre**Monday, Feb 12**

FREE

**Welcome to the****GOO ZONE** (all ages)**Messy Wet Aquatic Fun**

See previous event description for more information.

Aquatic Centre**Saturday, Feb 24, 2:00-4:00 PM****Regular Admission****Valentine's Day****Swim** (all ages)**2 for 1 Team Challenge Night**

Be prepared for a night of crazy team challenges including CheetoHead, Splat, Bonkers and our obstacle course (think Ninja Warrior).

Aquatic Centre**Wednesday, Feb 14****6:00-7:30 PM****2 for 1 Admission**

NEW

Skate (all ages)**2 for 1 Friendship Skate**

Bring a friend or participate solo in a number of on and off ice challenges. Receive a draw ticket for every food bank item you donate – fun draw prizes for the lucky winners to choose from.

Arena #2**Wednesday, Feb 14****6:30-8:30 PM****2 for 1 Admission**

March

Welcome to the St. Paddy Day Special -**GOO ZONE** (all ages)**Messy Wet Aquatic Fun**

See previous event description for more information but think GREEN!

Aquatic Centre**Saturday, Mar 17****2:00-4:00 PM****Regular Admission**

NEW

Supersaver Spring**Break Swims** (all ages)

Visit the CVAC Wave Pool this spring break!

Aquatic Centre**Monday to Thursday, Mar 26-29****& Tuesday to Friday, Apr 3-6****3:00-6:00 PM****Supersaver Rate (\$2.25)****Egg-Cited** (all ages)

Eggs, Eggs and Eggs! Join the hoppingly egg-citing lifeguards for an egg-tastic good time hunting for the elusive Easter Bunny and the treasured eggs.

Aquatic Centre**Thursday, Mar 29****6:00-7:30 PM****Regular Admission**

NEW

Family Nature Walk

Join the CVRD Parks crew at the Bates road parking lot in Seal Bay Park for a fun, family oriented nature walk. Activities will also include a kids craft. This walk is part of the ValleyFamilies initiative.

Seal Bay Park**Saturday, March 17****1:00-3:00 PM**

FREE

NEW



PRO-D DAY ACTIVITIES

C.I.A. - CVRD Ice Academy (8-14) Intermediate Hockey Skills & Conditioning Camp ***

Players will work on their endurance, agility and skill development in this fast paced camp. There will be a fun skills competition at the end of the day. Full gear is required and snack is included.

Sports Centre

Friday, Nov 24, 10:00-3:00 PM
\$30.00

Stay Safe! Program (9-13)

Real-world scenarios often call on children to respond to challenges. The Red Cross Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Learn about:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits).
- Basic first aid & water rescue

Aquatic Centre

Friday, Nov 24, 10:00-3:00 PM
\$30.00



Junior Lifeguard Daycamp (6-12)

Calling all future lifeguards! Join us for an action packed day of lifeguarding training. The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up. Fee includes a snack.

Aquatic Centre

Friday, Nov 24, 10:00-3:00 PM
\$30.00

Shinny Hockey

Tournament (6-12)**

If your kid loves hockey – you got to register them for this fun Pro-D Day Program! It is open to everyone - there is no minimum skill requirement (other than the ability to stand up on skates). Skate Shop staff will divide the players into teams based on age and experience. Registration fee includes pizza lunch/juice, snacks and medals for the top teams. Please Note: **basic hockey gear, running shoes & water bottle required!



Arena #2

Friday, Feb 9, 9:00-3:00 PM
\$45.00



Surfs Up (5-11)

Pro-D Daycamp for Kids

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Fee includes a snack. Participants must feel comfortable in deep water.

Aquatic Centre

Friday, Feb 9, 10:00-3:00 PM
\$30.00

DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!



WINTER BREAK PROGRAMS



Red Cross Babysitting Course PLUS (11+)

Level 1 & 2 – Crash Course

Students that complete level 1 & 2 will receive their Red Cross Babysitters' Certificate. Includes swimming, mini first aid kit, manual and 2 kid approved snacks each day. Please bring a healthy lunch and swim gear.

Wednesday & Thursday, Dec 27-28

9:00-4:00 PM

\$65.00 (2)

DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!

Surfs Up (5-11)

Aquatic Daycamp

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Fee includes a snack & drink each day. Participants must feel comfortable in deep water.

Aquatic Centre

Wednesday-Friday, Dec 27-29

10:00-3:00 PM

\$72.00 (3)

Stay Safe! Program (9-13)

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Learn about:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits).
- Basic first aid & water rescue

Aquatic Centre

Friday, Dec 29

10:00-3:00 PM

\$30.00

NEW

Splash Zone (5-11)

Aquatics Daycamp for Kids

Wet, wet fun! Each day kids will work on their swimming and water sport skills in a structured class but they will also get plenty of game and free time in the pool. During the "dry" portion of the day they will be playing active games outside and creating some cool crafts. At least 3 hours of pool time and a healthy snack every day! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

Aquatic Centre

Tuesday-Friday, Jan 2-5

10:00-3:00 PM

\$96.00 (4)



SPRING BREAK DAYCAMPS

Go BOLD - Aquatic Adventure Dayclub & Leadership Program for Girls (10-14)

Hang with your friends while trying new activities and gaining some useful skills. Try every aquatics activity you can do at the Aquatic Centre including aquasize, paddle boarding, checking out the waves and slides and learning some boat rescue skills. Participants will also receive their Red Cross PeopleSavers First Aid Certificate. Includes fun team building, craft activities and a healthy snack everyday. Please bring a lunch, swim suit, towel and active wear.

Aquatic Centre
Monday to Friday, Mar 26-29
10:00-3:00 PM
\$96.00 (4)

Red Cross Swim Camp (5-9)

Have your kids learn valuable swimming skills and water-safe attitudes this spring break. This program includes 2–45 minute Red Cross swim lessons along with other in and out of water activities. Loads of educational fun!

Aquatic Centre
Monday to Friday, Mar 26-29
10:00-3:00 PM
\$96.00 (4)

Babysitter SUPERSTAR Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit, manual and a kid approved snack each day. Please bring a healthy lunch and swim gear.

Aquatic Centre
Tuesday to Friday, Apr 3-6
10:00-3:00 PM
\$96.00 (4)

H2O x2 (6-10)

Swim & Skate Daycamp
 Swim and skate all day! Program includes swimming and skating instructional sessions plus free time swims/skates, games, crafts and outdoor activities. Program fee includes all facility drop-in fees, skate rentals and a daily snack.

Sports Centre
Tuesday to Friday, Apr 3-6
10:00-3:00 PM
\$96.00 (4)



Junior Lifeguard Daycamp (6-12)

Calling all future lifeguards! Join us for an action packed day of lifeguarding training. The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up. Fee includes a snack.

Aquatic Centre
Tuesday to Friday, Apr 3-6
10:00-3:00 PM
\$96.00 (4)



SPRING BREAK DAYCAMPS

C.I.A. - CVRD Ice Academy (8-14)

Intermediate Hockey Skills & Conditioning Camp ***

This camp is designed to condition and improve the skills of intermediate players that are looking for a spring break ice fix. Players will improve performance in their endurance, agility and skill development in this faced paced camp. There will be a skills competition on the last day. Full gear is required and snack is included.

Arena #2

Monday to Thursday, Mar 26-29 (4)

10:00-3:00 PM

\$96.00

Impact Sports Daycamp (6-12)

Swim, Skate & Play Sports

This action packed camp with introduce your kids to a ton of sports. We will be using the track, playing skill development games and introducing a variety of field sports each day in addition to a visit to the rink or pool each day. Great daycamp for those high energy kids that just want to have fun. Come prepared for all weather and conditions. Snack is included.

Arena #2

Monday to Thursday, Mar 26-29 (4)

10:00-3:00 PM

\$96.00

Coollest Game on Earth (7-12)

Introduction Hockey Camp **

Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will teach you skills to improve your skating ability and level of game play with drills and a scrimmage every class. Full gear and a beginner's level of skating is required. Snack included.

Arena #2

Tuesday to Friday, Apr 3-6 (4)

10:00-3:00 PM

\$96.00



PUBLIC SKATING

DROP-IN ICE PROGRAMS UNTIL MAY 20, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
65+ Drop-in Hockey 10:30-12:00 PM Arena #1	Everyone Welcome Skate 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1	Everyone Welcome Skate 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1	PLEASE NOTE: <i>No helmets available on site - we strongly encourage all skaters to bring one from home.</i>	
55+ Drop-in Hockey 12:15-1:45 PM Arena #1						
	Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2		Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate & Shiny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate 3:00-5:00 PM Arena #2	Everyone Welcome Skate 1:15-3:15 PM Arena #2
Everyone Welcome Skate & Shiny Hockey 6:30-8:30 PM Arena #2 <i>cancelled Apr 9-May 14</i>		Everyone Welcome Skate & Shiny Hockey 6:30-8:30 PM Arena #2			Challenge Skates (all ages) This drop-in program is open to everyone with physical and developmental disabilities. Arena #2 - Tuesdays 10:00-11:00 AM Sep 5-Dec 19 Regular Admission	
	16+ Drop-in Hockey 10:15-11:30 PM Arena #2		16+ Drop-in Hockey 10:15-11:30 PM Arena #2			

DROP-IN PROGRAM DESCRIPTIONS

Drop-in Hockey

Full hockey gear including helmet required. Participants must sign in and pay in person at the reception area. Sign in starts 45 minutes before each session starts. Please note the various age divisions. Limited to 26 players/2 goalies.

Everyone Welcome Skate

All ages welcome. Shiny Hockey is only available during designated times where indicated on the schedule. Helmets are strongly recommended.

Shiny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shiny hockey. All participants must bring a helmet from home and wear it while playing. Don't forget to bring your hockey stick, gloves and long sleeve shirt and pants! Sign in is required and starts 15 minutes before the start of each session - 20 players/2 goalies max.

SPECIAL SKATES & SCHEDULE CHANGES

Nov 24 – Parent/Teacher Day Supersaver – EW/Shiny 3:00-4:45 PM
Dec 20-23 & 27 – Winter Wonderland – Special Skate 1:00-6:00 PM
Dec 21/22 – 3:00-4:45 PM EW/Shiny Cancelled
Dec 23 – 3:15-5 PM EW Cancelled
Dec 24 – 1:15-3:15 PM EW Cancelled/Winter Wonderland 1-4 PM Added
Dec 25/26 – STAT – CLOSED
Dec 31 – New Year's Eve Free Swim & Skate 5-8 PM, sponsored by Tim Hortons
Jan 1 – STAT – CLOSED
Feb 9 – Pro-D Day Supersaver – EW/Shiny 3:00-4:45 PM
Feb 12 – STAT – Family Day – Open FREE EW 1-3 PM sponsored by Comox Valley McDonald's/55+ Hockey 11:15-12:45 PM
Mar 30 – STAT – Good Friday – Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM
Apr 2 – STAT –Easter Monday – Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM
Apr 9-May 14 – EW on Monday's 6:30-8:30 PM Cancelled
Check the events listing on pages 17-20 for more info.



REGISTERED ICE PROGRAMS

Ice skating is a great way to get exercise, meet people and have fun. To learn the basics of skating, it is important to start out on the right 'foot' by taking a few lessons. On-ice instruction prevents the development of bad habits, improves confidence and helps to master the basic techniques. Learning to skate also develops coordination, poise and good posture. Getting started takes only a little knowledge and plenty of enthusiasm! **For ice program fees see page 3.**

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WINTER 2018	Nov 15-Dec 18 (10)	Nov 2-Dec 14 (7)	Nov 4-Dec 16 (6) No class Nov 11	Nov 5-Dec 17 (7)
	Jan 8-Feb 7 (10)	Jan 11-Feb 15 (6)	Jan 6-Mar 24 (11) No class Mar 17	Jan 7-Feb 11 (6)
	Feb 14-Mar 21 (11)	Feb 22-Mar 22 (5)		Feb 18-Mar 25 (6)
Parent & Tot Skating Lessons (2-5)	11:00-11:30 AM			
**Parent & Tot Hockey Lessons (2-5)	11:30 AM-12:00 PM			
H2O x2 (2-5) Parent & Tot Class		1:15-2:30 PM		
Skate, Snack & Story (3-5) Parent & Tot	3:00-3:45 PM			
Ice Quest Preschool (3-5)			12:45-1:15 PM 1:30-2:00 PM 2:15-2:45 PM	
Ice Quest School Aged (6+)			12:45-1:15 PM 1:30-2:00 PM 2:15-2:45 PM	
Ice Quest Homeschool (3+)		2:00-2:30 PM (3-5) 2:30-3:00 PM (6+)		
***Tiny Tot Hockey (3-6)			12:45-1:30 PM	
**Coolest Game (6+)			1:45-2:45 PM	
***Pre-Atom Power Lesson & Scrimmage (7-9)				*11:45 AM-1:00 PM
***Crashed Kids (7-12)	3:00-3:45 PM			
***Adult Learn to Play Hockey (13+)				8:15-9:30 PM

PLEASE NOTE: All on ice participants (caregivers & children) MUST wear a CSA approved helmet. Please bring one from home—hockey helmet with face shield recommended. Skate rentals included in lesson fee.

** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick. Full gear is recommended.

*** Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick, neck guard, shin/shoulder/elbow pads, hockey pants/socks & jock or jill.



DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!

REGISTERED ICE PROGRAMS

PARENT & TOT LESSONS

Parent & Tot Skating Lessons: Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant – it's all about the fun!

****Parent & Tot Hockey Lessons:** Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun – emphasis on skill development.

H20 x2 - Swimming & Skating Lesson Combo - 2 Lessons for 1 Great Price: This program combines both activities in one trip to the CV Sports Centre. Parents and tots will spend the first ½ hour on the ice with a skating instructor, then have 15 minutes to get changed and head to the pool for a swimming lesson for the last ½ hour. Save time and money with this combo program. Padding recommended for children.



Skate, Snack & Story: Looking for a fun way to get your toddler skating? Caregivers and children are invited to join us for a fun introduction to ice skating. Lesson includes a 30 minutes skating lesson followed by a healthy snack and story in the lobby.

SKATING LESSONS

Ice Quest - Learn To Skate Program: These lessons are designed with the beginner in mind! Our six-step program offers an introduction into the joy of ice-skating. Preschool (ages 3-5), school age (ages 6+) and homeschool (preschool and school age) options are available.

HOCKEY LESSONS

*****Tiny Tot Hockey:** Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. All Tiny Tot participants and their families from the 2017-2018 season are invited to the Wrap Up Party on May 19th from 3:00-5:00 PM – please register your Tiny Tot at the front desk for free.

****Coolest Game on Earth – Intro to Hockey:** If you have never played ice hockey this is the program for you. Learn basic hockey skills and have fun. All participants must be able to skate on their own.

*****Power Lesson & Scrimmage:** This program will allow children a chance to practice and enhance their skills to prepare for the next level in hockey. Teams will have a minimum of 10 to a maximum of 15 players and meet each week for a warm up/lesson and (2) 15 minute periods with a line change every 3 minutes.

*****Crashed Kids - Ice Obstacle Training Program:** push your limits to the max and join us for this high-paced and exciting ice obstacle course. Participants will run through a variety of on ice challenges to develop speed and agility.

*****Adult Learn to Play:** These coed sessions are suitable for beginners and those that have some recreational experience.

Comox Valley Stars Hockey League (15+)**

This is a great program for all athletes aged 15+ with developmental disabilities. We will help you work on your skating and hockey skills - it doesn't matter if you have never played or skated before. This season we will play at least 1 game against another diverse ability hockey team. Sign up this fall for some fun on the ice. Full gear required.

Arena #2 - Thursdays, 10:00-11:00am
Sept. 7-Dec. 14 (15)
Jan. 11-Mar. 22 (11)
\$70.00



Private Lessons

(all ages welcome)
 Want to learn how to skate or work on your hockey skills? Private lessons only cost \$27.90 per ½ hour (+ tax for those 14+). All ages welcome at our private lessons.

Please call 334-9622 ext. 225 to book your time.





Welcome!

Santa never seems to disappoint during the holiday season. Despite his busy schedule, we can always count on him to appear at Courtenay Recreation’s annual Children’s Christmas Party. Children aged 9 and under can once again meet Santa on Saturday, December 2 at 1:00 pm at the Lewis Centre (see page 36). While there, check out the Gnarly Little Christmas Craft Fair and support local youth entrepreneurs (see page 49). Thanks to everyone involved with these events for making spirits bright.



Sincerely,
Larry Jangula
Mayor of Courtenay

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Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca/rec

click on Winter Programs



Lewis Centre

Facility Hours:

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

Office Hours:

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

Facility Closures:

December 25 - *Christmas Day*
December 26 - *Boxing Day*
January 1 - *New Year's Day*

Special Hours:

Family Day - *date tba*
see page 34 for more info



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

www.courtenay.ca/lewis

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre
& Native Sons Hall facilities)
Monday to Friday
8:30 am - 4:30 pm

Facility Closures:

December 25 - *Christmas Day*
December 26 - *Boxing Day*
January 1 - *New Year's Day*
Family Day - *date tba*



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

www.courtenay.ca/filberg

The LINC Youth Centre & Indoor Skatepark

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

Facility Hours:

Mondays 7:00 - 9:30 pm (*Adult Skate 16+ years*)
Tuesdays 3:00 - 7:00 pm (*Tween night 8 - 11 years*)
Wednesdays 3:00 - 8:00 pm
Thursdays 3:00 - 8:00 pm
Fridays 3:00 - 11:00 pm
Saturdays 3:00 - 11:00 pm

Hours subject to change

Facility Closures:

December 25 - *Christmas Day*
December 26 - *Boxing Day*
January 1 - *New Year's Day*



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

www.courtenay.ca/linc



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



COURTENAY COZY CORNER

Register now!

We are accepting
registration for classes
in Winter 2018



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

Child and Family Research
and Development program

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

Dr. Seuss

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

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

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

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

Monday, Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

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

NEW!

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

CHILDMINDING

(all ages)

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

Monday - Saturday

January 2 - April 7

9:00 - 11:00 am

Lewis Craft Room B

\$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!

#44716 Tuesdays

January 9 - March 20

10:45 am - 12:00 pm

Lewis Centre MP Hall

\$4/Drop-in

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

#44713 Wednesdays

January 10 - March 21

10:00 - 11:15 am

Lewis Meeting Room

\$1/Drop-in

SONGS & SIGN LANGUAGE

(1 month - 6 years with adult)

Join this group to learn the sign language that accompanies some of your favourite children's songs. Both singing & signing stimulates intellectual development, provides a strong foundation for early literacy and boosts spoken vocabulary. Each week also incorporates a small craft that will help you remember the songs and signs you learned that day. **No class Family Day.**

Instructor: Susie McGregor

#44995 Mondays

January 22 - March 5

10:45 - 11:45 am

Lewis Salish Building

\$50/6

MY LITTLE VALENTINE

(18 months - 4 years)

Spend some quality time with your little one to celebrate Valentines Day. Make crafts, sing songs and decorate heart shaped cookies together.

#44711 Tuesdays

February 6 - 20

9:00 - 10:30 am

Lewis Craft Room A

\$25/3

MOM & BABY YOGA

(18 months - 4 years)

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.

Instructor: Akiko Shima

#45190 Wednesdays

January 10 - March 21

9:30 - 10:30 am

Lewis Salish Building

\$99/11

GROOVE WITH YOUR GRANDPARENT

(6 months - 6 years)

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

Instructor: Susie McGregor

#44994 Mondays

January 22 - March 5

9:30 - 10:30 am

Lewis Salish Building

\$50/6

TREEFROG MUSIC TOGETHER MIXED AGES

(9 months - 5 years)

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

Instructor: Kazimea Sokil

#44710 Wednesdays

January 10 - March 14

9:15 - 10:00 am

Lewis Tsolum Building

\$135/10





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 Family Day.**

#44712 Mondays

January 22 - March 5
3:00 - 4:30 pm
Lewis Craft Room A
\$75/6

MINI CHEFS

(3 - 5 years)

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

#44714 Fridays

January 19 - February 23
10:00 am - 12:00 pm
Lewis Craft Room A
\$75/6

Check receipts carefully for important program information.

PARACHUTE PLAYTIME

(3 - 5 years)

Enjoy a ton of fun games and make new friends! Parachute play supports gross motor development, social development, encourages cooperative play and so much more!

#45056 Thursdays

January 11 - March 1
2:30 - 3:15 pm
Lewis Activity Room A
\$40/8

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

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!

#45055 Wednesdays

January 17 - March 7
2:00 - 3:30 pm
Lewis Craft Room B
\$75/8

MOMMY ON THE MOVE

This fun, high energy and supportive class allows moms to get back into the fitness groove by building endurance and strength in a friendly atmosphere, while meeting other moms in the community! Moms must be 6 weeks post-partum and have seen their doctor/midwife. All moms welcome!

#45254 Tuesdays

January 9 - February 27
1:15 - 2:15 pm
Lewis Activity Room
\$64/8

#45181 Thursdays

January 11 - March 1
1:15 - 2:15 pm
Lewis Activity Room
\$64/8

JR. JEDI TRAINING

(3 - 5 years)

Join us at the Yavin Training Grounds where young Jedi's learn their skills. Younglings will explore the universe, build a lightsaber, bake chocolate chip wookies, and create an Ewok village. You don't have to travel to a galaxy far, far away to join in on this fun...

#45050 Thursdays

January 25 - March 1
10:00 am - 12:00 pm
Lewis Craft Room A
\$60/6



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

SILLY SCIENTISTS

(3 - 5 years)

Where does bad light end up? In Prism! Transform into a scientist by conducting wacky experiments and creating a variety of interesting potions and solutions! If your child has a passion for exploring and experimenting, they'll have an outstanding time exploring the silly side of science.

#44998 Wednesdays

January 24 - March 14
10:30 am - 12:00 pm
Lewis Craft Room A
\$75/8

MUCKIN' & MESSIN'

(3 - 5 years)

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

#45057 Monday - Thursday
March 26 - 29
9:30 - 11:30 am
Lewis Craft Room B
\$60/4



KRAYOLA KIDS

(2 - 5 years)

Learn the colours through stories, colorful arts and craft projects and hands on demos. Don't forget to wear the colour of the day! Please bring a snack. Parent participation is required.

#45060 Tuesday - Friday
April 3 - 6
1:00 - 2:30 pm
Lewis Craft Room B
\$35/4



SB Look for this symbol for more Spring Break options

TINY TU TU'S

(3 - 4½ years)

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

Instructor: Maggie Scofield-Reid

#44709 Wednesdays
January 10 - March 14
11:15 am - 12:00 pm
Lewis Activity Room A
\$75/10

PARENT & TOT DANCE PARTY

(1 - 3 years)

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

Instructor: Jennifer Flint

#45053 Tuesdays
January 16 - March 6
11:15 am - 12:00 pm
Lewis MP Hall A
\$50/8

Check out more Early Years Spring Break Programs on Page 37

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: Jennifer Flint

#45052 Tuesdays
January 16 - March 6
10:15 - 11:00 am
Lewis MP Hall A
\$70/8

DANCE MIX

(3 - 5 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.

#45297 Fridays
January 19 - March 23
1:30 - 2:15 pm
Lewis Craft Room A
\$80/10



follow us

REGISTRATION STARTS MONDAY NOVEMBER 20 | [See page 77](#)

Courtenay Recreation

Family Day!

Free Activities taking place
at the Lewis Centre

Date TBA, 10:00 am - 4:00 pm

Family Gymnastics
Fitness
Youth Zone
Arts & Crafts
Games & Activities

LINC Youth Centre Family Drop-in 11-am.-4 pm



CITY OF
COURTENAY
Recreation

courtenay.ca/familyday

Lewis Centre | 250-338-5371 | 489 Old Island Hwy, Courtenay

SPORTS FOR TOTS

(3 - 5 years)

Run, kick, throw, and score! Active kids will love this playful and non-competitive environment. **No class February 10.**

#45013 Saturdays

January 13 - March 17

10:30 - 11:30 am

Lewis Centre MP Hall

\$50/9

WINTER SPORT MIX

(3 - 5 years)

You'll have a sporting good time as we warm up with fun interactive games and get to try out all types of indoor sports including soccer, basketball, floor hockey and more! Please bring a snack. Register early.

#45051 Wednesday - Friday

January 3 - 5

10:00 am - 12:00 pm

Lewis Craft Room B

\$45/3

Check out more Winter Break programs on page 36

L'I'L KICKS SOCCER

(3 - 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 Family Day.**

#44997 Mondays

January 8 - March 5

9:30 - 10:30 am

Lewis Centre Gym

\$60/8

MINI OUTDOOR ADVENTURES

(3 - 5 years)

Get outside and muck it up! Go on mini adventures to explore, ask questions and interact with nature. Be sure to dress for the weather!

#45014 Tuesdays

January 9 - February 27

10:00 am - 12:00 pm

Lewis Salish Building

\$100/8

TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation.

Instructor: Richard Dobbs

#44840 Tuesdays & Thursdays

January 16 - March 22

4:00 - 4:45 pm

Lewis Centre MP Hall

\$140/20

Recreation Access

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



FAMILY GYMNASTICS

(all ages)

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

#44999 Tuesdays
January 9 - March 20
11:00 am - 12:00 pm
Lewis Centre Gym
\$50/11 - 1 child
\$75/11 - 2 children

#45074 Monday - Thursday
March 26 - 29
9:30 - 10:30 am

#45075 Monday - Thursday
March 26 - 29
10:30 - 11:30 am
Lewis Centre Gym
\$20/4 per child
\$5/Drop-in (per child)

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 March 17 due to Gymnastics Championships.

#45009 Tuesdays
January 9 - March 20
9:45 - 10:45 am
\$99/11
Wednesdays
January 10 - March 21

#45010 11:00 am - 12:00 pm

#45011 1:00 - 2:00 pm
\$99/11

#45012 Saturdays
January 13 - March 24
9:00 - 10:00 am
Lewis Centre Gym
\$95/10

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.

#40007 Tuesdays
January 9 - March 20
9:00 - 9:45 am
Lewis Centre Gym
\$77/11

#45008 Wednesdays
January 10 - March 21
9:00 - 9:45 am
Lewis Centre Gym
\$77/11

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

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.

#45006 Tuesdays
January 9 - March 13
12:00 - 2:00 pm
Lewis Craft Room A
\$90/10

ACTIVE ARTS

(3 - 5 years)

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

#45001 Wednesdays
January 10 - March 14
9:30 - 11:30 am
Lewis Centre Gym
& Craft Room B
\$90/10



Children's Christmas Party

(9 years & under with adult)

Saturday December 9

1:00 - 2:30 pm

Lewis Centre

FREE with donation to the Food Bank



CITY OF
COURTENAY
Recreation

Lewis Centre 250-338-5371 www.courtenay.ca/christmas

Winter Break Activities

WINTER BREAK DAYCAMP

(6 - 12 years)

Embrace the holiday season and play the day away! Active games, arts and crafts, and lots more to provide you with a sleigh full of fun.

#45063 Wednesday - Friday
December 27 - 29
8:00 am - 4:00 pm
Lewis Craft Room B
\$99/3

#45062 Tuesday - Friday
January 2 - 5
8:00 am - 4:00 pm
Lewis Craft Room A
\$125/4

*Check receipts carefully
for important program
information.*

DODGEBALL - HOLIDAY BREAK

(7 - 9 years)

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

#45127 Thurs, Fri & Wed
December 28, 29 & Jan 3
9:30 - 10:30 am
Lewis Centre MP Hall A
\$10/3

WINTER SPORT MIX

(3 - 5 years)

You'll have a sporting good time as we warm up with fun interactive games and get to try out all types of indoor sports including soccer, basketball, floor hockey and more! Please bring a snack. Register early.

#45051 Wednesday - Friday
January 3 - 5
10:00 am - 12:00 pm
Lewis Craft Room B
\$45/3

WINTER CRAFT WONDERS

(1 - 8 years)

Get out of the house and get creative this winter break! Join us and make a winter themed craft you can take home. Parent/Guardian participation required.

#45201 Friday December 29

#45202 Thursday January 4

1:30 - 3:00 pm

Lewis Craft Room A

\$5/pre-registration/child

\$10/Drop-in/child

ELF ACADEMY

(3 - 5 years)

After Christmas Santa's elves are exhausted! Spend your mornings at Santa's Workshop Training Academy helping them out. Make crafts, a no-bake treat, and play Reindeer games. Learning to be an Elf isn't easy, but it sure is fun!

#45098 Wednesday - Friday

December 27 - 29

10:00 am - 12:00 pm

Lewis Craft Room A

\$45/3

Spring Break Sneak Peek

SPRING BREAK DAYCAMP

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

- #45064 Monday - Thursday
March 26 - 29
8:00 am - 4:00 pm
Lewis Salish Building
\$125/4
- #45065 Tuesday - Friday
April 3 - 6
8:00 am - 4:00 pm
Lewis Salish Building
\$125/4

FAMILY GYMNASTICS

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

- Monday - Thursday
March 26 - 29
- #45074 9:30 - 10:30 am
- #45075 10:30 - 11:30 am
\$20/4 per child
\$5/ Drop-in

GYMNASTICS CAMP

(5½ - 12 years)
Spend quality active time learning new skills, developing strength, flexibility, balance, and more, as we work out on all apparatus. Crawling, jumping, rolling and tumbling as you explore gymnastics! You'll have a great time.

- Monday - Thursday
March 26 - 29
- #45279 12:00 - 1:30 pm (5½ - 8 years)
- #45280 1:30 - 3:00 pm (8 - 12 years)
\$75/4

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.

- #45066 Monday - Thursday
March 26 - 29
9:00 am - 4:00 pm
Lewis Craft Room A
\$149/4

THE GREAT OUTDOORS

(3 - 5 years)
Experience the outdoors in our version of a summer camp out! Join us in imaginary play where we make smores, sing camp out songs, build forts and tents, and explore animals through crafts and activities.

- #45059 Tuesday - Friday
April 3 - 6
9:30 - 11:30 am
Craft Room B
\$60/4

LEGO CAMP

(7 - 11 years)
Calling all Master Builders! Build, bake, create and play all things Lego. Everything is awesome in this camp.

- #45068 Tuesday - Friday
April 3 - 6
8:00 am - 4:00 pm
Lewis Craft Room A
\$149/4

FROM BUDS TO BLOSSOMS MINI CAMP

(3 - 5 years)
Make new friends while playing games and activities. Finish off a great day by making delicious treats or creative craft! Sure a fun way to welcome Spring!

- #45058 Monday - Thursday
March 26 - 29
12:00 - 2:00 pm
Lewis Craft Room B
\$60/4



Look for this symbol for more Spring Break options





Special Interest

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.

Instructor: St John Ambulance

#45069 Saturday January 13

#45070 Saturday March 3
8:30 am - 4:30 pm
Lewis Salish Building
\$69

JEDI TRAINING

(6 - 9 years)

There is no need to send your little Padawan to a galaxy far, far away. Build pod racers, design your own BB unit, make galaxy play-dough, and so much more at the Lewis Centre this winter. Enjoy this class, you will!

#45097 Tuesdays
February 6 - March 13
4:30 - 6:00 pm
Lewis Craft Room B
\$75/6

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.

#44739 Saturday January 27

#44740 Saturday March 17
1:00 - 3:30 pm
Lewis Meeting Room
\$25

GET OUTSIDE ADVENTURES

(6 - 12 years)

Get Outside Adventures will take participants to different nature walks and hikes around the Comox Valley. Learn about safety, local wild life, reading a map, and using a compass. Participants will also get to play fun games and make creative nature crafts.

#45024 Tuesdays & Thursdays
January 9 - March 1
3:00 - 5:00 pm
Lewis Meeting Room
\$160/16

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.

#44741 Wednesdays

January 24 - March 14
3:30 - 5:00 pm
Lewis Craft Room A
\$90/8

PRO-D DAY KITCHEN CAPERS

(6 - 11 years)

Sizzle up a skillet of fun. Blend in an abundance of cooking, crafts and games for a day long menu of cooking capers. Lunch is provided.

#44744 Friday February 9

8:30 am - 3:30 pm
Lewis Craft Room B
\$45

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!

#44736 Thursdays

January 18 - March 8
3:30 - 5:00 pm
Lewis Craft Room A
\$90/8



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

Sports

FAMILY DODGEBALL

(6 - 60 years)

Take advantage of this opportunity to get active, have some laughs and throw, duck and dive from your family members! Equipment provided, just bring your water and family!

#45101 Fridays

February 2 - 16

6:00 - 8:00 pm

Lewis Centre MP Hall

\$25/3 per family

CHILDREN'S ARCHERY

(7 - 12 years)

Learn the basics of using a bow and arrow. Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. You'll gain an understanding of this fun sport which has a long history.

Instructor: Bria Reyes

Saturdays

January 13 - March 3

#45018 3:00 - 4:00 pm **Beginner**

#45265 4:00 - 5:00 pm **Intermediate**

Lewis Centre MP Hall

\$88/8

SCHOOL'S OUT BASKETBALL SKILLS

(6 - 11 years)

There's no better way to spend early dismissal days! Activities include sports, arts, crafts, music, dance and games. Theme related activities will be featured each week.

#45102 Wednesdays

January 10 - February 28

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

INDOOR SPORT SAMPLER

(6 - 8 years)

You'll never get bored at this gym class! Come out and spend 60 minutes trying out all different sports from soccer to basketball and even floor hockey!

#45019 Fridays

January 12 - March 16

3:00 - 4:00 pm

Lewis Centre MP Hall

\$35/10

Check receipts carefully for important program information.

DODGEBALL!

(7 - 11 years)

Duck, dip, dive and dodge 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. **No class February 12.**

#45021 Mondays

January 9 - March 5

4:00 - 5:00 pm

Lewis Centre MP Hall

\$70/8

TRAMPOLINE

(6 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance, build self-confidence and learn routines! Best of all, you will have a whole lot of fun!

Wednesdays

January 10 - March 21

#45048 3:30 - 4:30 pm

#45049 4:30 - 5:30 pm

\$99/11

Birthday Parties

SATURDAY SPORTS SIZZLER

(3 years & over)

Saturdays starting January 13

1:00 - 3:00 pm

\$100

GYMNASTICS/ TRAMPOLINE

(3 - 14 years)

Saturdays starting January 13

11:30 am - 1:30 pm

\$100

HULA HOOPY PARTY

(5 years & over)

Sundays starting January 14

1:00 - 3:00 pm

\$100

\$130/party & keepsake

LEGO MANIA

(5 years & over)

Sundays starting January 14

2:30 - 4:30 pm

\$100



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

Creative Pursuits

LEARN TO DRAW

(6 - 12 years)

Fun and encouraging guided drawing projects in a creative, safe space where mistakes are encouraged and drawing outside of the lines is expected! New drawing each week, learn life skills and confidence with basic drawing skills and quality finished pieces to take home every week. Materials supplied and professional guided art instruction provided.

Instructor: TaraLee Houston

#44763 Tuesdays

January 16 - March 6

3:00 - 4:30 pm

Lewis Salish Building

\$80/8

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

ARTRAGIOUS SATURDAYS

(3 months & over)

Join us the third Saturday of every month and create fun crafts with your family. Each Saturday has a different theme.

Saturday

#45076 January 20 **Minions**

#45077 February 17 **Animal Art**

#45078 March 17 **St Patrick's Day**

10:00 am - 12:00 pm

Lewis Craft Room A

\$5/Drop-in

MIXED MEDIA

(6 - 12 years)

Explorations in new materials and techniques. Expand your creative process through expressions, mark making and developing ideas. Each week create and take home a finished project! Materials supplied and professional guided art instruction provided.

Instructor: TaraLee Houston

#44764 Tuesdays

January 16 - March 6

6:00 - 7:30 pm

Lewis Salish Building

\$120/8

DRAWING & PAINTING - BACK TO BASICS

(8 - 13 years)

Practice basic drawing and painting techniques through a variety of different exercises with Disney Cartoonist David Thrasher. Use bold & beautiful colours to draw imaginative one-of-a-kind projects with success! Learn quick and easy techniques to draw something new and different each week. Fun, Laughter and learning guaranteed!

No class February 10.

Instructor: David Thrasher

#45088 Saturdays

January 20 - March 3

10:00 - 11:00 am

Lewis Craft Room B

\$45/6

DIY PROJECTS

(8 - 12 years)

Do-It-Yourself crafting is taking over! So join the craze as you create your very own functional craft projects. Paper Flowers, Bath Bombs or Jewelry. Nothing is off limits!

#45103 Thursdays

January 25 - March 15

6:00 - 7:30 pm

Lewis Craft Room B

\$100/8

SEWING BASICS

(8 - 14 years)

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

Instructor: Jean Morgan

#44745 Tuesdays
January 9 - 23
3:30 - 5:00 pm
Lewis Craft Room A
\$50/3

CHILDREN'S SEWING LEVEL 2

(9 - 14 years)

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

Instructor: Jean Morgan

#44746 Tuesdays
February 27 - March 20
3:30 - 5:30 pm
Lewis Craft Room A
\$80/4

IT'S FUN TO SEW

(8 - 14 years)

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

Instructor: Jean Morgan

#44748 Tuesdays
January 30 - February 20
3:30 - 5:00 pm
Lewis Craft Room A
\$70/4

CLAY SCULPTING

(7 - 10 years)

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

Instructor: Jenja McIntyre

#44760 Mondays
February 19 - March 19
5:45 - 7:00 pm
Lewis Craft Room B
\$75/5

STAINED GLASS DESIGNS

(9 - 12 years)

Make a snowman! Using simple and creative cutting, grinding and decorating techniques you will make a Snowman Sun catcher, Mosaic Curio Box, Trillium Stepping stone and more. A fun and creative class for the arts enthusiasts. **No class Family Day.**

Instructor: Nancy Morrison

#44751 Mondays
January 29 - March 12
3:30 - 5:00 pm
Lewis Craft Room B
\$90/6

WINTER FAMILY CLAY

(4 years & over)

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

Instructor: Jenja McIntyre

#44761 Mondays
February 19 - March 12
7:30 - 9:00 pm
Lewis Craft Room B
\$120/child & guardian
\$60/additional child
4 sessions

CLAY DESIGNS

(9 - 13 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

#44759 Mondays
January 8 - February 5
5:45 - 7:00 pm
Lewis Craft Room B
\$75/5

Check receipts carefully for important program information.





7 Story Circus

AERIAL ARTS: THE BASICS

(10 - 16 years)

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. Eventually you'll be dancing in the air!

Instructor: Kaya Kehl

#44732 Fridays

January 12 - March 23
3:30 - 4:30 pm
Lewis Centre Gym
\$187/11

AERIAL ARTS: ADVANCED

(10 - 16 years)

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. **Instructor:** Kaya Kehl

#44731 Fridays

January 12 - March 23
5:30 - 6:30 pm
Lewis Centre Gym
\$187/11

AERIAL ARTS: INTERMEDIATE

(10 - 16 years)

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.

Instructor: Kaya Kehl

#44733 Wednesdays

January 10 - March 21
6:30 - 7:30 pm
Lewis Centre Gym
\$187/11

#44734 Fridays

January 12 - March 23
4:30 - 5:30 pm
Lewis Centre Gym
\$187/11

Please note: a separate \$21 per year 7 Story membership must be paid to instructor for all Circus & Aerial Arts classes. Info at 7storycircus.com. No class Family Day & March 16 (March 16 classes will be rescheduled & TBA).

COMMUNITY CIRCUS 1

(6 - 12 years)

Activities include: aerial silks & hoop; juggling & object manipulation; stilts & rola bola; handstands & acrobatics; partner acrobatics; improvisation & performance games. Great for beginners, younger students, & those with less than two seasons of circus experience. Info at 7storycircus.com & Facebook. **No class Family Day.**

Instructor: Kaya Kehl

#44735 Mondays

January 8 - March 19
3:30 - 5:30 pm
Lewis Centre Gym
\$200/10

COMMUNITY CIRCUS 2

(12 years & over)

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show! For beginners to pre-professionals! (OR 10+ with CIRCUS experience & permission from instructor) **No class Family Day.**

Instructor: Kaya Kehl

#44776 Mondays

January 8 - March 19
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

OPEN TRAINING

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills, too! All equipment is available for practice. This is a supervised, non-instructional class open to anyone with circus &/or aerial experience. Info at 7storycircus.com & facebook.

Instructor: Kaya Kehl

#44777 Fridays

January 12 - March 9
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

BUDDING BALLERINAS

(5 - 7 years)

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

Instructor: Maggie Scofield-Reid

#44717 Wednesdays
January 10 - March 14
3:30 - 4:30 pm
Lewis Activity Room A
\$80/10

DANCE MIX

(5 - 8 years)

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

Instructor: Jenna Flint

#45257 Fridays
January 19 - March 9
3:00 - 4:00 pm
Lewis Activity Room
\$80/8

GROOVE WITH YOUR GRANDPARENT

(6 months - 6 years)

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

Instructor: Susie McGregor

#44994 Mondays
January 22 - March 5
9:30 - 10:30 am
Lewis Salish Building
\$50/6

Check out page 33 for Early Years dance programs

MUSICAL THEATRE

(8 - 12 years)

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

Instructor: Chai Sullivan

#45094 Mondays
January 15 - March 12
3:30 - 4:30 pm
Lewis Activity Room A
\$75/8

HIP HOP DANCE

(9 - 13 years)

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

Instructor: Chai Sullivan

#44742 Tuesdays
January 16 - March 6
3:30 - 4:30 pm
Lewis Activity Room
\$75/8

THEATRE & ACTING

(9 - 13 years)

Play improv & theatre games to encourage your self expression. Practice script reading & analysis while learning different acting strategies. You will increase your confidence in an 'onstage' setting and have fun playing roles that are different from yourself!

Instructor: Chai Sullivan

#45095 Fridays
January 19 - March 9
4:00 - 5:00 pm
Lewis Craft Room A
\$75/8

Recreation Access

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

Ask us how to apply!





Martial Arts

KARATE KIDS

(5 - 7 years)

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

Instructor: Brenda Bombini & Todd Robertson

#44845 Thursdays

January 11 - March 8

5:30 - 6:00 pm

Lewis Centre MP Hall

\$65/9

KARATE

(14 years & over)

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defence techniques. 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 Family Day.**

Instructor: Brenda Bombini & Todd Robertson

#45148 Mondays & Thursdays

January 8 - March 22

7:30 - 9:15 pm

Lewis Centre MP Hall

\$126/21

JUNIOR KARATE

(7 - 14 years)

Karate is a fun and focused way for fitness, flexibility and personal development. Learn self defence, 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 heightens quality of expertise and safety. An annual fee will be collected in class. **No class Family Day.** **Instructor:** Brenda Bombini & Todd Robertson

#44841 Mondays & Thursdays

January 8 - March 22

6:15 - 7:15 pm

Lewis Centre MP Hall

\$126/21

No classes on Family Day.

BEGINNER KUNG FU

(7 - 14 years)

This class is focused on building a strong foundation in the basics. Through the practice of Kung Fu, students will become more flexible, build strength and learn to be confident and considerate. With a focus on learning through games, this class will empower your child.

*Please note there is a \$55 uniform fee for new students. **No class Family Day & February 21.**

Instructor: Cory Martens

#44843 Mondays & Wednesdays

January 8 - March 21

5:30 - 6:25 pm

Native Sons Grand Hall

\$195/20

ADVANCED KUNG FU

(7 - 14 years)

Having completed level 1, this class focuses on many different scenarios of self defense and disadvantaged fighting. Traditional Chinese Kung Fu weapons are introduced and studied in depth as well. Students will be challenged at a higher level both physically and mentally. **No class Family Day & February 21.**

Instructor: Cory Martens

#44844 Mondays & Wednesdays

January 8 - March 24

6:30 - 7:30 pm

Native Sons Grand Hall

& Saturdays

10:30 am - 12:00 pm

Lewis Activity Room

\$225/31

Although the most important benefit of martial arts is self defence, their health benefits, ranging from muscle strengthening to stress release, are also worth taking a note of.

TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation.

Instructor: Richard Dobbs
#44840 Tuesdays & Thursdays
 January 9 - March 15
 4:00 - 4:45 pm
 Lewis Centre MP Hall
 \$140/20

INTRO TO TAEKWONDO

(5 - 9 years)

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

Instructor: 4th Dan Richard Dobbs
#44837 Fridays
 January 19 - March 9
 4:00 - 4:30 pm
 Lewis Activity Room
 \$69/8

TAEKWONDO JUNIORS

(8 years & up)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation.

Instructor: 4th Dan Richard Dobbs
 Tuesdays & Thursdays
 January 16 - March 22
#44838 **White to Yellow Stripe**
 4:50 - 5:50 pm
#45099 **Yellow to Green Belt**
 4:50 - 5:50 pm **Tuesday**
 4:15 - 5:15 pm **Thursday**
#44839 **Blue to Black Stripe**
 5:55 - 6:55 pm
 Lewis Centre
 \$175/20

All Taekwondo classes taught by Richard Dobbs, 4th Dan Kukkiwon instructor. For Adult Taekwondo, see page 60.

FUNDAMENTAL SKILLS

(5 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 7-11 years. Create skills in sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as; soccer, basketball, floor hockey and more. The FUNDamentals skills will then help children transition into community or traditional Special Olympic Programs. **No class February 10.**

#45023 Saturdays
 January 6 - March 24
 9:15 - 10:15 am
 Lewis Centre MP Hall
 \$25/11
 \$2.50/Drop-in



CV Gymnastics Championships

March 17, 2018
9:30 am - 2:00 pm
Lewis Centre

Ribbons Trophies Friends Concession

courtenay.ca/rec 250-338-5371



Gymnastics

Both boys and girls will enjoy the sport of Gymnastics, for fun and fitness. Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program, with pictorial report cards and participation certificates. Students are grouped by levels: Beginner (1,2,3); Pre-Advanced (4, Silver 1,2); Advanced (Silver 3, 4, Gold 1-6).

GIRLS & BOYS MIXED

(5 - 7 years)

#45026 Tuesdays

January 9 - March 20
3:30 - 5:00 pm

#45025 Saturdays

January 13 - March 24
10:00 - 11:30 am

BOYS GYMNASTICS

(8 years & over)

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

#45029 Tuesdays

January 9 - March 20
5:00 - 6:30 pm

#45030 Saturdays

January 13 - March 24
12:30 - 2:00 pm

GIRLS GYMNASTICS

(8 - 16 years)

#45028 Tuesdays

January 9 - March 20
5:00 - 6:30 pm

#45027 Saturdays

January 13 - March 24
12:30 - 2:00 pm

GIRLS PRE AVANCED

(8 years & over)

Athletes progress into these programs once base skills are strong and when you are physically and mentally ready to advance. We recommend 2 classes per week to develop and maintain your skill level. Must be approved by Sheri or completed assessment.

#45036 Tuesdays

January 9 - March 20
6:30 - 8:00 pm

#45035 Saturdays

January 13 - March 24
2:00 - 3:30 pm

\$154/11 (Tuesdays)
\$140/10 (Saturdays)
\$262.50/21 (both days)
Lewis Centre Gym
No classes March 17

GIRLS ADVANCED

(8 years & over)

#45037 Tuesdays

January 9 - March 20
6:30 - 8:00 pm

#45038 Saturdays

January 13 - March 24
2:00 - 3:30 pm

BOYS ADVANCED

(8 years & over)

#45033 Tuesdays

January 9 - March 20
6:30 - 8:00 pm

#45034 Saturdays

January 13 - March 24
2:00 - 3:30 pm

GYMNASTICS ASSESSMENTS

(8 years & over)

For new students wanting to take Advanced or Pre Advanced in the Winter.

Saturdays 11:30 - 11:45 am
starting January 13
FREE- Please Register



Skatepark

SKATEBOARD FUNDAMENTALS 1

(6 - 12 years)

Build confidence learning the sport of skateboarding. Master the basics of balance, pushing, cruising and then try out a trick or two! This class is geared to beginner-novice skaters. Try it free January 8! **No class Family Day.**

Instructor: LINC Skatepark Staff

#44681 Mondays

January 15 - March 19

4:30 - 5:30 pm

The LINC Skatepark

\$92/9

\$102/with rental

PRIVATE SKATEBOARDING OR SCOOTERING LESSONS

(6 - 13 years)

Want to refine your skateboarding or scootering or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Instructor: LINC Skatepark Staff

Sundays

January 14 - March 18

9:00 - 9:45 am

Wednesdays

January 17 - March 21

4:15 - 5:00 pm

The LINC Skatepark

\$23

*'Tail Whip', '360',
'drop in', 'tic tac', 'Ollie'...*
*Confused? Our skatepark staff will
clear it all up in our weekly lessons!*

SKATEBOARD FUNDAMENTALS 2

(7 - 13 years)

Take your skateboarding to the next level! Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructor and help you progress. This class is geared to skaters who have previously participated in Skate FUNDamentals or are novice-intermediate skaters. Try it free January 8. **No class Family Day.**

Instructor: LINC Skatepark Staff

#44684 Mondays

January 15 - March 19

5:45 - 6:45 pm

The LINC Skatepark

\$92/9

\$102/with rental

ADULT SKATE NIGHT

(16 years & over)

Dust off your skateboard and come out for adult night at the indoor park! This program is based on regular participation and may be canceled if numbers are low. Helmets required and available.

No drop-in Family Day.

Mondays

January 8 - March 19

7:00 - 9:30 pm

The LINC Skatepark

\$40/11 punches

\$4/Drop-in

SK8, SCOOT, SWIM

(7 - 12 years)

Learn new moves and test out your skills at The LINC and other local skateparks. Then spend the last half of the day playing games and cooling off at the pool! Don't forget your lunch, water bottle and helmet!

#44679 Tuesday - Friday

April 3 - 6

9:00 am - 4:00 pm

LINC Games Room

\$140/4



SCOOTER SUNDAYS

(6 - 12 years)

Learning to scooter or want to? We'll teach you the basics, and help you progress through different tricks in the skatepark. You'll gain confidence as you learn to ride the street section and bowl! Rentals available. Try it free January 7. **No class Family Day weekend.**

Instructor: Casey Matsuda & Kai Mills

#44688 Sundays

January 14 - March 18

9:45 - 10:45 am

The LINC Skatepark

\$92/9

\$102/with rental

*Please register in advance
for free trials.*



BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Create your own original birthday party package: Choose dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, make & take (tie-dye, slime or bath salts), or combine themes to make a party all your own! We organize the games, provide supervision, and clean up!

Host parent must be present. Maximum 12 participants.

Saturdays starting January 13

12:30 - 2:30 pm or

Sundays starting January 14

11:00 am - 1:00 pm or 1:30 - 3:30 pm

LINC Games Room

\$110

\$150/with 3 large pizzas

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

\$190/Make & Take with 3 large pizzas



ALL-IN-ONE JOB TRAINING

(13 - 18 years)

Strengthen your resume to help you land a great job! Sign up for this all-in-one certificate workshop series. You'll get a crash course in customer service, cash handling, resume writing, your Food Safe certificate, First Aid and resources to help you land your first job.

#44985 Tuesday - Friday

April 3 - 6

9:00 am - 4:00 pm

LINC Multipurpose Room

\$225/4



JOB PREP

(13 - 18 years)

Get prepared to land your first job, and gain valuable resume-building skills like cash and food handling, customer service, phone etiquette, and workplace safety. You will complete a resume, learn interview skills and tour local businesses. Receive a reference and certificate upon completion.

#44981 Saturdays

February 17 - March 24

2:00 - 4:30 pm

LINC Multipurpose Room

\$60/6

FOOD SAFE LEVEL 1

(13 years & over)

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

Instructor: Gaetane Palardy

#44982 Saturday February 3

#44983 Friday April 6

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

EMERGENCY FIRST AID WITH CPR C & AED

(13 years & over)

Gain confidence as you practice scenarios and learn to react during emergency situations. Topics include airway obstruction, CPR for infants to adult, AEDs, first aid for head & spine injuries, shock, burns, bleeds, broken bones, heart attacks, strokes and more. A great addition to your resume!

Instructor: Alert First Aid

#44984 Wednesday April 4

8:15 am - 4:30 pm

LINC Multipurpose Room

\$85



CHOPPED

(9 - 15 years)

Put your creativity and cooking skills to the test! Each day you'll receive a mystery basket of ingredients to be incorporated into an appetizer, entree or dessert. What will you create to become the winning team? Prizes included.

#45268 Tuesday - Thursday

March 27 - 29

11:00 am - 3:00 pm

The LINC Games Room

\$125/3



SPRING BREAK SMASH UP

(10 - 18 years)

Enjoy an action packed spring break! Each day we'll load the bus for a different adventure. Activities are subject to change and weather permitting.

#45273 Monday - Thursday

March 26 - 29

9:00 am - 4:00 pm

LINC Games Room

\$184/4 or \$50/day

#45269 Monday

Bowling & Rock Climbing

#45270 Tuesday **Monkido**

#45271 Wednesday

Go Karts & Archery Tag

#45272 Thursday **AirHouse**

Trampoline Park & Mini Golf



Get Creative

MIXED MEDIA

(11 - 17 years)

Explore a multitude of materials and techniques including a variety of paints, papers, fabrics, drawing materials & more! Each week you'll try your hand at projects in collage, painting, assemblage and print making. Try it free January 8.

No class Family Day.

Instructor: TaraLee Houston

#44986 Mondays

January 15 - February 26

4:00 - 5:30 pm

LINC Multipurpose Room

\$85/6

Check out Circus programs on page 59

CREATIVE PROCESS

(11 - 17 years)

Learn tips and tricks to help you plan an art project. We will research, explore materials, try different techniques and learn new skills towards your projects. With creative support and resources from your instructor, you'll create a painting, drawing or mixed media piece to show off artistry at our own youth art showcase! **No class Family Day.**

Instructor: TaraLee Houston

#44988 Mondays

January 29 - March 12

6:30 - 8:00 pm

LINC Multipurpose Room

\$96/6

*Look for this symbol
(SB) for more Spring
Break options*

AROMATHERAPY: CREATE, MAKE & TAKE

(10 - 16 years)

With the short winter days we could all use a little sunshine pick-me-up. Learn the basics of essential oils and aromatherapy and how to safely blend them as you create your own happy-sunshine blend of bath salts from a certified clinical aromatherapist.

Instructor: Deanna Papineau

#44993 Tuesday January 16

5:30 - 7:00 pm

LINC Multipurpose Room

\$20

DRAWING EXPRESSIONS

(11 - 17 years)

Explore different themes, emotions and your senses as you experiment with different drawing materials and techniques. Participants will complete a drawing each week in this professionally guided art instruction class. Try it free January 10.

Instructor: TaraLee Houston

#44991 Wednesdays

January 17 - February 21

4:00 - 5:30 pm

LINC Multipurpose Room

\$75/6

PARENT TEEN PAINT PARTY

(9 years & over with an adult)

Join us for a different workshop each month as you try your hand at a different project. Bring your creativity and get ready to paint as you enjoy a family night out!

Instructor: TaraLee Houston

#45274 Fridays

January 19 - March 16

6:30 - 8:30 pm

LINC Multipurpose Room

\$48/3 (per person)

#45275 January 19 **Winter Scape**

#45276 February 16 **Love Birds**

#45277 March 16 **Layered Landscape**

\$20/night (per person)

PAINTING EXPRESSIONS

(11 - 17 years)

Complete a painting each week as you explore different themes, emotions and senses, experimenting with different paint materials and techniques. Try it free January 10.

Instructor: TaraLee Houston

#44989 Wednesdays

January 17 - February 21

6:30 - 8:00 pm

LINC Multipurpose Room

\$75/6

9th Annual

GNARLY LITTLE CHRISTMAS CRAFT FAIR

(9 - 19 years)

Saturday, December 2
11:00 am - 3:00 pm
Lewis Centre
\$10/table



Register your table now and make extra cash this Christmas!
Showcase your talents in painting, photography, jewelry, art-cards,
baking & more at our annual Youth Christmas Craft Fair!



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 20 | See page 77

TWEEN DANCE

(8 - 11 years)

Tues, January 23

4:00 - 7:00 pm

The LINC

\$5

Live DJ, prizes and more!

Winter Break

NEW YEARS BAKE-OFF

(9 - 15 years)

Create an assortment of holiday baking in this 3 day workshop. Cookies, bars and treats galore; you'll be a hit at the holiday parties and have all the goodies to ring in the New Year right! You'll leave with a recipe book and an assortment of treats to share.

#44453 Wednesday - Friday
December 27 - 29
10:00 am - 2:00 pm
LINC Multipurpose Room
\$85/3

Check receipts carefully for important program information.

SK8, SCOOT & SWIM

(7 - 13 years)

Keep busy learning new moves on your skateboard or scooter at The LINC's indoor skatepark, playing games in the bowl and games room. Then head to the wave pool to cool off for the last part of the day! Don't forget your lunch, swimsuit, water bottle and helmet!

#44454 Wednesday - Friday
December 27 - 29
10:00 am - 4:00 pm
LINC skatepark
\$78/3

#44459 Tuesday - Friday
January 2 - 5
10:00 am - 4:00 pm
LINC Skatepark
\$104/4

FREE TRIAL WEEK 2018

Sunday January 7

#44687 Scooter Sundays
9:45 - 10:45 am

Monday January 8

#44987 Mixed Media
4:00 - 5:30 pm

#44708 Skate FUNdamentals 1
4:30 - 5:30 pm

#44683 Skate FUNdamentals 2
5:45 - 6:45 pm

Wednesday January 10

#44992 Drawing Expressions
4:00 - 5:30 pm

#44990 Painting Expressions
6:30 - 8:00 pm

Thursday January 11

#45281 Ladies & Locomotion
4:00 - 6:30 pm

**Please pre-register for programs*

LINC Winter Break Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 25 CLOSED	Dec. 26 CLOSED	Dec. 27 3 - 9 pm	Dec. 28 3 - 9 pm	Dec. 29 3 - 11 pm	Dec. 30 3 - 11 pm
Jan. 1 CLOSED	Jan. 2 3 - 8 pm	Jan. 3 3 - 9 pm	Jan. 4 3 - 9 pm	Jan. 5 3 - 11 pm	Jan. 6 3 - 11 pm

THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



COURTENAY YOUTH

WHAT WE OFFER

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

WINTER HOURS

(effective January 8)

Mondays	7 - 9:30 pm
(Adult Skate Night 16+ years)	
Tuesdays	3 - 7 pm
(Tween Night 8 - 11 years)	
Wednesdays	3 - 8 pm
Thursdays	3 - 8 pm
Fridays	3 - 11 pm
Saturdays	3 - 11 pm

FEES

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

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

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

TWEEN PRO-D DAY

(7 - 13 years)
 Enjoy your day off at school at The LINC! We'll keep you busy playing air hockey and dodgeball, practicing tricks in the skatepark and making tasty snacks in the kitchen. After lunch we'll relax at the wave pool!
#44978 Friday February 9
 8:30 am - 4:00 pm
 LINC Games Room
 \$35

FAMILY DAY FUN

Enjoy The LINC as a family! Ride the bowl, play ping pong, air hockey, foosball, sing along to karaoke and more! For more info on Family Day activities at Courtenay Recreation, see page 34.
 Date TBA
 11:00 am - 4:00 pm
 LINC Games Room &
 Indoor Skatepark
 FREE

LADIES & LOCOMOTION

(13 - 17 years)
 Grab your friends as we teach you how to make activity and nutrition part of your routine. Learn to use gym equipment, try out a HIIT class, yoga, and other active adventures! We'll also create tasty and healthy snacks to keep you energized. Try it free January 11.
#45278 Thursdays
 January 18 - March 15
 4:00 - 6:30 pm
 LINC Multipurpose Room
 \$150/9



follow us

REGISTRATION STARTS MONDAY NOVEMBER 20 | [See page 77](#)



Creative Pursuits

BEGINNERS PAINTING (OIL OR ACRYLIC)

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!

Instructor: Teresa Knight

#44769 Wednesdays

January 17 - March 7

6:30 - 8:30 pm

Filberg Craft Room

\$125/8

PAINTING LANDSCAPES IN OILS & ACRYLICS

Practice the entire process from making your sketch to getting the colours right and defining the leaves, water and clouds. All the skills you'll need to learn in order to tackle the fun of painting landscapes on your own! This class is fun and good for beginners or intermediate painters. **No class Family Day.**

#45238 Mondays

6:30 - 8:30 pm

January 22 - March 19

Filberg Craft Room

\$125/8

INTERMEDIATE+ WATERCOLOUR PAINTING

Not for beginners, this course involves more advanced techniques with a focus on light and colour. For example, glazes used to blend colour not mixing. Glazing will create atmospheric effects, or correct and even fine tune transitions between contrasting elements. Other techniques will be addressed. Different tools and materials will be introduced. Instead of a painting each week, we will do a number vignettes, bits of street and rural scenes, seascape glimpses, works with people will also be featured. Please bring a few ¼ sheets of paper each week, we are really going to work! **No class Family Day.**

Instructor: Bill Kerr

Mondays

January 22 - March 19

#44795 6:30 - 9:00 pm

#44796 9:00 - 11:30 am

Lewis Tsolum Building

\$125/8

ACRYLIC PAINTING

Enjoy our welcoming vibe in this class designed for beginners. Work on developing your own style through a variety of fun projects. No one goes home with the same finished art work. All artist quality supplies included.

Instructor: Lupine Art Studio

Mondays

6:00 - 8:00 pm

#45136 January 8 - February 5

#45137 February 19 - March 19

Wednesdays

12:00 - 2:00 pm

#45138 January 10 - February 7

#45139 February 21 - March 21

Location

\$175/5

WATERCOLOUR FOR BEGINNERS

Designed with the beginning student in mind, this program will inspire and motivate you. If you've longed to learn watercolour, this is your chance to get started.

You will receive clear instruction through demonstration as well as one on one coaching to help you create interesting paintings. Discover paints, paper, colour and application under the direction of an effective and experienced teacher and artist. **No class Family Day.**

Instructor: Teresa Knight

#44794 Thursdays

January 25 - March 15

6:00 - 8:00 pm

Lewis Craft Room A

\$125/8

Recreation Access

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

Ask us how to apply!

PRINTMAKING

Learn a variety of printmaking techniques such as monoprints, collographs, block printing, and stamp making. There will be an introduction to materials and tools for beginners, but if you've got a solid handle of the techniques already, you are welcome to fly at it!

Instructor: Lupine Art Studio
Tuesdays

#45142 January 23 - February 13

#45143 February 27 - March 20
12:00 - 2:00 pm
\$140/4

DRAWING

You will be amazed at what you can do when you're given the tools! We will focus on these 5 skills of drawing: The perception of edges, space, relationships, light and shadow, and 'the whole'. Designed for beginners, experience is welcome. All artist quality supplies included.

Instructor: Lupine Art Studio
Tuesdays

#45140 January 16 - February 13

#45141 February 20 - March 20
3:00 - 5:00 pm
\$155/5

DECORATIVE RIVETS

Come take this new class with jeweler Cheryl Jacobs and explore decorative rivets, rivets used solely as decoration and at the same time holding two pieces of metal together. The emphasis in the class will be on earrings and pendants with four new rivet techniques being taught. Mixed metals will be used and many stones will be provided.

Instructor: Cheryl Jacobs

#44921 Saturday March 17
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85

ART WITH HEART NEW YEARS RETREAT

This winter retreat involves slowing down and connecting your body, mind and spirit through making art with heart. We will make art and projects focused on gratitude and positive affirmations to take home, meditative and expressionistic explorations will also be guided on this retreat to get you started on the right path this year!

Instructor: TaraLee Houston
Saturday & Sunday
January 20 & 21
9:00 am - 3:30 pm
Lewis Salish Building

#45145 Both days \$75

#45239 Saturday only \$50

#45240 Sunday only \$50

ART WITH HEART SPRING RETREAT

This Spring retreat involves slowing down and connecting your body, mind and spirit through making art with heart. Come relax and rejuvenate while we create in a safe and creative environment meant to nurture each individuals level of explorations. We will make art and projects focused on celebrating and welcoming Spring to take home, meditative and expressionistic explorations will also be guided on this retreat.

Instructor: TaraLee Houston
Saturday & Sunday
March 24 & 25
9:00 am - 3:30 pm
Lewis Salish Building

#45146 Both days \$75

#45241 Saturday only \$50

#45242 Sunday only \$50

TEXTURED, STAMPED, CUT BRACELETS

Come take this new class with jeweler Cheryl Jacobs and learn to stamp and texture metals using various stamps and the rolling mill, 2 different options for bracelet designs will be given to the student to choose from and an intricate bracelet will be completed in the class.

Instructor: Cheryl Jacobs

#44922 Saturday April 14
9:30 am - 4:30 pm
Lewis Tsolum Building
\$85





INTRO TO STAINED GLASS

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

Instructor: Nancy Morrison
#44792 Tuesday January 23
 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 sun catcher to introduce you to the step by step process and then a 8x14 in. window panel. Register early! A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison
#44816 Tuesdays
 January 30 - March 20
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$115/8

MOSAIC MIRROR

Learn the easy and creative process of stained glass mosaic making a beautiful 12"x24" mirror with a 2" mosaic border. Perfect for the entrance way, hall or bedroom. Several design styles and colours to choose from. Material Fee paid to instructor is \$60.

Instructor: Nancy Morrison
#44793 Wednesdays
 January 24 - February 28
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$85/6

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
#44817 Wednesdays
 March 7 - 21
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$45/3

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
#44779 Mondays

January 8 - February 5
 7:30 - 9:00 pm
 Lewis Craft Room B
 \$150/5

BEACHSTONE & SILVER

Be inspired as you work with tumbled, polished beachstones and sterling silver, learn to drill and set beachstones in silver with a design of your own, create amazing earrings or a one of a kind pendant and learn many other techniques, such as texturing, patina and finishing. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs
#44920 Saturday January 20
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85



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

STRUM ALONG GUITAR

Learn to strum along to some of your favourite familiar songs. This easy beginner guitar course will teach you chord and rhythm basics. All you need is a guitar! **No class Family Day.**

Instructor: Larry Ayre

#44791 Mondays
February 5 - March 19
7:15 - 8:30 pm
Lewis Tsolum Building
\$90/6

#44790 Thursdays
February 8 - March 15
2:15 - 3:30 pm
Lewis Salish Building
\$90/6

BLUES HARMONICA

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

Instructor: Larry Ayre

#45259 Mondays
February 5 - March 19
6:00 - 7:00 pm
Lewis Tsolum Building

#44770 Thursdays
February 8 - March 15
1:00 - 2:00 pm
Lewis Salish Building
\$75/6

GOLDEN BEATS DRUMS ALIVE

'Golden Beats' is a new Drums Alive class, specially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace.

No Class February 22.

Instructor: Monica Hofer

#44788 Thursdays
January 11 - March 22
10:30 - 11:30 am
Native Sons Grand Hall
\$70/10

POWER BEATS DRUMS ALIVE

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit! **No class February 21.**

Instructor: Monica Hofer

#44789 Wednesdays
January 10 - March 21
7:00 - 8:00 pm
Native Sons Grand Hall
\$70/10

INTERMEDIATE AFRICAN DRUMMING

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

Instructor: Monica Hofer

#44786 Mondays
January 8 - March 19
11:45 am - 12:45 pm
Native Sons Grand Hall
\$140/10

BEGINNER AFRICAN DRUMMING

Drumming in community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming or those not ready to move to the beyond beginner level. Please contact instructor if unsure. **No class February 21.**

Instructor: Monica Hofer

#44782 Wednesdays
January 10 - March 21
5:30 - 6:30 pm
Native Sons Grand Hall
\$140/10

Check receipts carefully for important program information.





Dance

PARENT & TOT DANCE PARTY

(1 - 3 years)

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

Instructor: Jenna Flint

#45053 Tuesdays

January 16 - March 6

11:15 am - 12:00 pm

Lewis MP Hall A

\$50/8

ADULT BALLET

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

Instructor: Jenna Flint

#44768 Thursdays

January 11 - March 15

7:45 - 8:45 pm

Lewis Activity Room

\$60/10

INTERMEDIATE BALLET

This intermediate class is designed for participants with previous ballet experience. You will continue to develop strength & flexibility through classical technique while challenging yourself. Experience necessary.

Instructor: Jenna Flint

#44767 Tuesdays

January 9 - March 13

7:45 - 9:00 pm

Lewis Activity Room

\$60/10

PRIVATE DANCE LESSONS

Are your dance moves looking for a little extra attention? These private lessons are for everyone, whether you're a beginner who would like to pick up a few moves or an experienced dancer looking for a challenge. Call to ask about available dates and times.

Instructor: Jenna Flint

Dancing enhances your life in so many ways:

- improved cardiovascular system
- increase in muscles tone
- burning calories
- social interaction
- mental stimulation

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: Jennifer Flint

#44815 Tuesdays

EG January 16 - March 20

6:30 - 7:30 pm

Lewis Activity Room

\$60/10

Jenna Flint

Jenna Flint is a third-generation dancer with a background in Classical Ballet (R.A.D.), Modern Dance, Jazz, Lyrical and Contemporary Dance as well as music, voice and theatre. Her involvement with dance began at an early age and she has studied with recognized instructors including Bebe Eversfield (Victoria), Decidedly Jazz Danceworks (Calgary) and The Alberta Ballet School (Calgary). In 1988 she began working with The Red Thunder Cultural Society in Calgary Alberta and worked with them as a dance instructor and choreographer until 1990 when her first child was born. She returned to dance in 2005 and has taught Recreational Dance in the Comox Valley since in 2014.



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

#44781 Tuesdays (**Intermediate**)



January 9 - March 27

1:00 - 2:00 pm

Native Sons Grand Hall

#44780 Wednesdays (**Beginner**)

January 10 - March 28

1:00 - 2:00 pm

Lewis Activity Room A

\$72/12

HULA DANCE

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

Instructor: Jacqueline Nybo

#45256 Tuesdays

January 16 - February 20

9:30 - 10:30 am

Lewis MP Hall

\$80/6

NIA

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

No class Family Day.

Instructor: Ann Marie Lisch

#44846 Mondays

January 15 - March 12

5:30 - 6:45 pm

Filberg Rotary Hall

\$72/8

ZUMBA

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

Instructor: Lyla Pettis

#44870 Tuesdays

January 9 - March 13

9:00 - 10:00 am

Lewis Activity Room

\$66/11

\$6.50/Drop-in

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. **No class February 21.**

#44848 Wednesdays

January 10 - March 7

1:00 - 3:00 pm

Native Sons Lower Level

\$60/8

ZUMBA & KICKBOXING

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

Instructor: Tammy Jones

#44880 Mondays

January 8 - March 19

10:30 - 11:30 am

Lewis Centre MP Hall

\$60/10

Check out page 70 for more Zumba classes.

FAMILY CAREGIVER EDUCATION

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

#45255 Fridays

1:00 - 4:00 pm

March 2 - 16

Lewis Craft Room B

Free - please register





INTRODUCTION TO NUMEROLOGY

Numerology is the study of the vibrational significance of the numbers found in your name & birth date. It can provide insight into your strengths & weaknesses, deep desires, emotional triggers, innate talents & the way you respond to others. It also provides tools to make important life decisions. In this workshop you'll learn how to perform the basic calculations to build your 'numerology map.'

Instructor: Kara Foreman
#45130 Saturday February 3
 1:00 - 4:00 pm
 Filberg Soroptimist Lounge
 \$35

AROMATHERAPY AND THE ESSENCE OF LOVE

Happy Valentine's class. Explore the lure of Aromatherapy and the Essential Oils of Love. Class includes Essential Oil profiles, safety, blending and make an Aromatherapy spray to enjoy or gift.

Instructor: Deanna Papineau
#45161 Wednesday February 7
 7:00 - 9:00 pm
 Lewis Craft Room A
 \$60

HEALTHY FOOD - HAPPY KIDS

Looking for healthy foods your kids will love? These recipes are gluten-free, dairy-free, soy-free, guilt-free. Learn how easy it is to make yummy fudgesicles, chocolate pudding, almond milk, smoothies, goji coconut balls & other energy balls, better than mayo & happy face veggies, veggie pasta, mini pecan pies. Enjoy samples, get recipes and lots of valuable information.

Instructor: Rose Vasile
#45144 Wednesday January 31
 6:30 - 8:30 pm
 Filberg Evergreen Lounge
 \$40

EASY RAW CUISINE

Jump-start 2018 with tasty raw recipes--gluten-free, dairy-free, soy-free, guilt-free. Enjoy Banana Lemon Pie, Jicama-Not Potato Salad on Greens, Brazil Nut Topping, Spaghetti and Marinara Sauce. Get recipes and lots of valuable info.

Instructor: Rose Vasile
#45128 Wednesday January 17
 6:00 - 8:30 pm
 Filberg Evergreen Lounge
 \$40

BUILD A BASIC WEBSITE

Have you ever been told you need a website but it just seemed too big and confusing and expensive to tackle? It doesn't have to be that way when you learn the basics. In this 2-part course you'll learn how to build a simple WordPress website for less than \$100 that you can use as an on line resume, to expand your business or for your creative expression.

Instructor: Kara Foreman
#45131 Saturdays
 February 24 & March 10
 10:00 am - 4:00 pm
 Filberg Soroptimist Lounge
 \$99/2

READING THE TAROT

Learn this ancient art of 'sooth saying' for personal development or to work professionally. You'll learn how to get to know your cards, what layouts to use in different situations, & how to develop your reading abilities. Bring a Tarot deck with you. If you don't own one, borrow or purchase a deck that resonates with you.

Instructor: Kara Foreman
#45129 Saturday January 20
 1:00 - 4:00 pm
 Filberg Centre Craft Room
 \$35

MEDITATION FOR THE WESTERN MIND

Come learn this innovative system of guided, focused thought. You'll experience enhanced mental clarity and deep relaxation at the same time. If you have tried meditation and struggled, come and learn.

Instructor: Kara Foreman
#45133 Saturday March 17
 1:00 - 4:00 pm
 Filberg Soroptimist Lounge
 \$40

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: Rikki Frances

#44775 Fridays

January 12 - March 9
6:45 - 7:45 pm
Lewis Centre Gym
\$108/9
\$13/Drop-in

COMMUNITY CIRCUS 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals! (OR 10+ with CIRCUS experience & permission by teacher) **No class Family Day.**

Instructor: Kaya Kehl

#45299 Mondays

January 8 - March 19
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

PROFESSIONAL OPEN TRAINING

This class is a non-instructional, practice space for Professional Circus Artists who are training at an advanced level. Please contact info@7storycircus.com if you have any questions about whether this training space is right for you. **No training February 15.**

#44778 Thursdays

January 18 - March 15
11:00 am - 12:30 pm
Lewis Centre Gym
\$4/Drop-in

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! For info follow us at 7storycircus.com & facebook.

Instructor: Kaya Kehl

#44772 Wednesdays

January 10 - March 21
7:30 - 8:30 pm
Lewis Centre Gym
\$187/11
Thursdays

#44773 January 11 - February 8

#44774 February 22 - March 22
9:30 - 11:00 am
Lewis Centre Gym
\$125/5

A separate \$21 once/year 7 Story circus membership fee must be paid to instructor for all Circus, Aerial and Handstand Classes.

For more information on 7 Story Circus, go to www.7storycircus.com & facebook.

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: Sheri Roffey

#45149 Tuesdays

January 9 - March 20
8:00 - 9:00 pm
Lewis Centre Gym
\$88/11
\$10/Drop-in

OPEN TRAINING

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills, too! All equipment is available for practice. This is a supervised, non-instructional class open to anyone with circus &/or aerial experience. Info at 7storycircus.com & facebook.

Instructor: Kaya Kehl

#44777 Fridays

January 12 - March 9
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in





ADULT TAEKWONDO

Get a full body workout while building new skills. Taekwondo is a Korean martial art and an Olympic sport known for its dynamic, powerful kicks. Students improve flexibility, balance, coordination and endurance. Canadian Taekwondo Federation and BC Taekwondo Federations.

Instructor: Richard Dobbs
#45093 Tuesdays & Thursdays
 January 16 - March 22
 7:00 - 8:00 pm
 Lewis Centre MP Hall
 \$180/20

STREET DEFENSE FOR WOMEN

This class covers various scenarios of disadvantaged fighting. All techniques will be tested under pressure to solidify an appropriate response to potentially serious situations. Knowing some skills to defend yourself brings a tremendous amount of self-confidence.

Instructor: Corny Martens
#45264 Saturdays
 January 27, February 24
 & March 24
 12:30 - 3:00 pm
 Lewis Activity Room
 \$75/3, \$60/2, \$35/1

KARATE

Karate is a great way to improve overall health and fitness at any age. Safe and encouraging practice of blocks, kicks, and punches will develop confidence 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 Family Day.**

Instructor: Brenda Bombini & Todd Robertson
#45148 Mondays & Thursdays
 January 8 - March 22
 7:30 - 9:15 pm
 Lewis Centre MP Hall
 \$126/21

QI GONG

Qi Gong is an ancient healing art that combines flowing movements and breathe aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well-being.

Instructor: Corny Martens
#45623 Tuesdays & Thursdays
 January 9 - March 22
 9:00 - 9:40 am
 Lewis Meeting Room
 \$132/22

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
#45150 Thursdays
 January 11 - March 15
 7:15 - 8:15 pm
 Lewis Meeting Room
 \$80/10

TAI CHI (NSH)

Derived from the martial arts, Tai Chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai chi improves overall fitness, coordination, and agility. **No class February 21.**

Instructor: Ivy Wang
 Wednesdays
 January 10 - March 14
#45151 10:00 - 11:00 am **level 1**
#45152 9:00 - 10:00 am **level 2**
#45153 11:15 am - 12:15 pm **level 3**
 Native Sons Lower
 \$120/10

ADULT KUNG FU

Applied Body Mechanics Ving Tsun is a tested system of Chinese Boxing that emphasizes small movements for maximum results. This class is skill-based training in an encouraging, safe and non-threatening environment. **No class Family Day & February 21.**

Instructor: Corny Martens
#45258 Mondays & Wednesdays
 January 8 - March 21
 8:00 - 10:00 pm
 Native Sons Grand Hall
 Saturdays
 January 13 - March 24
 10:30 am - 12:00 pm
 Lewis Activity Room
 \$295/3 classes/week
 \$220/2 classes/week
 \$115/1 classes/week

INTRO TO NORDIC POLE WALKING

(55 years & over)

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles. Nordic pole walking improves your endurance, cardio, posture, balance, and much more. Nordic poles available for use in class and for purchase. www.nordicpolewalkingcomoxvalley.com.

Instructor: Catherine Egan

#44828 Fridays

February 23 - April 13
11:00 am - 12:00 pm
Lewis Centre
\$80/8

NORDIC POLE WALKING LEVEL 2

(55 years & over)

Are you a runner or hiker and looking for a low impact outdoor fitness sport - why not try Nordic pole walking? Nordic pole walking is a total body workout for cardio, strength and flexibility. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan

#44829 Fridays

February 23 - April 13
12:30 - 1:30 pm
Lewis Centre
\$80/8

COMOX VALLEY ROAD RUNNERS 5K CLINIC

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

#45262 Saturdays

January 13 - March 17
9:00 - 11:30 am
Lower Native Sons Hall
\$50/10 before January 13
\$55/10 January 13 or later

BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport! **No class Family Day.**

#44832 Mondays, Thursdays & Friday

January 8 - March 22
1:00 - 3:00 pm
Lewis Centre Gym
\$3/Drop-in

#44833 Mondays & Thursdays

January 8 - March 22
8:00 - 10:00 pm
Lewis Centre Gym
\$63/21

PICKLEBALL

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

No program February 22 & March 22.

#44830 Thursdays & Tuesdays

January 4 - March 20
2:30 - 4:30 pm
Native Sons Grand Hall
\$2.50/Drop-in

SQUASH LESSONS

Squash is a healthy sport for fun and fitness. Learn how to swing, rally and keep score in 6 easy lessons. Equipment is included. Intermediate lessons are for those players who would like to bump their game up a notch. **No class Family Day.**

Instructor: Sue Tompkins

#44835 Mondays **Beginner**

January 15 - February 26
5:30 - 6:30 pm
Lewis Squash Court 1 & 2
\$60/6

#45260 Mondays **Intermediate**

January 15 - February 26
6:45 - 7:45 pm
Lewis Squash Court 1 & 2
\$60/6

FLOOR HOCKEY

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

Instructor: Tim Chaisson

#44831 Tuesdays

January 16 - March 13
8:15 - 9:45 pm
Lewis Centre MP Hall
\$5/Drop-in



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!





Lewis Centre Squash Courts

To reserve a court:

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

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

4 squash courts
Low rates for Non-prime time bookings
Equipment rentals
Childminding (see page 31)

Prime Time:

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

Non-Prime Time:

Monday to Friday 6:45 - 11:15 am &
1:30 - 4:30 pm
Saturday 9:00 am - 3:45 pm
Sunday 9:00 am - 7:45 pm

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

Why Play Squash?

Playing squash gives you many health benefits:

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

See page 61 for Squash Lessons

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

A great deal for regular court users.
Unlimited ½ court bookings.

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





Wellness Centre

Ages 13 & Over

(13 - 15 years with adult supervision)

Services Include:

- Professional Assistance
- Drop-in
- Instructional Programs
- Personal Training

Wellness Centre Winter Hours:

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

Hours & schedule subject to change

Pass Suspensions

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

Equipment

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

NOTE:

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

Fees

Drop-in & Punch Cards

(includes 5% GST)

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

Memberships (includes 5% GST)

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

Childminding

(All ages)

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

Mondays - Saturday

9:00 - 11:00 am

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



Wellness Centre Classes & Supervision Hours

COURTENAY ACTIVE LIVING

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

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

Schedule subject to change

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

CIRCUIT TRAINING

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

Instructor: Juan Blancas
#44750 Tuesdays & Thursdays
 January 9 - March 22
 7:00 - 8:00 pm
 Lewis Wellness Centre
 \$132/22

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
#44747 Tuesdays & Thursdays
 January 9 - March 22
 1:30 - 2:30 pm
 Lewis Wellness Centre
 \$132/22

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 Family Day.**

Instructor: Kim Hamilton
#44758 Mondays
 January 8 - March 19
 5:15 - 6:15 pm
 Lewis Wellness Centre
 \$80/10



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. **No class Family Day.**

Instructor: Juan Blancas

EG Mondays & Wednesdays
January 8 - March 14

#44754 10:00 - 11:00 am

#44757 11:15 am - 12:15 pm

#44755 1:00 - 2:00 pm

#44756 2:15 - 3:15 pm
\$126/21

#44752 Tuesdays & Thursdays
January 9 - March 22
10:30 - 11:30 am
\$132/22

#44753 Fridays
January 12 - March 23
10:00 - 11:00 am
Lewis Wellness Centre
\$66/11

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

#44803 January 9 - March 22
6:30 - 7:30 am
Lewis Wellness Centre
\$176/22

SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class Family Day & February 21.**

Instructor: Joyce Leong & Steve Thomson

#44809 Mondays & Wednesdays
EG January 8 - March 21
10:15 - 11:15 am
Native Sons Grand Hall
\$120/20

SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class Family Day & February 21.**

Instructor: Joyce Leong & Steve Thomson

#45207 Mondays & Wednesdays
EG January 8 - March 21
9:00 - 10:00 am
Native Sons Grand Hall
\$120/20

55+ TRX AND RESISTANCE TRAINING

(55 years & over)

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

Instructor: Kim Hamilton

Mondays & Wednesdays
#44799 January 8 - February 14
EG 9:00 - 10:00 am **Level 2**
\$88/11

#44797 February 19 - March 28
9:00 - 10:00 am **Level 2**
\$96/12

Tuesdays & Thursdays
January 9 - February 15

#44800 9:00 - 10:00 am **Level 1**

#44798 2:45 - 3:45 pm **Level 2**
February 20 - March 29

#44801 9:00 - 10:00 am **Level 1**

#44802 2:45 - 3:45 pm **Level 2**
Lewis Wellness Centre
\$96/12





SPIN AND CORE

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength. **No class Family Day.**

Instructor: Nancy Victoria

#45164 Mondays & Wednesdays
January 8 - March 21
6:15 - 7:15 am
\$126/21

#45166 Fridays
January 12 - March 23
5:15 - 6:15 pm
Lewis Activity Room
\$66/11
\$6.50/Drop-in

20/20/20

Challenge yourself with 20 minutes on the bike, 20 minutes of strength training, and finish off with 20 minutes of core & stretching.

Instructor: Nancy Victoria

#45167 Saturdays
January 6 - March 17
9:00 - 10:00 am
Lewis Activity Room
\$66/11
\$6.50/Drop-in

MOMMY ON THE MOVE

This fun, high energy and supportive class allows mom to get back into the fitness groove by building endurance and strength in a friendly atmosphere, while meeting other moms in the community! Moms must be 6 weeks post-partum and have seen their doctor/midwife. All moms welcome!

#45254 Tuesdays
January 9 - February 27

#45181 Thursdays
January 11 - March 1
1:15 - 2:15 pm
Lewis Activity Room
\$64/8

FLEX CORE

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

Instructor: Steve Thomson

#45155 Thursdays
January 11 - March 22
6:30 - 7:30 pm
Lewis Activity Room
\$66/11

HIIT - HIGH INTENSITY INTERVAL TRAINING

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to compliment your gym routine!

Instructor: Tammy Jones

#44806 Tuesdays
January 9 - March 20
12:10 - 12:45 pm

#44807 Thursdays
January 11 - March 22
12:10 - 12:45 pm
Lewis Centre Activity Room
\$49.50/11
\$5/Drop-in

INTRO TO KETTLEBELL FITNESS

Using mostly kettlebells and body-weight exercises, participants can expect a full body workout for any level of fitness! Kettlebells can be used for all types of training from strength building to balance work to kettlebell sport. Expect a focus on techniques and safety. **No class Family Day.**

Instructor: Morgan Klieber

#45208 Mondays
January 15 - March 26
1:30 - 2:30 pm
Lewis Activity Room A
\$60/10

BUTTS & GUTS

The name sums up this one! Core and Glutes Galore! This strengthening workout is taught so any fitness level can participate. Control and technique are key components of this class!

No class Family Day.

Instructor: Wendie Matte

#44808 Mondays
January 8 - March 19
7:00 - 8:00 pm
Lewis Activity Room
\$60/10
\$6.50/Drop-in

FRIDAY FIT MIX

(55 years & over)

This program is designed to rotate through a different class style each week. Start with Cardio & Abs, the next week will be Cardio Intervals using step, swiss balls, aerobics and weights, next will be a Total Strength class and finally a Balance, Bands & Balls. All classes have a 10 - 15 minute stretch at the end. **No class February 2.**

Instructor: Joyce Leong

#44866 Fridays



January 5 - March 16

9:00 - 10:00 am

Native Sons Grand Hall

\$60/10

\$6.50/Drop-in

Benefits of Personal Training:

- improve your overall fitness
- learn to stick to it
- find the right way to work out
- stop wasting time
- benefit from the buddy system

Personal Training Team



Juan Blancas

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



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.



Michelle Boyd

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

WOMEN'S SPECIFIC STRENGTH

This class focuses on resistance training to help improve muscle mass and bone strength, as well as increase balance, mobility and flexibility. **No class Family Day.**

Instructor: Morgan Klieber

#44867 Mondays

January 15 - March 26

10:30 - 11:30 am

Lewis Activity Room A

\$60/10

STRETCH & STRENGTH

(55 years & older)

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

Instructor: Nancy Victoria

#45267 Mondays & Thursdays



January 8 - March 22

9:00 - 10:00 am

Filberg Centre Rotary Hall

\$120/20



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



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



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

CHAIR FIT

(55 years & over)

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

Instructor: Wendie Matte

#44868 Tuesdays & Fridays



January 9 - March 23

9:00 - 10:00 am

Filberg Centre Rotary Hall

\$132/22

Personal Training Prices

Private

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

Semi Private (2 people)

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

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

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



Drop-in Fitness Schedule

effective January 8, 2018
unless otherwise noted

COURTENAY ACTIVE LIVING

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	Zumba	HathaYoga 8:30am The Works	BootCamp Blast+	Core N' Cuts	20/20/20
10:30 am	Zumba & Kickboxing	BootCamp Blast+ Functional Yoga 10:45am		Zumba Gold		
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm	YOGA HIIT 12:10pm	
4:00 pm			Power Spin & Beyond			
5:30 pm	Vinyasa Yoga Zumba Toning		Tabata	BootCamp Blast 5:15pm	Spin & Core 5:15pm	
6:45 pm	Butts & Guts 7:00 pm		Yin/Yang Yoga			Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class

Please note: This schedule is subject to change

Pay & sign in at the office

For Fitness Schedule before January 8, please check courtenay.ca/fitness

Drop in & Punch Card Fees including GST

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

Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, it is the City of Courtenay's policy that children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 31.

CORPORATE WELLNESS

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

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

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

Please contact Courtenay Recreation for more info.



Drop-in Fitness

CARDIO CHAOS+

Monday 9:00 - 10:15 am

Anything goes in this upbeat class that will improve your overall cardio, strength and core stability. It is a high energy, mixed impact workout with a variety of exercises and equipment. Every class is different, but you will jump, kick and step your way to a sweating body by the time you're finished the class. **No class Family Day.**

Instructor: Tammy Jones

ZUMBA & KICKBOXING

Mondays 10:30 - 11:30 am

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

Instructor: Tammy Jones

ZUMBA

Tuesday 9:00 - 10:00 am

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

Instructor: Lyla Pettis

ZUMBA TONING

Mondays 5:30 - 6:30 pm

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

No class Family Day.

Instructor: Milena Spratt

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! **No class Family Day. Limited to 17 participants.**

Instructor: Steve Thomson

BOOTCAMP BLAST

+ Tuesdays 10:30 - 11:45 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

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

Instructor: Steve Thomson

POWER SPIN & BEYOND

Wednesdays 4:00 - 5:00 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.**

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, & melt body fat. We recommend you arrive early as numbers may be limited.

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: Michelle Boyd

TABATA

Wednesdays 5:30 - 6:30 pm

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

Instructor: Wendie Matte

HATHA YOGA

Wednesdays 8:30 - 9:45 am

A mixed-level yoga class for refocusing your mind and rejuvenating your body. It offers fundamental poses that build strength, flexibility, balance and focus - dynamically moving from pose to pose. Modifications & options offered to adapt and/or challenge yourself. Some yoga experience is suggested. This morning practice is a wonderful way to brighten the rest of your day. 12 spaces available.

Instructor: Wendy Davies

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





ZUMBA GOLD

Zumba for older active participants with easy to follow Zumba choreography that focuses on range of motion and coordination. Features cardio conditioning, flexibility & balance.

Instructor: Lyla Pettis

#45147 Thursdays

January 11 - March 22

10:30 - 11:30 am

Lewis Activity Room

\$66/10

\$6.50/Drop-in

ZUMBA

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

Instructor: Lyla Pettis

#44870 Tuesdays

January 9 - March 20

9:00 - 10:00 am

Lewis Activity Room

\$66/11

\$6.50/Drop-in

Check receipts carefully for important program information.

ZUMBA & KICKBOXING

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

Instructor: Tammy Jones

#44880 Mondays

January 8 - March 19

10:30 - 11:30 am

Lewis Centre MP Hall

\$60/10

FOAM ROLLING

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

#45162 Wednesdays

January 10 - March 14

10:15 - 11:25 am

Lewis Activity Room B

\$60/10

\$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 Family Day, February 22 & March 22.**

Instructor: Kim Hamilton

Mondays & Thursdays

#44812 January 8 - February 8

#44811 February 15 - March 26

EG 1:00 - 2:00 pm

Native Sons Grand Hall

\$80/10

ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class Family Day.**

Instructor: Milena Spratt

#44873 Mondays

January 8 - March 19

5:30 - 6:30 pm

Lewis Activity Room

\$60/10

\$6.50/Drop-in



YOGA FOR JOINT HEALTH

(55 years & over)

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

Instructor: Sheron Jutila

#45179 Tuesdays

 January 2 - March 27
10:15 - 11:30 am
Lewis Meeting Room
\$130/13

#45176 Thursdays

January 4 - March 29
10:00 - 11:30 am
Lewis Meeting Room
\$156/13

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

#45190 Wednesdays

January 10 - March 21
9:30 - 10:30 am
Lewis Salish Building
\$99/11

YOGA HIIT

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

Instructor: Wendie Matte

#44805 Fridays

January 12 - March 23
12:10 - 12:45 pm
Lewis Activity Room
\$49.50/11
\$5/Drop-in

MEDITATION AND YOGA

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

Instructor: Sheron Jutila

#45168 Thursdays

February 15 - March 29
2:00 - 3:30 pm
Lewis Meeting Room
\$84/7

INTRO TO MEDITATION (WITH YOGA)

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

Instructor: Sheron Jutila

#45169 Thursdays

January 4 - February 8
2:00 - 3:30 pm
Lewis Meeting Room
\$72/6

YOGA FOR GUYS

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

Instructor: Catherine Reid

#45172 Wednesdays

January 10 - March 21
5:00 - 6:15 pm
Lewis Meeting Room
\$110/11

FUNCTIONAL YOGA

In this class we will learn how asanas can help you in everyday life by stretching naturally tight areas of the body and target weaker muscles with low impact muscle contractions. Each class will help build a stronger foundation to take with you on and off the mat.

Instructor: Wendie Matte

#44882 Tuesdays

January 9 - March 21
10:45 - 11:45 am
Lewis Craft Room A
\$99/11
\$6.50/ Drop-in





YIN YANG FUSION: THE DRAGON FLOW

'Yin Yang Fusion: The Dragon Flow' is a blend of Indian yoga and Daoist practices. This practice starts up in yang cycles & stages, flowing energy and generating heat. Then the practice slows into a yin mode where postures are held in stillness for a few breaths. This yin segment focuses more on building muscular strength and endurance. Then just before the finale of shavasana we linger into a few yin poses to help refocus and find calm. **Instructor:** Wendy Davies
#45197 Wednesday January 31
#45198 Wednesday February 28
#45199 Wednesday March 28
 5:30 - 6:45 pm
 Lewis Craft Room A
 \$10

GOOD MORNING YOGA

Leaving the class feeling energized yet calm and relaxing. Building body and mind awareness through yoga posture, breathing practice and meditation. Require previous yoga experience. **Instructor:** Akiko Shima
#44885 Fridays
 January 12 - March 23
 9:15 - 10:45 am
 Lewis Meeting Room
 \$132/11

THERAPEUTIC YOGA

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain & understand fully how your body works. Suitable for beginners through advanced practitioners. **No class Family Day.** **Instructor:** Akiko Shima
#45174 Mondays
 January 8 - March 19
 11:00 am - 12:15 pm
 Native Sons Lower Level
 \$100/10
#45175 Fridays
 January 12 - March 23
 11:00 am - 12:15 pm
 Lewis Meeting Room
 \$110/11

RESTORATIVE YOGA

Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not only limited to those recovering from injury, illness or who have limited range of motion. All levels welcome and those preferring a slow practice. **Instructor:** Helen Pattinson
#45173 Thursdays
 January 18 - March 22
 5:15 - 6:45 pm
 Lewis Meeting Room
 \$120/10

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 Family Day.** **Instructor:** Catherine Reid
#44850 Mondays
 January 8 - March 19
 6:00 - 7:00 pm
 Lewis Meeting Room
 \$90/10

HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class Family Day.** **Instructor:** Catherine Reid
#44851 Mondays
 January 8 - March 19
 7:15 - 8:45 pm
 Lewis Meeting Room
 \$120/10

YIN & YANG YOGA

Link fitness moves with traditional yoga postures in a flowing format to increase your overall strength, tone, and conditioning. This class will improve the health and performance of athletes or individuals interested in increasing their level of fitness. **Instructor:** Wendie Matte
#44888 Wednesdays
 January 10 - March 14
 6:45 - 7:45 pm
 Lewis Activity Room
 \$60/10
 \$6.50/Drop-in

PRENATAL YOGA

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome.

Instructor: Akiko Shima

#45170 Wednesdays

January 10 - March 21

6:30 - 7:45 pm

Lewis Salish Building

\$110/11

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 Family Day.**

Instructor: Akiko Shima

#44884 Mondays

January 8 - March 19

9:30 - 10:45 am

Native Sons Lower Level

\$100/10

#44883 Wednesdays

January 10 - March 21

11:00 am - 12:15 pm

Lewis Salish Building

\$110/11


55+ GENTLE YOGA

(55 years & over)

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

Instructor: Sheron Jutila

#44852 Mondays

 January 8 - March 26

10:15 - 11:15 am

Filberg Rotary Hall

\$99/11

CHAIR YOGA

(55 years & over)

Developed for those who do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit.

Instructor: Catherine Reid

#44849 Tuesdays

January 9 - March 13

11:00 am - 12:00 pm

Native Sons Grand Hall

\$90/10


55+ HATHA YOGA

(55 years & over)

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

Instructor: Sheron Jutila

#45195 Mondays

 January 8 - March 26

2:00 - 3:30 pm

Filberg Rotary Hall

Fridays

January 12 - March 23

#45192 10:00 - 11:30 am

#45191 2:00 - 3:30 pm

Native Sons Lower Level

\$132/11

VINYASA YOGA

Vinyasa Yoga is a dynamic practice in which postures are linked with breath to cleanse and strengthen the body, focus the mind and deepen your inner awareness. Mixed level classes offer appropriate options for the beginner as well as challenges for the long time student. A feel good workout for the body, mind and spirit.

Instructor: Wendy Matte

#45298 Mondays

January 15 - March 19

5:30 - 6:30 pm

Lewi Craft Room A

\$54/9

\$6.50/Drop-in

PLUS YOGA

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

Instructor: Catherine Reid

#45171 Wednesdays

January 10 - March 21

3:30 - 4:30 pm

Lewis Meeting Room

\$99/11

YIN YOGA

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

Instructor: Wendy Davies

#44887 Tuesdays

January 9 - March 13

5:30 - 6:45 pm

Lewis Meeting Room

\$100/10

Instructor: Helen Pattinson

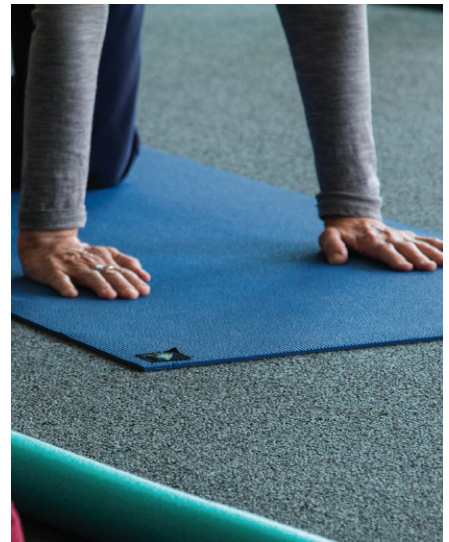
#44886 Wednesdays

January 17 - March 21

12:30 - 2:00 pm

Lewis Meeting Room

\$120/10





Join Today! Membership Includes:

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

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

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

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

www.evergreenclub.ca

Evergreen Club Activities

Computer Lab

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

Special Events

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

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Table Tennis
- Snooker
- Slo Pitch

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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



Evergreen Club Events

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

Comox Valley District Concert Band

Sunday December 3, 2:00 pm
Tickets \$5

Yuletide Dance

Friday December 8, 7:30 pm
Advance tickets \$18 members \$20 non members
Florence Filberg Centre

Choristers Christmas Concert

Saturday December 16, 1:30 pm
Tickets \$5 at the door
Conference Hall Florence Filberg Centre

New Year's Eve Dinner Dance

Sunday December 31, 7:00 pm
Florence Filberg Centre
Advance tickets \$30 members \$35 non member

Trash & Treasures

Sunday January 28, 9:00 am - 2:00 pm
Vendors Tables available for rental \$20
Florence Filberg Centre

Georgia Straight Big Band Dance Night

Saturday February 17, 7:30 pm
Native Sons Hall \$15 at the door

Evergreen Club Volunteers



Volunteer Opportunities

Come join our fun bunch of Evergreen Club kitchen volunteers! Scheduled weekday shifts available or try out being a spare, flexibility guaranteed!

Come see what volunteer positions are currently available at www.evergreenclub.ca, or call Deanne, our Volunteer Coordinator at 250 338-1000 ext 7332 or email dmcrae@courtenay.ca

COURTENAY EVERGREEN

Florence Filberg Centre • 250-338-1000

Friday Night Dances

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

*Tickets \$7 Members
\$9 non members & guests*

All welcome!



Evergreen Food Service

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

The food service is open:
**Mon to Fri,
8:00 am - 3:00 pm**





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

Volunteers

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

Remember, YOU make a difference!

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

Join a great team!

specialneedsrecreation@courtenay.ca



Comox Valley Accessibility Committee
See page 116 for details

Recreation for Special Needs

(18 & over)

Special Needs Winter
Registration starts Nov 27, 2017

- Sewing
- Fitness
- Music
- Choir
- Karate
- Zumba
- Yoga
- Bowling Leagues
- Archery
- Cooking
- Young Adult Club
- Creative Dance
- Art Cards
- Seasonal Special Events

Upcoming Special Events:

Christmas Dance

Friday, December 1
7:00 - 9:00 pm

Gingerbread Houses

Wednesday, December 6
1:00 - 2:15 pm

Christmas Chocolates

Monday, December 11
1:00 - 2:30 pm

Bingo with Santa

Tuesday, December 12
12:45 - 2:15 pm

Winter Wonderland Dance

Friday, December 15
12:30 - 2:30 pm

check out our newsletter for applicable fees and more info!

Special Needs programs proudly sponsored by:



Sign me Up!

Winter Program Registration begins **Monday November 20** at 7:15 am

4 easy ways to register for Courtenay Recreation programs!

In Person

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

By Phone

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

By Fax

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

By Mail

Mail registration form (this page) with payment to:

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

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

No Email registrations accepted

Refunds

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

Registration Information

Name: _____

Birthdate: _____ Care Card# _____

Allergies/Medical Conditions: _____

Address: _____

City: _____ Postal Code: _____

Home Phone: _____

Alternate Phone: _____ Email: _____



Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Bar code # _____ Program Fee: \$ _____

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

= TOTAL: \$ _____

Payment: (Must be included with your registration)

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

Credit Card #: _____

Expiry Date: _____ Phone #: _____

Registration Policy

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





Simms Park Salmon Habitat and Trail Improvements

Simms Millennium Park has undergone significant changes since Project Watershed completed salmon habitat improvement work in the park this summer.

During the month of August the Project Watershed team completed the construction phase of the project, which has been many years in the planning. This work was funded by the Fish & Wildlife Compensation Program, Fisheries & Oceans Canada and the Habitat Conservation Trust Foundation.

The endeavour included the removal of an old culvert connecting the Courtenay River through the park into an inner pond area. This culvert was replaced with a larger fish-friendly culvert installed at a lower elevation so that fish would have more access during a variety of tide cycles. A second culvert was installed to connect the inner pond through to the Courtenay Slough. Project Watershed notes that adult pink and coho salmon have already been observed moving through these new culverts.

A benefit of this important work is that new trails have been built beside the culverts by Courtenay Parks staff that enhance the walking experience through the park.

At the end of October, in order to re-establish the streamside riparian zone, volunteers will plant about 900 native conifers along the sides of the culverts including several native trees, plants and shrubs. Watch for two new interpretive signs explaining the benefits of the project to be installed in the spring.

~From Project Watershed and the City of Courtenay



*To learn more about the project visit the
Project Watershed website:
www.projectwatershed.ca*

Simms Park Summer Concert Series Season Wrap-Up

Local musicians provided great music at the Simms Concert series this year! Concerts were well-attended with over 400 - 600 people at each show. The final concert broke the record for biggest summer concert series attendance ever at Simms Park. About 2000 people took in the Completely Creedence show.

Thank you to everyone who made this season special including:

- **Our 2017 performers:** Ralph Barrat & the Sharp 7, Nanaimo Concert Band, Fiddlejam, Country Pickin', Duo of Duos (Anela Kahiamoe, KC Hingley, Brodie Lee Dawson & Luke Blu Guthrie) and Completely Creedence.
- **Mike from Sound Advice** for doing a great job with sound.
- **Season Sponsors:** 98.9 The Goat, Comox Valley Record and Comox Valley Whats On
- We'd also like to thank **Edwin Grieve and Brian (Fuzz) Morissette**. After many years of coordinating the concerts they are now hanging up their hats and we wish them a fond farewell.

We will be taking applications for artists and groups to perform in the 2018 season. Applications will be available starting January 2018 at courtenay.ca/simms



Completely Creedence
photo by Kim Stallknecht

For more info visit courtenay.ca/simms or email Scott, smissing@courtenay.ca

Courtenay Park Bookings

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

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

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

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

Schools:

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

City Parks:

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

Did you know about Courtenay's Parks Interactive Map?

Access the Interactive Map through courtenay.ca/parks

- Zoom in to find parks in Courtenay and to see walking trails, special features, and photos
- Print any section of the map customized to the park and trail information you need
- The map is easy to use on tablets and mobile views



Courtenay Recreation Facility Rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

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



Bill Moore Park Lawn Bowling Bldg

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



Call the Lewis Centre
at 250-338-5371

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

The LINC Youth Centre

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

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

Meetings Rooms:

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

Features:

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



Native Sons Hall

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

Meetings Rooms:

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

Features:

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



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
and District

Museum & Paleontology Centre

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



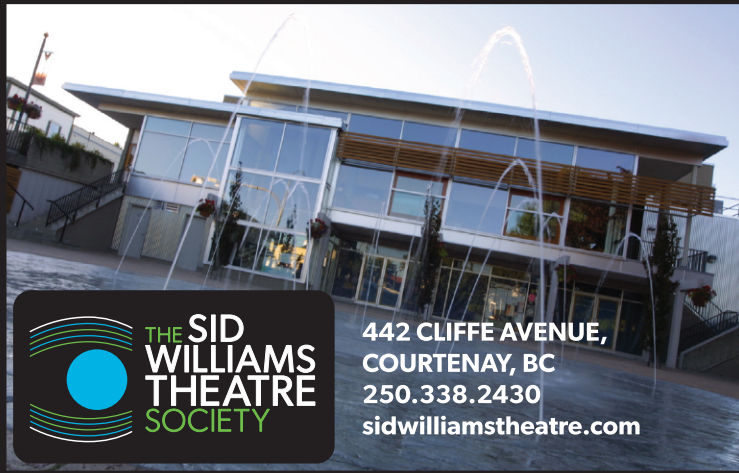
Discoveries happen here!

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)
Tues to Sat: 10 am - 5 pm
closed Sun & Mon

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



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME&SEE

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, jewelry,
paintings, prints, cards, glasswork,
woodwork and more.

ADMISSION BY DONATION



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

GALLERY
SHOP

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

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





COMOX RECREATION
WELCOME



info@comox.ca

facebook.com/comoxrec

[twitter@ComoxRec](https://twitter/ComoxRec)

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Welcome!

Hours of Operation:

Monday to Friday: 6:00 am - 9:30 pm
 Saturday & Sunday: 8:00 am - 4:30 pm
 Feb 12 Family Day: 9:00 am - 3:00 pm

Please note: The front desk closes 30 minutes prior to the building closing.

Building Closures:

Dec 24	Closed at noon
Dec 25	Christmas
Dec 26	Boxing Day
Jan 1	New Year's Day
Mar 30	Good Friday
Apr 2	Easter Monday

Programs that end with a "- C" are offered by independent contractors. Registration and refund policies, equipment, fees, class size and composition are the responsibility of the respective business owner.



In this Issue...



Family Day
Community Centre fun!
See page 82

Customer Appreciation

Thank you!
See page 82



YouFit
Youth Fitness Studio orientation.
See page 102



**Spring Break Camps
& Youth Activity Schedule**
See page 105



How to Register:

In Person:
1855 Noel Avenue, Comox
Pay by Cash, Cheque,
Debit, Visa, MasterCard,
or Quality Foods Rec Bucks

By Phone:
250-339-2255

Pay by Visa or MasterCard
Please have the following
information ready:

- * Registrant's information
- * Course name, time & barcode
- * Visa or MasterCard # and the expiry date.

Registration Dates:

Contract Program Registration
starts **November 17.**

All Program Registration starts
November 20.

Contact Us:

Comox Community Centre
1855 Noel Ave, Comox BC
info@comox.ca
twitter@ComoxRec
facebook.com/comoxrec
250-339-2255

Recreation Director
Ted Hagmeier Ext. 227

Recreation Supervisor

Recreation Programmers
Amy Bauman Ext. 226
Adam Smith Ext. 226

Office Admin/Booking Clerk
Colleen Chestnut Ext. 224

Marketing/Finance Clerk
Rhonda Bonnici Ext. 223

Legend:	CC	Comox Community Centre
		Adult programs scheduled at the same time as preschool programs
		Seniors' Programs
	MP	Multi-Purpose Hall
	Annex	Spin/TRX Room
	GBC	Gymnastics BC Insurance Membership

Special Events

Customer Appreciation Day

Thank you for being part of our Community! Come join us for some free activities, snacks and refreshments throughout the day!

Wednesday, Jan 17

6:30 am - 9:00 pm - Free Fitness Studio Drop in

8:45 - 10:45 am - Childminding (space permitting)

9:00 - 10:00 am - Zumba Gold

10:15 - 11:15 am - Forever Fit

9:00 - 11:00 am - Badminton

1:00 - 1:45 pm - Pickleball for first timers

1:45 - 2:30 pm - Pickleball for Beginners

2:30 - 4:15 pm - Pickleball for Intermediate & Advanced

Check out a detailed schedule of all free activities on comox.ca. Limited space for programs.

ValleyDads' Night Out - Fire Rescue

Dads and kids, come to the Fire Hall for a night of firefighting action! With your little ones, see the fire engines up close in person, meet the members of Comox Fire Rescue and Sparky the fire mascot and get a tour of the Fire Hall. This is presented in partnership with Comox Recreation, Success by 6 and Comox Valley Child Development Society.

5:30 - 7:00 pm Fire Hall
Wednesday, Jan 24
Free!

Spin-A-Thon

The 6th annual Spin-A-Thon cranks out the fun! Get your team ready to cycle their support for Canadian Tire Jumpstart and the Comox Valley Healthcare Foundation. Join us in helping these great Community organizations.

6:00 am - 6:00 pm, Gym A
Saturday, Mar 3
\$300 per team
Donations gladly accepted



Family Day - Festival For Families

We've fused Family Day with our Festival for Families event that will take over the Community Centre! Join us for a fun filled day of family events. Enjoy free snacks and family fitness with wonderful entertainment including the face painting, music and more.

10:00 am - 2:00 pm
Gymnasium
Monday, Feb 12
Free!

Donations to the food bank gratefully accepted.

ValleyFamilies - Family Bingo!

Join us for this fun, free family event! Come for some Family Bingo and burn off some energy on our Inflatable Obstacle Course! Free to all Comox Valley Families thanks to the Early Years Collaborative. For more info email cvvalleyfamilies@gmail.com and check out valleychild.ca for all ValleyFamilies free events happening each Saturday.

2:00 - 4:00 pm Gym A
Saturday, Mar 10
Free!

Easter Eggstravaganza

Join Investors Group and the Town of Comox Recreation for Easter family events at Marina Park. Have fun with an Easter egg hunt for all ages, inflatable obstacle course, face painting and a charity BBQ. Activities 1130am - 2pm with Easter egg hunt starting at 12pm sharp! All cash donation for activities and BBQ supports You Are Not Alone - YANA.

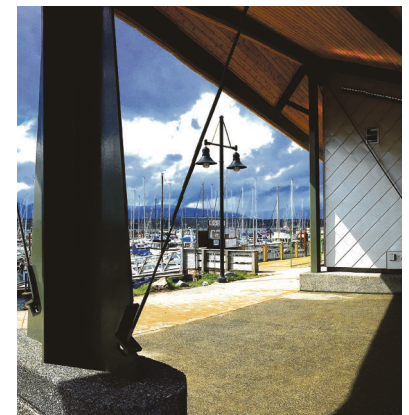
11:30 am - 2:00 pm
Monday, Apr 2
Comox Marina
Free!

New Genoa & Spinnaker Buildings



Comox's newest facilities are available to rent!

- Stunning waterside buildings in beautiful Marina Park
- Available 7 days/week, 9:00 am - 9:00 pm
- Each building has a capacity of 32 persons and has chairs, tables, fridge, stove, sink and washroom



Call Colleen at
250-339-2255 ext 224
or email
cchestnut@comox.ca
to rent the Spinnaker or
Genoa Meeting Rooms.





The Fitness Studio has equipment suitable for all kinds of fitness.

* Cardio: recumbent and upright bikes, treadmills, cross trainers, spin bikes, NuStep mobility exerciser, the Lateral X elliptical machine, the new Speedfit treadmill with a curved running surface for a real running stride and more.

* Fitness Circuit: Precor equipment for a complete, effective and safe workout

* Plus free weights, squat rack, multi-function station, core exercise accessories and lots more!

Your Health and Fitness Starts Here!

Fitness Studio Rates				
	Adult	Senior	Student	Family
Drop-in	\$6.50	\$5.50	\$4.50	
10 Visit Card	\$58.50	\$49.50	\$40.50	
1 Month	\$69	\$59	\$49	
3 Months	\$141	\$113	\$95	
6 Months	\$235	\$187	\$147	
1 Year	\$370	\$295	\$229	\$772
Unlimited Courts & Fitness Studio Pass - 3 months	\$200	\$151	\$132	

Prices and schedules are subject to change without notice.

Students (12 - 15 years) may access the Fitness Studio:

1. Accompanied by an adult 19 years or older who will supervise the student at all times and is responsible for the safety of the student and any damages incurred due to incorrect use of the machines.
2. During Ask A Trainer times; Student must identify him/herself to Reception and the Fitness Studio attendant.

10 Visit Paper Punch Passes: Are like cash, not replaceable if lost, stolen or destroyed. Monthly pass are non refundable and non transferable.

Building Closures: Dec 25, Dec 26, Jan 1, Mar 30 & Apr 2

Looking for a way to get started?

Self-Directed Fitness Guides

The simple instructions create a basic plan to get you started on your road to Fitness Studio.

Fitness Studio - Hours of Operation

Monday *	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 9:30pm	6:00am - 9:30pm	6:00am - 9:30pm	6:00am - 9:30pm	6:00am - 9:30pm	8:00am - 4:30pm	8:00am - 4:30pm
Ask A Trainer 10 - 11am		Ask A Trainer 10 - 11am		Have your fitness and equipment questions answered during our Ask A Trainer hours.		Ask A Trainer 10am - 3pm
Ask A Trainer 3 - 7pm	Ask A Trainer 3 - 5:30pm	Ask A Trainer 3 - 7pm	Ask A Trainer 3 - 5:30pm			

*Feb 12 9:00am - 3:00pm

Personal Training Options for Any Fitness Level!

Basic Consultation

Are you ready to start a new fitness program or need a boost to your regular routine? Our qualified trainers will design your unique plan. \$59 + gst for 1.5 hour session

Private & Group Sessions

- Private \$39 + gst - one hour session
- Group of Two \$49 + gst - one hour session
- Group of Three \$59 + gst - one hour session
- Group of Four \$69 + gst - one hour session

Note: must have had a Basic Consultation prior to booking 1 hour sessions.

*Save on packages of 6, 9 or 12 private, one hour sessions!

Specialized Consultation

Do you have special health concerns? A certified trainer will design a fitness program to fit your needs. Call 250-339-2255 or more information.

\$149 + gst for
3 - one hour sessions.

Meet Our Personal Trainers!




Glenn Hascarl
Basic Consultation, Private & Group



Jill Nelson
Specialized Consultation, Private & Group



Joyce Leong
Basic Consultation, Private & Group

Winter Fitness Program Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Box Fit 6:15-7am	Great Start Spin 6:15-7am	Box Fit 6:15-7am TRX 6:15-7am	Great Start Spin 6:15-7am		Spin & Run Brick Workout 8:15-9:15am
F'AB Ride 9-10am	Spin/TRX 9-10am	F'AB Ride 9-10am	Spin/TRX 9-10am	F'AB Ride 9-10am	F'AB Ride 9:30-10:30am
Forever Fit 10:15-11:15am	Strength & More 10-11am	Forever Fit 10:15-11:15am	Strength & More 10-11am	Senior Strength & Stretch 10:15-11:15am	
Mom & Babe Spin 1-2pm	Mommy Moves 10:30-11:15am Cardio Blast 11:40-12:20pm	Foam Roller Stability & Massage 10:30-11:30am	Mommy Moves 10:30-11:15am	 <p>Register for these programs or drop-in if space allows.</p>  <p>These programs use some equipment. Machines with Red numbers are not available to the public at these times.</p>  <p>Annex is closed during classes.</p>	
Check out Youfit on p102	Spin & Core 4:30-5:15pm 50+ Strength Circuit Training 10:30-11:30am & 1-2pm		Spin & Core 4:30-5:15pm 50+ Strength Circuit Training 10:30-11:30am & 1-2pm		
Spin It! 5:30-6:30pm	F'AB Ride 5:30-6:30pm	Spin It! 5:30-6:30pm	F'AB Ride 5:30-6:30pm		
TRX 6:45-7:45pm	Spin/TRX 6:45-7:45pm 7:50-8:50pm	TRX 6:45-7:45pm	Spin/TRX 6:45-7:45pm 7:50-8:50pm		

COMOX FITNESS STUDIO



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 17 | See page 84





Spin & TRX

Mom and Babe Spin

16 years and up
Get back into fitness and bring your babe to Spin! This baby friendly class allows you to sweat and spin through a 45min workout followed by 15min of stretching, all while being able to attend to your baby's needs. Moms must be 6 weeks post-partum and have seen their doctor/midwife. Pre-mobile babies in a car seat only please. All Moms welcome!

Instructor: Dana Dixon

Mondays	
1:00 - 2:00 pm	Annex
Jan 8 - Feb 5	#3785
Feb 19 - Mar 19	#3786
	\$36 + gst

Great Start Spin

14 years and up
Fire up your day with an energetic 45-minute spin class. As the sun rises, so will your heart rate. Work with resistance and speed to get your heart pounding and muscles burning.

Instructor: Leanne Gray

Tuesdays & Thursdays	
6:15 - 7:00 am	Annex
Jan 9 - Feb 22	#3544
	\$99 + gst
Feb 27 - Apr 5	#3545
	\$86 + gst

Spin It!

14 years and up
This is an ever-changing, fast paced, challenging class! No matter if you're a beginner or an advanced spinner, you'll love it!

Instructor: Jennifer Barth

Mondays & Wednesdays	
5:30 - 6:30 pm	Annex
Jan 8 - Feb 21	#3542
	\$94 + gst
Feb 26 - Mar 21	#3543
	\$59 + gst

*Spin/TRX classes
\$9 drop in if space permits*

Spin and Run Brick Workout

Brick workouts increase your aerobic, anaerobic and muscular demands for triathlon and many sports! Start your weekend with this new class, offering a 30min spin class followed by a 20min run and 10min of stretching.

Instructor: Leanne Gray

Saturdays	
8:15 - 9:15 am	Annex
Jan 13 - Feb 24	#3560
	\$49 + gst
Mar 3 - Apr 7	#3561
	\$44 + gst

F'Ab Ride

14 years and up
Ride your way to F'abulous abs. This 40 minute ride class is followed by 15 min of intensive abdominal work and a 5 min stretch. Guaranteed to get you in gear. All fitness levels welcome.

Instructor: Glenn Hascarl

Mondays, Wednesdays & Fridays	
9:00 - 10:00 am	Annex
Jan 8 - Feb 23	#3536
	\$143 + gst
Feb 26 - Apr 6	#3537
	\$114 + gst



Instructors: Leanne Gray & Jennifer Barth

Tuesdays & Thursdays	
5:30 - 6:30 pm	Annex
Jan 9 - Feb 22	#3538
	\$99 + gst
Feb 27 - Apr 5	#3539
	\$86 + gst

Instructor: Leanne Gray

Saturdays	
9:30 - 10:30 am	Annex
Jan 13 - Feb 24	#3540
	\$49 + gst
Mar 3 - Apr 7	#3541
	\$43 + gst

Spin & Core

14 years and up
Power and spin your way through a 30min spin class and finish with an intense 15min core workout! Come join us after school is finished and get your workout out of the way! New student pricing!

Tuesdays & Thursdays	
4:30 - 5:15 pm	Annex
Jan 9 - Feb 22	#4136
	Student: \$84 + gst
	General: \$94 + gst
Feb 27 - Mar 22	#4137
	Student: \$48 + gst
	General: \$57 + gst

NEW!

Spin + TRX Combo

14 years and up

The best of both worlds! It's 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using our TRX cables followed by 10 minutes of stretching.

Instructor: Glenn Hascarl



Tuesdays & Thursdays

9:00 - 10:00 am Annex

Jan 9 - Feb 22 #3546

\$99 + gst

Feb 27 - Apr 5 #3547

\$86 + gst

6:45 - 7:45 pm Annex

Jan 9 - Feb 22 #3548

\$99 + gst

Feb 27 - Apr 5 #3549

\$86 + gst

7:50 - 8:50 pm Annex

Jan 9 - Feb 22 #3550

\$99 + gst

Feb 27 - Apr 5 #3551

\$86 + gst

TRX Suspension Training

14 years and up

The TRX suspension training phenomenon is a new category of exercise for athletes and beginners of all abilities that leverages your bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously. Improve your fitness and strength - no one will be left behind! No classes Feb 12 & Apr 2.

Instructor: Glenn Hascarl

Mondays & Wednesdays

6:45 - 7:45 pm Annex

Jan 8 - Feb 21 #3552

\$94 + gst

Feb 26 - Apr 4 #3553

\$79 + gst

Instructor: Leanne Gray

Wednesdays

6:15 - 7:00 am Annex

Jan 10 - Feb 21 #4182

\$50 + gst

Feb 28 - Apr 4 #4183

\$44 + gst

Fitness Strength & More

14 years and up

This challenging program is designed for all around fitness: strength, core, cardio, flexibility, agility, balance, coordination and recognition of the mind body connection. Utilize a variety of freestanding equipment customized to your ability level. Improve your mobility and endurance for healthy, independent, fully functioning longevity.

Instructor: Joyce Leong

Tuesdays & Thursdays

10:00 - 11:00 am Gym B

Jan 9 - Apr 5

\$6.50/Drop In or

10 visit card available

Mommy Moves

16 years and up

Get back into fitness in this baby friendly class. Build your strength, increase your endurance and meet new moms in the community during this fun, upbeat bootcamp style class. Moms must be 6 weeks post-partum and seen their doctor/midwife. All Moms welcome!

Instructor: Dana Dixon

Tuesdays & Thursdays

10:30 - 11:15 am Gym A

Jan 9 - Feb 15 #3829

\$89 + gst

Feb 20 - Mar 22 #3830

\$74 + gst

Intro to Foam Roller Stability

NEW!

16 years and up

Foam rolling is a popular type of soft tissue therapy using foam cylinders to relax and release tension throughout the body, as well as using the roller to develop balance and core stabilization. Enjoy instruction on how to use this at home or in our Fitness Studio.

Instructor: Gwen Frankowski

Wednesdays

10:30 - 11:30 am Room B

Jan 10 - Jan 24 #3835

\$24 + gst

Foam Roller Stability

16 years and up

Blend strength, stretching, relaxation and massage techniques to roll the stress away. Improve your posture, core stability, strength, mobility and revitalize your balance and flexibility. Massage and soothe tired muscles, release tension throughout your body and leave feeling refreshed and relaxed!

Instructor: Gwen Frankowski

Wednesdays

10:30 - 11:30 am Room B

Jan 31 - Feb 21 #3836

Feb 28 - Mar 21 #3921

\$29 + gst





Abs and Stretch - C

16 years and up
A perfect combination of abdominal exercises and lower extremity stretches it's designed to promote strength and stability in the musculature that supports the spine. Tighten the tummy, increase flexibility and possibly help out that low back issue you may have.

Instructor: Steve Thomson

Tuesdays

9:00 - 10:00 am MP 2
Jan 9 - Mar 20 #3909
\$121 + gst



Stability and Mobility - C

16 years and up
Come and join Steve Thomson for a class dedicated to enhancing your Stability and Mobility. This intermediate level class will place emphasis on balance, static and dynamic core work with mobility and stretching exercises intermixed with some cardio. It'll leave you feeling tight in all the right places and create better movement patterns.

Instructor: Steve Thomson

Tuesdays

6:00 - 7:00 pm Gym B
Jan 9 - Mar 20 #3910
\$121 + gst

POUND® Fitness

14 years & up
POUND® transforms drumming into an incredibly effective way of working out. Get fit to music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring a yoga mat.
Instructor: Meghan Hunt

Tuesdays

7:30 - 8:15 pm Gym A
Jan 9 - Mar 20
\$6.50 Drop In

NEW!

Box Fit

14 years and up
Ready for the challenge of a different and exciting workout? Come workout in a kickboxing circuit style class involving punches, target practice, heavy bag use and other exercises to get you fit and having fun! No class Feb 12.

Mondays & Wednesdays

6:15 - 7:00 am MP Hall
Jan 8 - Feb 21 #4138
\$94 + gst
Feb 26 - Mar 21 #4139
\$59 + gst

Determination

Boot Camp - C

16 years and up
RIP it up! Train like an athlete! Be ready for a challenge in this intense yet fun filled indoor/outdoor exercise program. Bring your fitness to a new level. Resistance training, cardiovascular conditioning, body weight exercises, plyometrics, partner drills, core strength, and much more will be addressed in this well developed boot camp.

Instructor: Steve Thomson

Mondays, Wednesdays & Fridays

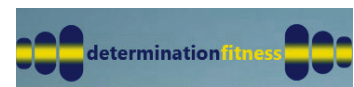
5:15 - 6:30 pm Gym B
Jan 8 - Feb 7
2x week #3903
\$160 + gst
3x week #3902
\$224 + gst
Feb 14 - Mar 23
2x week #3904
\$192 + gst
3x week #3905
\$270 + gst

Early Riser Boot Camp - C

16 years and up
Instructor: Steve Thomson

Tuesdays & Thursdays

6:15 - 7:15 am Gym B
Jan 9 - Feb 8 #3907
\$160 + gst
Feb 13 - Mar 22 #3908
\$192 + gst



www.determination-fitness.com

Cardio
Core Conditioning – C

14 years and up
 Take charge of your physical and mental health with this total body exercise program taught to music. A unique combination of step fitness, cardio and resistance exercises change weekly to ensure maximum effectiveness. Practical nutritional strategies give you that extra edge to meet your fitness and weight management goals. This instructor led, non-intimidating group fitness environment, rapidly develops cardio, strength and flexibility. Suitable for all ages. Ten visit card available: \$110 + gst

Instructor: Destinee Barrow

Mondays & Wednesdays	
5:15 - 6:15 pm	Gym A
Jan 8 - Feb 7	
1x week	#3893
\$50 + gst	
2x week	#3894
\$80 + gst	
Feb 19 - Mar 21	
1x week	#3899
\$50 + gst	
2x week	#3898
\$80 + gst	
Tuesdays & Thursdays	
9:00 - 10:00 am	Gym A
Jan 9 - Feb 8	
1x week	#3896
\$50 + gst	
2x week	#3897
\$80 + gst	
Feb 20 - Mar 22	
1x week	#3901
\$50 + gst	
2x week	#3900
\$80 + gst	

HIIT – C

16 years and older
 Join the Energia crew in your HIIT journey towards a faster, leaner, stronger you! The instructor will guide you through a series of high intensity strength and speed intervals with body weight and bursts of plyometrics and calisthenics which target the core, heart and whole body to give you an effective workout in a positive and supportive atmosphere. Separate registration for Feb 14 partner class.

Instructor: Alicia Fennell

Mondays, Wednesdays & Fridays	
9:00 - 9:45 am	Gym A
Jan 3 - Mar 23	
1x week	#4022
\$120 + gst/ 12 sessions	
2x week	#4021
\$185 + gst/ 23 sessions	
3x week	#4020
\$239 + gst/ 34 sessions	



HIIT **NEW!**
Fall in Love
with Partner Training - C



16 years & up
 A perfect Valentine's gift for two! Personal trainer Alicia Fennell offers this great one day workshop for partners, couples, family members, sisters and brothers! Bored of the same old routine? Let's come together and learn some fun and challenging partner exercises! This class will involve student participation and get those creative juices flowing! All levels welcome!

Instructor: Alicia Fennell

Wednesday	
9:00 - 11:00 am	Gym A
Feb 14	#4023
\$20 + gst/per person	

Country Line Dancing

12 years and up
 Come kick up your heels in this country line dancing class for everyone! Learn a variety of line dances, while enjoying some great country music. Put on your cowboy hat, dress lightly and bring water as the class is a moderate workout once we get dancing! No previous experience necessary.

Instructor: Gloria Grieve

Thursdays	
7:00 - 8:00 pm	MP Hall
Feb 1 - Mar 22	#3823
\$54 + gst	

Need childcare while you workout?
 Bears indicate preschool programs offered at the same time as some fitness programs.





Zumba

Zumba

14 years and up
Zumba is fitness infused with Latin rhythms, international dance, and popular music designed for all ages. The music will inspire and spice up your fitness routine allowing you to sweat and tone your way to a healthier mind and body. They don't call Zumba 'exercise in disguise' for nothing!

Instructor: Gloria Grieve

Tuesdays
5:30 - 6:30 pm MP Hall
Jan 9 - Apr 3

Instructor: Milena Spratt

Thursdays
5:30 - 6:30 pm MP Hall
Jan 11 - Apr 5

Instructor: Gloria Grieve

Saturdays
9:30 - 10:30 am MP Hall
Jan 13 - Apr 7

All Zumba & Drums Alive classes

are drop-in programs.
\$6.50/Drop In or
10 Visit Card available
(note price varies by age).

Zumba Toning

14 years and up
This calorie-torching, strength-training dance fitness-party uses Macarena-like toning sticks to sculpt arms, abs, glutes and thighs. This workout is perfect for rhythm makers and enthusiasts to sculpt their bodies naturally while having a total blast. No class Mar 30.

Instructor: Gloria Grieve

Fridays
9:00 - 10:00 am MP Hall
Jan 12 - Apr 6

Zumba Core & Stretch



14 years and up
Zumba Core and Stretch is designed to help improve core strength and overall flexibility necessary for good balance, posture and stability. A Zumba warm-up is followed with core work and then 30min of head to toe full body stretch to beautiful music. Please bring your own yoga mat and towel

Instructor: Gloria Grieve

Tuesdays
10:15 - 11:15 am MP Hall
Jan 9 - Apr 3

Thursdays
9:00 - 10:00 am MP Hall
Jan 11 - Apr 5

Zumba Gold



55 years and up
Designed for older, active participants with easy-to-follow Zumba choreography that focuses on range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. It's a zesty mix of all the elements of fitness: cardio, conditioning, flexibility and balance!

Instructor: Gloria Grieve

Wednesdays
9:00 - 10:00 am MP Hall
Jan 10 - Apr 4

Drums Alive

14 years and up
Ease stress while exercising your mind and body. Drumming on large exercise balls while moving and dancing to great music will have your heart pumping and your spirit soaring!

Instructor: Gloria Grieve

Thursdays
10:30 - 11:30 am MP Hall
Jan 11 - Apr 5

Older Adult Fitness



Post Stroke Rehabilitation FAME

Join a community-based Fitness And Mobility Exercise (FAME) program developed for people who have experienced a stroke and have some standing and walking ability. Led by a qualified Instructor, participate in exercise that will improve mobility, cardiovascular fitness, arm and hand function. Register in the class best suited to your abilities and goals. A physiotherapy mobility assessment is required. No classes Feb 12 & 14.

Level 1

Participants with limited mobility and caregiver must attend.

Instructor: Jill Nelson & Tracy Kennett

12:30 - 1:30 pm MP Hall
Jan 22 - Mar 26 #3826
\$109 + gst

Level 2

Participants who are independently mobile with or without a walking aid.

Instructor: Jill Nelson

Wednesdays
12:30 - 1:30 pm MP Hall
Jan 24 - Mar 28 #3827
\$109 + gst

Seniors Stretch & Strength

NEW!



55 years and up
Keep fit, strong and flexibility with this new class of strength training and stretching. Enjoy a moderate fitness class that combines a cardio warmup, balance training, functional exercises and stretching. Leave this class feeling stronger, relaxed and refreshed.

Instructor: Janice Bradford

Fridays
10:15 - 11:15 am MP Hall
Jan 12 - Mar 23 #4084
\$79 + gst

PWR!Moves Parkinson's Wellness and Balance Recovery



50 years and up
For those living with Parkinson's Disease or have balance or mobility challenges, PWR!Moves will help you recover loss of function and strength. PWR!Moves are research-based exercises designed to use large amplitude movements with a concentrated effort, to complete muscle activation for daily activities. Participants must be independently mobile and have a physician's signed approval note upon registration. No class Feb 12.

Instructor: Jill Nelson & Tracy Kennett

Mondays & Wednesdays
2:00 - 3:00 pm MP Hall
Jan 22 - Mar 26 #3828
\$164 + gst

Take Heart and Breathe Well Exercise Program



This physician referred exercise and education program is for clients with chronic conditions led by qualified Instructors. This is a 2hr class with 1hr set aside for exercise and the 2nd hr set aside for education. Includes improving cardiovascular endurance, balance, flexibility and functional training to improve daily quality of life. Education topics may include exercise prescription, nutrition, goal setting, mindfulness, stress management, medication and more. Subsidy may be available for those with low income. Call 250-339-2255 or email cvcpwp@gmail.com for more information. Physician referral is required and forms can be picked up at the front desk or at comox.ca/recreation.

Instructor: Susan Simo

Saturdays
12:30 - 2:30 pm MP Hall
Jan 6 - Mar 24 #3824
\$380 + gst

50+ Strength Circuit Training



50 years & up
Protect your bone density, improve your balance and increase your flexibility in this strength training program to prevent and even reverse some of the signs of aging. A doctor's written approval may be required.

Instructor: Glenn Hascarl

Tuesdays & Thursdays
10:30 - 11:30 am
Fitness Studio
Jan 9 - Feb 22 #3556
\$99 + gst
Feb 27 - Apr 5 #3557
\$86 + gst

Instructor: Jill Nelson

Tuesdays & Thursdays
1:00 - 2:00 pm
Fitness Studio
Jan 23 - Feb 23 #3558
\$73 + gst
Feb 27 - Apr 05 #3559
\$86 + gst

Forever Fit



16 years and up
This well rounded workout focuses on balance and functional training along with cardio and strength work. Using bands and hand weights, the class takes into consideration body conditioning exercises as well as challenging exercises for the more fit. This class is a great moderate workout for the beginner, challenging for the fit senior and a great option for someone looking to stay fit and be active!

Instructor: Ruth Bell or Janice Bradford

Mondays & Wednesdays
10:15 - 11:15 am MP Hall
Jan 8 - Apr 2
\$6.50/Drop In or
10 visit card available





Yoga

Birgit's Yin Yoga - C

16 years and up
Yin Yoga is a quiet and deep practice. Seated/reclined poses are held for longer periods of time and mindfulness/meditation techniques are used to explore "tension holding" patterns.

Instructor: Birgit Nilson

Tuesdays
7:15 - 8:30 pm Room C
Jan 2 - Mar 20 #3887
\$126 + gst

Birgit's Morning Yoga

16 years and up
Get energized for the day with Morning Yoga. Birgit will wake up your body and senses with simple versions of sun salutations and yoga poses.

Instructor: Birgit Nilson

Tuesdays
7:15 - 8:15 am Room C
Jan 2 - Mar 20 #3891
\$120 + gst

Birgit's Seniors Yoga Gentle Beginnings - C

55 years and up
A great place to begin for Seniors who are new and/or have physical limitations. This Yoga practice modifies traditional poses with a focus on posture and balance using many props.

Instructor: Birgit Nilson

Tuesdays
11:00 am - 12:15 pm Room C
Jan 2 - Mar 20 #3884
\$126 + gst

Birgit's Seniors' Yoga - C

55 years and up
Traditional poses are modified to accommodate the older adult and relaxation and breathing exercises end each practice. Releasing stiff joints, improving mobility, stamina and flexibility are the benefits of this practice. No class Feb 12.

Instructor: Birgit Nilson

Mondays
11:00 am - 12:15 pm Room C
Jan 8 - Mar 19 #3881
\$105 + gst
Wednesdays
10:30 - 11:45 am Room C
Jan 3 - Mar 21 #3882
\$126 + gst

Fridays
10:45 am - 12:00 pm Room C
Jan 5 - Mar 23 #3883
\$126 + gst

Birgit's Hatha Flow Yoga - C

16 years and up
If you enjoy lots of movement at a faster pace, try Hatha Flow Yoga. Poses are put into sequence and we finish with relaxation and quiet time. Beginners are welcome.

Instructor: Birgit Nilson

Thursdays
9:00 - 10:30 am Room C
Jan 4 - Mar 22 #3890
\$132 + gst

Birgit's Gentle Flow Yoga - C

16 years and up
Yin Yoga is a quiet and deep practice. Seated/reclined poses are held for longer periods of time and mindfulness/meditation techniques are used to explore "tension holding" patterns.

Instructor: Birgit Nilson

Tuesdays
9:00 - 10:15 am Room C
Jan 2 - Mar 20 #3885
\$126 + gst

Thursdays
10:45 am - 12:00 pm Room C
Jan 4 - Mar 22 #3886
\$126 + gst

Birgit's Hatha Yoga - C

16 years and up
An ancient practice that teaches traditional yoga poses with a specific focus on alignment. Beginners are welcome.

Instructor: Birgit Nilson

Tuesdays
5:45 - 7:00 pm Room C
Jan 2 - Mar 20 #3888
\$126 + gst

Wednesdays
9:00 - 10:15 am Room C
Jan 3 - Mar 21 #3889
\$126 + gst

Birgit's Chair Yoga

16 years and up
This practice is designed for people with mobility/movement issues who would like to experience the many benefits of Yoga. Poses are done in a chair and/or standing and are modified to fit individual needs. We will explore range of motion for all major joints and practice breathing techniques and relaxation techniques.

Instructor: Birgit Nilson

Thursdays
12:15 - 1:15 pm Room B
Jan 4 - Mar 22 #3892
\$120 + gst

Jane's Iyengar Yoga - C

16 years and up

Level 1

Iyengar Yoga practices precision and alignment to help with mobility, equanimity and vitality. Jane combines her internationally recognized certification with great understanding of the body after 30 years as an R.M.T. Classes are created to be both challenging and fun. Participants must be able to get up from the floor by themselves. No class Feb 12.

Instructor: Jane Stedman

Mondays

4:30 - 6:00 pm Room C

Jan 8 - Mar 19 #3933

\$113 + gst

Tuesdays

9:00 - 10:30 am Room C

Jan 9 - Mar 20 #3934

\$124 + gst

Level 2

Students must have completed a min. of 2 level 1 sessions or have understanding of Iyengar Yoga. Level 2 emphasizes planned sequencing, timing, use of props and added fun challenges. Jane's Iyengar certification is recognized nationally and internationally. No class Feb 12.

Instructor: Jane Stedman

Mondays

9:00 - 10:30 am Room C

Jan 8 - Mar 12 #3935

\$113 + gst

Tanya's Gentle Yoga - C

10 years and up

If you are new to yoga, or enjoy a gentler pace, this class is for you. Release stiff joints, improve circulation, increase strength, stamina, flexibility, release tension, relieve stress and learn simple ways to relax in everyday life. Vary your options to work at a pace that suits you while accommodating health concerns or physical limitations.

Instructor: Tanya Sedunow

Thursdays

7:00 - 8:30 pm Room C

Jan 11 - Mar 22 #3600

\$121 + gst

Karen's Iyengar Yoga

16 years and up

Level 1

With a disciplined system of carefully planned and timed sequences build strength, flexibility, vitality and mental clarity. You must be able to get up from the floor by yourself. No class Jan 19.

Instructor: Karen Gibson

Fridays

9:00 - 10:30 am Room C

Jan 12 - Mar 23 #4034

\$124 + gst



Level 2

Classes will build on the foundations gained in level 1. Iyengar yoga classes are suitable for students who have attended a min. of two level 1 sessions or have understanding of Iyengar Yoga.

Instructor: Karen Gibson

Wednesdays

7:00 - 8:30 pm Room C

Jan 10 - Mar 14 #4035

\$113 + gst

**Contract Yoga
drop in \$13.50
if space permits.**

Tanya's Hatha Yoga - C

10 years and up

This approachable Hatha class is for beginners and returning students. It is an active yoga class designed to increase strength and flexibility, while reducing everyday stress and tension from the body and mind. Various options will be given so that you can work at a level that suits you, however the pace may not be appropriate for people seeking a gentle yoga practice.

Instructor: Tanya Sedunow

Thursdays

5:30 - 6:45 pm Room C

Jan 11 - Mar 22 #3599

\$110 + gst

Mom and Baby Yoga

16 years and up

A wonderful class for you and your little one to participate together in the healing and relaxing practice of Yoga. Engage together in exercises to help baby's development while you release tension, rebuild strength and connect with your child. Open to all Mothers 6 weeks post delivery. Please bring a blanket for your little one. No previous yoga experience required.

Instructor: Sue McGiffin

Wednesdays

1:00 - 2:00 pm Room B

Jan 10 - Feb 7 #3783

\$49 + gst

Feb 14 - Mar 21 #3784

\$54 + gst



**Bears indicate preschool
programs offered at the
same time as some fitness
programs.**





Therapeutic Yoga



16 years & up

Combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain and understand how your body works. Suitable for beginners through advanced practitioners. No sessions Jan 15, Feb 12, Feb 19 & Mar 19.

Instructor: Akiko Shima

Mondays

5:30 - 7:00 pm Room B

Jan 8 - Mar 26 #4025

\$89 + gst

Thursdays

5:30 - 7:00 pm Room B

Jan 11 - Mar 22 #4038

\$121 + gst

Gwen's Flow Yoga



16 years and up

Welcoming all levels, flow through Yoga poses to increase physical strength through alignment, balance and flexibility. Regular practice will see improvements in focus, body alignment, and overall strength. Leave feeling refreshed, revitalized and relaxed.

Instructor: Gwen Frankowski

Wednesdays

9:00 - 10:00 am Room B

Jan 3 - Mar 21 #3833

\$89 + gst

Gwen's Yoga Core

16 years and up

A fun, upbeat ab and core workout with yoga, incorporating strength, balance and flexibility. Improve body awareness of muscle imbalance and areas of tightness, gain balance, strength, focus and overall awareness of body alignment. Suitable for all fitness levels!

Instructor: Gwen Frankowski

Fridays

1:15 - 2:15 pm Room C

Jan 5 - Mar 23 #3831

\$89 + gst

Saturdays

11:00 am - 12:00 pm MP Hall

Jan 6 - Mar 17 #3832

\$84 + gst

Vinyasa Yoga

16 years and up

Explore strength and movement through Vinyasa inspired sequences. Develop muscle tone and flexibility. Linking breath and asana (poses) will enhance your performance in all physical activities. This class is great for athletes and those wishing to explore a more physically challenging yoga.

Instructor: Laure Mytting

Thursdays

1:00 - 2:00 pm Room C

Jan 11 - Mar 22 #4096

\$79 + gst



Need childcare while you workout?

Bears indicate preschool programs offered at the same time as some fitness programs.

Gwen's & Vinyasa Yoga drop in \$9 if space permits.



Pickleball

Pickleball is a smash! It's great exercise and a fantastic way to meet new friends. Contact the front desk about playing levels. No sessions Jan 17, Feb 10 & 12, Mar 3, 10 & 30 and Apr 2. See page 85 for Feb 12 schedule. Gym B only daytime Mar 26 - 29 & Apr 3 - 6.

Jan 2 - Mar 29

2.5 Players and Lower:

40 years and up
Tuesdays & Thursdays
11:30 am - 1:00 pm Gym

3.0 Players:

40 years and up
Mondays, Wednesdays & Fridays
1:00 - 3:00 pm Gym

3.75 Players and Up:

19 years and up
Tuesdays & Thursdays
1:15 - 3:00 pm Gym

All Levels:

14 years and up
Mondays Gym B
7:30 - 9:30 pm
Saturdays Gym
1:00 - 3:00 pm

\$3.25 Drop In
or \$29.25 10 visit pass
\$249 + gst
Annual Indoor Pickleball Pass

*Check out our new parent
and child squash
on page 98!*

Racquet Sports

Table Tennis Level 1

10 - 18 years

Discover the world of table tennis where you will learn to grip, stand and move to defeat your opponent. Learn the skills necessary for a beginner but challenged enough to peak interest. Your body and brain will be active in this fun and fast paced sport. Space is limited.

Instructor: Denys Laporte

Thursdays
4:00 - 5:30 pm Gym A
Jan 18 - Mar 22 #3959
\$49 + gst

Badminton Drop In

16 years and up

Ready, set, serve! Enjoy drop-in badminton for all levels. Please wear non-marking court shoes and bring your own racquet. Protective eye guards are strongly recommended.

Wednesdays
9:30 am - 12:00 pm Gym B
\$3.25 Drop In

Pickleball Beginner Lessons

16 years & up

Stroke development.

Tuesdays
5:30 - 6:30 pm Gym A
Jan 9 #4028
\$4.75 + gst

Basic net play, drills and strategy.

5:30 - 6:30 pm Gym A
Jan 23 #4029
\$4.75 + gst

Pickleball Advanced Lessons

16 years & up

Lobs and partnership drills.

Tuesdays
5:30 - 6:30 pm Gym A
Feb 6 #4031
\$4.75 + gst

Net play, drills and strategy.

5:30 - 6:30 pm Gym A
Feb 13 #4030
\$4.75 + gst

Tournament tips, advanced play and doubles strategy.

5:30 - 6:30 pm Gym A
Feb 20 #4032
\$4.75 + gst



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 17 | See page 84





Squash

Squash League

14 years and up
If you love playing squash and having fun in a recreational league, join Comox Rec's mixed squash league. A full write up is available at the front desk with rules and structure.

Oct 17 - Mar 6
Tuesdays
5:30 - 9:00 pm Courts
\$100 + gst*

*prorate to registration date.

Drop In Squash

Thursdays
10:00 am - 12:00 pm Courts
Jan 4 - Mar 15 #3673
\$32 + gst
Drop in \$4

Friday Night Drop In

Fridays
4:00 - 6:30 pm Courts
Jan 4 - Mar 15
Drop in \$5

Beginner Squash Lessons

18 years & up
Helping develop agility, flexibility, strength and cardiovascular health, this great sport is also fun. Learn how to get started with 6 introductory lessons. Equipment included. Please wear clean indoor shoes.

Instructor: Sue Tompkins
Saturdays
9:00 - 10:00 am Courts
Jan 27 - Mar 3 #3960
\$59 + gst

Intermediate/Advanced Squash Lessons

18 years & up
Develop your skills and build confidence on the court through specialized instruction and drills.

Instructor: Sue Tompkins
Saturdays
10:15 - 11:15 am Courts
Jan 27 - Mar 3 #3961
\$59 + gst
Drop in \$12.50

Parent and Child Squash

NEW!

8 years & up
Families learn, laugh and play together in this cooperative and nurturing approach to the game of squash. Work together as a team to develop racquet skills and the love of sport. Racquets, goggles and balls supplied.

Instructor: Sue Tompkins
Saturdays
11:30 am - 12:30 pm Courts
Jan 6 - Feb 3 #3963
\$50/ team + gst

Private Squash Lessons

14 years and up
Beginners get comfortable with a racquet in your hand. Experienced players improve your squash skills and fitness.

Instructor: Sue Tompkins
Saturdays
9:00 - 10:00 am
45 min/\$40 + gst
Lesson dates arranged with Instructor.

Court Fees

Squash & Racquet Ball	Adult	Student	Senior	Family
Drop-in primetime	\$6	\$4		
Drop-in non-primetime	\$4	\$3		
10 Visit Card primetime	\$50	\$30		
10 Visit Card non-primetime	\$35	\$21		
Unlimited Pass - 6 months	\$275	\$125	\$215	\$585
Unlimited Pass - 12 months	\$450	\$200	\$370	\$925
Unlimited Pass & Fitness Studio 3 months	\$200	\$132	\$151	
Walleyball Drop-in	\$14	\$8	\$8	
Walleyball 10 Visit	\$126	\$72	\$72	

Call 250-339-2255, to make your court booking with your prepaid court pass or credit card. No refunds or cancellations within 24 hours of booking.

Purchase an Unlimited Courts & Fitness Studio Pass Combo and Save \$78.50!

CELEBRATE YOUR BIRTHDAY WITH US!

Inflatable Party

5 - 14 years

What better way to celebrate than with a giant inflatable obstacle course all to yourself! Includes set up, 2 hrs of parent supervised gym time and then we clean up! Each party also has access to floor hockey, hula hoops, soccer, basketball, plasma cars, and more. Add on four large Cheese, Hawaiian, or Pepperoni pizzas for only \$49 + gst more!

Fridays

3:45 - 5:45 pm

Sundays

11:00 am - 1:00 pm, or

2:00 - 4:00 pm

Gym Time Pizza Party

2 - 14 years

Invite your friends to run wild at the gym for your special day! Includes set up, four large Cheese, Hawaiian, or Pepperoni pizzas, 2 hrs of parent supervised gym time and then we clean up! Each party has access to floor hockey, hula hoops, soccer, basketball, plasma cars, pickleball, badminton, and more.

Fridays

3:45 - 5:45 pm

Sundays

10:30 am - 12:30 pm, or

1:30 - 3:30 pm

Both options are \$125 + gst

New dietary pizza options!

Add \$.75 per pizza for the following options:

Vegetarian

Daiya non-dairy cheese

Gluten-free crust (gluten-free crusts only available in medium sized pizzas)

Party organizers must complete waiver and birthday party forms prior to booking.

Parents must supervise their children at all times.

Adult Programs

CPR A

14 years and up

CPR A covers the skills needed to respond to cardiovascular and choking emergencies in adults. Registration is required.

Fridays

1:00 - 3:00 pm Fire Hall

Jan 26 #3849

Feb 16 #3850

Mar 23 #3851

Free!

Reading the Tarot

16 years & up

Learn this ancient art of "soothsaying" for personal development or to work professionally as a card reader. Become familiar with your cards, what layouts to use in different situations, and how to work effectively with clients. Bring a tarot deck with you.

Instructor: Kara Foreman

1:00 - 4:00 pm Room A

Jan 27 #4039

\$35 + gst

Meditation for the Western Mind

16 years & up

Learn simple, practical methods to improve your quality of life with this innovative system of guided, focused thought. You'll be given the tools to experience enhanced mental clarity, deep relaxation and a quieter mind.

No experience necessary.

Instructor: Kara Foreman

1:00 - 4:00 pm Room B

Mar 3 #4040

\$35 + gst

Personal

Emergency Preparedness

18 years and up

This program is designed to provide information for individuals and families after a disaster. Registration is required.

Fridays

10:00 am - 12:00 pm

Fire Hall

Jan 12 #3846

Feb 9 #3847

Mar 9 #3848

Free!

Special Needs

Get Active

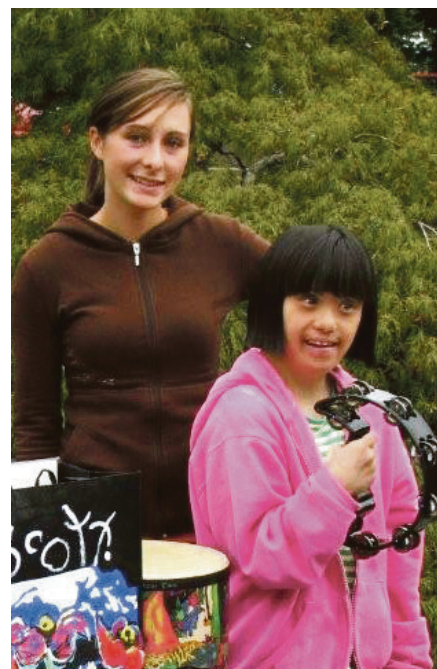
12 years and up

Come have fun with squash, racquetball, floor hockey, foosball & more!

Thursdays

1:00 - 2:00 pm Court 1

Free!





Preschool Programs

Kindergym

Birth - 5 years

Calling all little ones and their parents! Come in and enjoy all that our toys have to offer! Run, play, shoot, score and be active while enjoying plasma cars, soccer, basketball and an area for little ones to crawl and play. Complete this great morning with some structured circle time of songs and exciting stories.

Instructor: Karen Pritchard

Wednesdays

Jan 10 - Mar 21 #2747

11:15 am - 12:30 pm Gym A

By donation

Creative Play

2 - 5 years

Let your child's imagination explore and create a masterpiece to take home while playing games and making new friends.

Instructor: Lauren Kurbis

Thursdays

9:00 - 10:15 am Room A

Jan 11 - Feb 22 #3777

\$34

Mar 1 - Apr 5 #3778

\$29

TreeFrog[™] - Parent's Beginner Guitar - C

18 years & up

Add to your Music Together[™] experience! Parents in preschool Music Together[™] classes will build basic guitar skills using the same songs we're working with in the family class. Absolute beginners are welcome! Class will be multi-level to accommodate all learners. You can be a rockstar to your child! \$20 Materials fee due to Instructor at first class. No class Feb 12.

Instructor: Kazimea Sokil

Mondays

9:15 - 10:15 am Room B

Jan 22 - Mar 19 #3944

\$130

Childminding

2 months - 5 years

Let us take care of your little ones while you take care of yourself! Mom or dad must stay in the building during the session. No program on statutory holidays. No classes Feb 12, Mar 31 & Apr 2.

Instructors: Crystal Oelke & Karen Pritchard

Mondays, Wednesdays & Fridays

Jan 3 - Apr 6

8:45 - 10:45 am Room A

\$3 visit or 10 sessions for \$30

2 Children \$5.50 visit or

10 sessions for \$55.

Soccer, Sports and Storytime

2 - 5 years

Your toddler will immerse themselves in games, songs and a variety of sports all while having fun! After all that practice, we will take time to use our imagination and read a story or two!

Instructor: Ethan Barr

Tuesdays

8:45 - 10:00 am MP1

Jan 9 - Feb 20 #3775

\$34

Feb 27 - Apr 3 #3776

\$29

Treefrog[™] Music - C

9 months - 5 years

Join in the beloved Music Together[™] program! Mixed ages classes start with music & movement, percussion & play and move on to build joy and confidence in music-making that carries over into your home and child's life. CD and songbook let you bring the music home. No class Feb 12. \$45 materials fee due to Instructor at first class.

Instructor: Kazimea Sokil

Mondays

10:30 - 11:15 am Room B

Jan 8 - Mar 19 #3942

Fridays

10:30 - 11:15 am Room B

Jan 12 - Mar 16 #3943

\$135; 2nd or 3rd child in family:

\$90; Sibling under 9 months:

Free

Diaper Gym

1 month - 3 years

Developmentally, a baby's first few years are remarkable, so don't miss a minute! Share the challenges of this age with other parents while your infant explores our safe and stimulating environment. Facilitated free play, circle time and lots of fun for everyone is what Diaper Gym is all about.

Tuesdays & Fridays

Jan 9 - Mar 23

9:15 - 10:00 am Gymnastics

Drop In \$5; 10 visit card \$45

Teeter Tots

2 - 5 years

Every physical skill learned at this age has a huge ripple effect on a child's physical, mental and social development. Invest a few minutes each week with your child and reap a lifetime of rewards. Supervised free play, circle time and lots of fun make Teeter Tots the place to be!

Tuesdays & Fridays

Jan 9 - Mar 23

10:15 - 11:15 am

Gymnastics

Drop In \$5; 10 visit card \$45

Preschool Yoga

3 - 6 years

It's never too early to start yoga! Preschool yoga is a fun way for your child to stretch and strengthen while building self awareness and mindfulness. Sue guides children through songs, games and stories providing a wonderful yoga experience. They will leave happy and more relaxed. Parent participation not required.

Instructor: Sue McGiffin

Mondays

1:00 - 2:00 pm Room B

Jan 8 - Feb 5 #3781

Feb 19 - Mar 19 #3782

\$45

Hand-in-Hand Early Years Nature Education Program - C

3 - 5 years

Go wild this school year! Our School Year Program is a nature-based, child-led and outdoor educational program designed to offer a unique early childhood learning experience. Your children will explore, interact and learn as they play outside and discover what they truly love about our local forest and beach. Activities include nature-inspired arts and crafts, songs, stories, games, activities and more! Come and play outside with us for the school year and experience exploring, interacting and learning...naturally!

Seeds 3 - 4 years

Tuesdays & Thursdays

9:00 am - 12:00 pm

Filberg Park

\$189/month

Roots 4 - 5 years

Mondays, Wednesdays & Fridays

9:00 am - 12:00 pm

Filberg Park

\$244/month

Music Exploration

2 - 5 years

Singing, drum patterns and different rhythms!!! Your child will get a chance to play the guitar, ukulele and keyboard. Give them a chance to fall in love with music as they learn new songs and try out a variety of instruments.

Instructor: Susie McGregor

Thursdays

9:00 - 10:00 am Room B

Jan 11 - Feb 22 #3911

\$59

Mar 1 - Apr 5 #3912

\$49

Tartan Tots Preschool Dance

3 - 5 years

Get moving to music!! Dance, colour and be creative! Learn basic highland dance skills with our professional Instructor who will have your little one smiling, having fun and loving dance! Finish the class with themed colouring and crafts. Parent participation not required.

Instructor: Jillian Peacock

Tuesdays

9:00 - 10:00 am Room A

Jan 9 - Feb 13 #3779

\$29

Feb 20 - Mar 20 #3780

\$25

Sign-A-Song Music

2 - 5 years

Experience the joys of sign language while incorporating it into preschool music. Learn sign language to songs that your infant or child will love and be able to carry on with at home. Enjoy this time with your little one, singing, signing and smiling!

Instructors: Susie McGregor & Genevieve Marshall

Thursdays

10:30 - 11:30 am Room B

Jan 11 - Feb 22 #3913

\$59

Mar 1 - Apr 5 #3914

\$49

Kids' Yoga

6 - 12 years

Yoga comes alive in this interactive class with magical journeys using dynamic poses to meet animals, fly an airplane or grow into a tree. The class will use music, songs, stories and lots of silly props to encourage your child to relax, visualize and meditate.

Instructor: Richelle Kube

Thursdays

3:00 - 4:00 pm Room C

Jan 11 - Mar 8 #4098

\$99

Jr. Chefs

7 - 9 years

Have fun in the kitchen while preparing and eating delicious healthy food with a registered dietitian. Learn about kitchen and knife skills, measuring, food science, nutrition and food safety. Cookbook and apron provided. Thank you to John's Independent Grocer for sponsorship.

Instructor: Lauren Clark

Thursdays

3:00 - 5:00 pm MP 1

Jan 11 - Feb 15 #3969

\$139 + gst



YouFit Fitness Studio Tour

12 - 18 years

Join one of our Personal Trainers on a guided introduction to the Fitness Studio. Gain confidence to use free weights, weight machines and cardio exercises. As a bonus, receive a 10% discount on your next Fitness Studio pass.

Tuesdays

4:30 - 6:00 pm

Jan 9

Feb 6

Mar 6

\$5 + gst

Fitness Studio

#4047

#4048

#4049

NEW!**Children & Youth Programs****Creating Treasured Memories Scrapbooking & Card Making****NEW!**

9 years & up

Cherish your photo memories and be creative! In the first two evenings, use your imagination to create a card for a special occasion or that special someone. Spend the following two classes with a variety of textile materials to create a scrapbook to hold on to memories. All supplies included.

Instructor: Tara Conelley

Wednesdays

6:00 - 7:30 pm

Room A

9 - 14 years

Jan 10 - 31

#3839

15 years & up

Feb 7 - 28

#3840

\$44 + gst

Drawing and Painting Nature**NEW!**

9 - 14 years

Use your imagination while learning techniques to draw & paint various animals and natural scenes in watercolour, chalk pastel, charcoal and ink! Step by step demonstrations are followed by time to create unique artwork. New projects each session. No class Feb 12.

Instructor: Lisa Zervakis

Mondays

6:00 - 7:30 pm

Room A

Jan 15 - Feb 19

#3858

Feb 26 - Mar 26

#3859

\$69 + gst

St Johns Ambulance Babysitter Basics - C

11 - 16 years

This course is designed to teach young people aged 11 years and older how to care for children and infants while babysitting. The course enhances awareness and safety by teaching responsible babysitting and helping to develop skills to cope with common emergencies. A certificate of participation is issued upon successful completion of the program.

Saturday

9:00 am - 4:00 pm

Room B

Jan 27

#3956

Mar 17

#3941

\$69 + gst

Family Night

Bring on Friday nights with family friendly mayhem! Bounce on our Inflatable Obstacle Course, try our big Twister board or go sports crazy with racquet sports, basketball, soccer, hockey, and ping pong. Weekly crafts, music and plasma cars top it off. We also have a spot for tots in the racquet courts. Parent supervision and direct interaction required. No sessions Feb 12, Mar 2 & 30.

Fridays

6:30 - 8:00 pm

Gym A

Jan 5 - Apr 6

Drop In \$5/family

Pro D Day

5 - 11 years

A fun filled day that includes games, outdoor activities and fun art projects to bring home at the end of the day

Friday

9:00 am - 3:00 pm

Room A

Feb 9

#3856

\$35 + gst

Children & Youth Martial Arts**Intro to****Woo Kim Taekwondo - C**

5 - 9 years

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills such as kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 10 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors Classes. No class Mar 9.

Instructor: Richard Dobbs

Fridays

5:00 - 5:30 pm

MP 1

Jan 19 - Mar 16

#3967

\$69

Woo Kim Taekwondo - C

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot.' Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Assoc. as well as the B.C., Taekwondo Federation. No class Feb 12.

Instructor: Richard Dobbs

Mondays & Wednesdays

Tigers

5 - 7 years

4:00 - 4:45 pm MP 1

Jan 15 - Mar 21 #3964

\$145 + gst

White to Green Belt

8 years & up

4:45 - 5:45 pm MP Hall

Jan 15 - Mar 21 #3965

\$165 + gst

Blue Stripe to Black Belt

8 years & up

6:30 - 7:30 pm Gym A

Jan 15 - Mar 21 #3966

\$165 + gst

Karate Kids - C

5 - 8 years

Ready to try Karate! This intro class develops coordination, balance and confidence while learning karate basics. Students can move to the next class upon instructor recommendation. No class Feb 12.

Instructor: Brenda Bombini

Mondays

6:00 - 6:30 pm MP

Jan 8 - Mar 12 #3936

\$65 + gst

Jr. Karate - C

7 years & up

Karate is a fun and focused way for fitness and personal development. Improve confidence and self-discipline the martial arts way! Traditional Shito-ryu karate is empowering both physically and mentally. We offer certified instruction for expertise and safety. The Karate BC sanction fee is extra and collected in class. No class Feb 12.

Instructor: Brenda Bombini

Mondays & Wednesdays

6:30 - 7:30 pm MP Hall

Jan 8 - Mar 12 #3937

\$138 + gst

Woo Kim Taekwondo Sparring - C

8 years & up

Sparring class will focus on competitive situations. We will develop strategies and techniques to bring your sparring to the next level. Class will include drills, discussions and free sparring. Students must have sparring gear and be registered in regular classes to participate. No class Mar 11.

Instructor: Richard Dobbs

Sundays

12:00 - 1:00 pm MP 1

Jan 21 - Mar 25 #4026

\$85 + gst

Learn to Fence

10 years & up

Learn to fence for fun and fitness! Try one of the original European martial arts. This dynamic form of ancient combat requires skill, strategy and physical stamina. All equipment is provided: practice and electronic weapons, masks, protective jackets.

Instructor: Andrea Rennie

Wednesdays

6:45 - 7:45 pm Gym B

Jan 10 - Mar 14 #3938

\$74 + gst

Fencing Level 2

14 years & up

Practice your fencing skills or develop new ones. This dynamic European martial art requires skill, strategy and physical stamina. All equipment is provided; practice and electronic weapons, masks, protective jackets and an electronic scoring system for fencing bouts. You must have previous fencing experience and have been approved by your fencing instructor.

Instructor: Nik Sanderson

Wednesdays

7:45 - 8:45 pm Gym B

Jan 10 - Mar 14 #3939

\$69 + gst



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 17 | See page 84





Youth & Adult Martial Arts

Woo Kim

Taekwondo Adults - C

13 years & up

Get a full body workout while building new skills. Taekwondo is a Korean martial art and an Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone. Students will improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the Woo Kim Taekwondo Assoc. as well as the B.C. World Taekwondo Federation. No class Feb 12.

Instructor: Richard Dobbs

Mondays & Wednesdays

7:45 - 8:45 pm Gym A

Jan 15 - Mar 21 #3968

\$165 + gst

Woo Kim BoxFit - C

12 years & up

Ever thought about Boxing as a workout without actually stepping in and fighting, come train with us?

Focus on improving coordination and cardio in a non-contact environment. Designed from the fundamentals of boxing, this class teaches basic boxing skills while providing you with a well-rounded strength and conditioning workout. No class Mar 10.

Instructor: Richard Dobbs

Saturdays

10:45 - 11:45 am Gym A

Jan 20 - Mar 24 #4033

\$72 + gst

Warrior Kung Fu

16 years & up

Unleash your inner warrior as you learn authentic northern Shaolin Kung Fu. Join us in an energizing, empowering space where we practice fundamental martial arts stances, and drills to cultivate physical and emotional wellbeing while learning to stand in one's centre and place of power.

Instructor: Kayla Storkton

Fridays

7:00 - 8:00 pm Room C

Jan 19 - Mar 16 #3865

\$79

NEW!

Fencing Workout

14 years & up

Don't let your blade(work) get rusty! Keep your technique up between fencing sessions. An opportunity to practice with other fencers, both with dry and electric weapons.

Instructor: Rowan Presley

Wednesdays

7:45 - 9:30 pm Gym B

Jan 10 - Mar 14 #3940

\$79 + gst

Drop in \$8.50

Royce Gracie Jiu Jitsu

14 years & up

Brazilian Jiu Jitsu is a martial art based on self-defense techniques, centered on ground fighting and grappling. Use skill and technique, not size and brute force, to take down an opponent, it's an ideal form of self-defense for everyone regardless of size, strength or gender.

Instructor: Landon Rose

Tuesdays

7:00 - 8:30 pm MP 1

Wednesdays

8:00 - 9:30 pm MP 1

Jan 9 - Mar 21 #4036

\$129 + gst

Drop in \$7

Tuesdays only #4150

Wednesday only #4151

\$64 + gst/each

Seniors' Tai Chi - C

55 years & up

Tai Chi is a soft martial art that integrates the mind and body through a series of slow graceful movements. Experienced instructors share the concepts of concentration, relaxation, centre, balance, circle, coordination and proportion in standing poses. Younger participants must receive prior approval from instructor. No class Feb 12.

Instructors: Henry Wang & Anne Zambilowicz

Mondays

6:30 - 7:30 pm Room C

Jan 15 - Mar 12 #4037

\$96 + gst

Winter & Spring Break Camps

Cool Kids Winter Break Camp

5 - 11years

Come in from the cold and make some friends while doing winter themed crafts and playing games around the Community Centre! Pack a snack, lunch, water bottle and dress for weather appropriate clothing to venture outside.

Dec 27 #4099
 Dec 28 #4100
 Dec 29 #4102
 Jan 2 #4101
 Jan 3 #4103
 Jan 4 #4104
 Jan 5 #4105
 9:00 am - 4:00 pm Gym A
 \$35/day

Early drop - off 8:00 - 9:00 am
 Late pick-up 4:00 - 5:00 pm
 \$4/per day - per session

Spring Break Day Camp

5 - 11years

This camp offers serious fun as you play games, create crafts, explore nature and enjoy the various out trips! Pack a snack, lunch, water bottle and appropriate clothing to venture outside.

Monday - Thursday
 March 26 - 29 #4124
 Tuesday - Friday
 April 3 - 6 #4125
 9:00 am - 4:00 pm Gym A
 \$119

Keeners

Early drop - off 8:00 - 9:00 am
 Late pick-up 4:00 - 5:00 pm
 \$19/morning or afternoon

Hand-in-Hand Early Years Nature Education Spring Break Program - C

3 - 5 years

Go wild this Spring! Our Spring Break Program is a nature-based, child-led and outdoor educational program designed to offer a unique early childhood learning experience. Your children will explore, interact and learn as they play outside and discover what they truly love about our local forest and beach. Activities include nature-inspired arts and crafts, songs, stories, games, activities and more! Come and play outside with us!

Monday - Thursday
 9:00 am - 12:00 pm Filberg Park
 Mar 26 - 29 #4090
 \$96

Spring Break Children & Youth Activity Schedule



Preschool Programs



Child/Youth Activities

* Pre-registered program!
 Drop In if space permits.

Spring Break Children & Youth Activity Schedule				
Mon, Mar 26	Tues, Mar 27	Wed, Mar 28	Thurs, Mar 29	Fri, Mar 30
Childminding 8:45 - 10:45 am	Soccer, Sports & Storytime 8:45 - 10:00 am	Childminding 8:45 - 10:45 am	Creative Play 9:00 - 10:15 am	Good Friday CLOSED
Hand-in-Hand Nature Education Program 9:00 am - 12:00 pm				
Spring Break Day Camp* 9:00 am - 4:00 pm				
Fitness Studio Ask A Trainer 3:30 - 5:30 pm				
Basketball Open Gym 3:30 - 5:30 pm				
Mon, Apr 2	Tues, Apr 3	Wed, Apr 4	Thurs, Apr 5	Fri, Apr 6
Easter Monday CLOSED	Soccer, Sports & Storytime 8:45 - 10:00 am	Childminding 8:45 - 10:45 am	Creative Play 9:00 - 10:15 am	Childminding 8:45 - 10:45am
	Spring Break Day Camp* 9:00 am - 4:00 pm			
	Fitness Studio Ask A Trainer 3:30 - 5:30 pm			
	Basketball Open Gym 3:30 - 5:30 pm			

COMOX WINTER & SPRING BREAK



follow us

REGISTRATION STARTS MONDAY NOVEMBER 17 | See page 84



Chimo Gymnastics



All Chimo gymnastics contract programs are coached by certified instructors and are held in the beautiful, bright, dedicated gymnastics facility in the Comox Community Centre.

Introductory

3 - 5 years

Independent classes during which coaches work with the children to develop independence, problem solving, balance, coordination, and confidence. Learning the fundamental movement patterns of gymnastics, sport, and life. Preschool levels 1-3.

Intermediate

3 - 5 years

Children work more challenging versions of landings, springs, locomotion, statics, and rotations. For children who are ready to refine their movement into basic gymnastic skills. Mastery at any level depends upon repetition and corrected practice. Preschool levels 3+.

Parent & Tot - C

1 - 3 years

A child-directed structured discovery of the fundamental movement patterns of gymnastics. Caregivers lead little ones through the circuits as coaches give active direction, feedback, and encouragement to parents and participants to ensure they get the very most out of their first gymnastics experience. Drop In \$10 if space permits.

Advanced

3 - 5 years

Increased focus on physical development (strength, flexibility, and agility). Basic gymnastics techniques and progressions will be further developed and implemented. Remember the importance of time and repetition. Preschool levels 4+ (minimum 3 sessions.)

Independent Tots

2 - 3 years

This program promotes independent learning in a safe and structured environment. Children must be able to work without their parents by the third or fourth week, otherwise we recommend moving to a parent and tot class. Prerequisite: one parent and tot session.

PRESCHOOL PROGRAMS

	MONDAY No class Feb 12	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY No class Feb 10
Parent & Tot	9:00-9:45am 11/\$99 #3923	9:00-9:45am 12/\$108 #3924	9:00-9:45am 12/\$108 #3925		12:30-1:15pm 11/\$99 #3922
Independent Tot	11:00am-12:00pm 11/\$132 #3926	9:00-10:00am 12/\$144 #3927 11:00am-12:00pm 12/\$144 #3928			
Introductory Preschool	9:00-10:00am 11/\$132 #3931 10:00-11:00am 11/\$132 #3945 11:00am-12:00pm 11/\$132 #3946	10:00-11:00am 12/\$144 #3948 11:00am-12:00pm 12/\$144 #3949	11:00am-12:00pm 12/\$144 #3952 12:30-1:30pm 12/\$144 #3976	1:45-2:45pm 11/\$132 #3929	1:30-2:30pm 11/\$132 #3930 2:30-3:30pm 11/\$132 #3953
Intermediate Preschool	10:00-11:00am 11/\$132 #3954 12:30-1:30pm 11/\$132 #3972	9:00-10:00am 12/\$144 #3955 10:00-11:00am 12/\$144 #3970 12:30-1:30pm 12/\$144 #3971			
Advanced Preschool	12:30-2:30pm 11/\$242 #3974		10:00-11:00am 12/\$144 #3975		2:30-4:00pm 11/\$198 #3973

Winter Session runs: Jan 6 - Mar 29 Note: No classes Feb 10 & 12

CANGYM BOYS' & *CO-ED RECREATIONAL PROGRAMS				
	TUESDAY	THURSDAY	FRIDAY	SATURDAY No Class Feb 12
Intro *CO-ED	5-8 years 3:00-4:30pm 12/\$216 #3977 5-7 years 4:30-5:30pm 12/\$144 #3981 8 years & up 5:30-6:30pm 12/\$144 #3982	7 years & up 4:30-6:00pm 12/\$216 #4009	Interm/ Advanced CO-ED 5 - 9 years 2:45-4:45pm 11/\$242 #4019	5-8 & 9-13 years 12:30-2pm 11/\$198 #3978 7 years & up 2:00-3:30pm 11/\$198 #4018
Intro Boys		5-7 years #3984 8 years & up #3985 3:00-4:30pm 12/\$216		
Intermediate/ Advanced	Boys 5-9 years 3:00-4:30pm 12/\$216 #3990		Boys 6 years & up 2:45-4:45pm 11/\$242 #3994	CO-ED 5-8 & 9-13 years 2:00-4:00pm 11/\$242 #3988
Winter Session runs: Jan 6 - Mar 29 Note: No classes Feb 10 & 12				

CanGym Programs: Girls only, Boys only and Co-ed.

Intro: CanGym

1-4 (burgundy, red, tan, bronze) Skills are taught and refined through progressions and basic skills at each level. Because of the nature of the programme and small class sizes children can be challenged at a variety of levels within the same class.

Intermediate/Adv: CanGym

3-8 (tan, bronze, purple, blue, turquoise, silver) Focus is on mastering fundamental skills on men's or women's gymnastics apparatus.

Adv: CanGym

Continued advancement on the apparatus using a modified version of the CanGym programme.

All Chimo program participants must have a current GBC \$30 membership.

CANGYM GIRLS' RECREATIONAL PROGRAMS					
	MONDAY No Class Feb 12	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intro 3:00-4:30pm	5-7 years 11/\$198 #3979 8 years & up 11/\$198 #3980	5-9 years 12/\$216 #4011	5-8 years 12/\$216 #3983	5-9 years 12/\$216 #3986	
Intro/ Intermediate 4:30-6:00pm		7 years & up 12/\$216 #4010		7 years & up 12/\$216 #3987	
Intermediate/ Advanced: 3:00-4:30pm	7-9 years 11/\$198 #3991	5-9 years 12/\$216 #3989	7 years & up 12/\$216 #3992	5-9 years 12/\$216 #3993	5-9 years 2:45-4:45pm 11/\$242 #3995
Advanced 4:30-6:30pm		6-9 years 12/\$264 #4012		6-9 years 12/\$264 #4013	
Advanced 6:30-8:30pm		10-13 years 12/\$264 #4014		10-13 years 12/\$264 #4015	
Teen Rec 6:30-8:30pm		14 years & up 12/\$264 #4018		14 years & up 12/\$264 #4017	
Winter Session runs: Jan 6 - Mar 29 Note: No classes Feb 10 & 12					

School Field Trips

A marvelous opportunity to allow your class to explore and learn about the wonderful world of gymnastics. Our facility is very well equipped and provides a great setting for learning. Prices are per child and vary with how you block the time. We can facilitate greater learning with a block of four sessions than we can with a single lesson. (Register with Chimo.)





Birthday Parties

Having your party at the spectacular Chimo Gymnastics facility is a highly sought combination; low stress for parents, and HUGE fun for kids. First part: organized/free time, games and circuits with the coaches. Second part: food, fun, and family time in Room A. Please note that food is not included with the fee. Maximum of 16 participants included in the price; \$7.00 for each additional child to maximum of 30. Children under 4 must have an adult directly participate with them. Only participating children are allowed on the equipment, adults are present as supervisors.

Sundays
 10:30 am - 12:15pm,
 11:45 am - 1:30 pm,
 1:00 - 2:45 pm or
 2:15 - 4:00 pm
 \$130 + gst

High School Gymnastics

A basic competitive program which allows high school age girls to compete and represent their school. 4 hour commitment.

Cross Training - C

13 years and up
 Class will be with instruction but focused on the areas of individual interest; more for those wishing to apply gymnastic skills to other activities and conditioning.

T&T1

Gymnastics, dance, cheerleading, circus arts, and martial arts are all areas which incorporate gymnastic movements. Our coaching staff, along with our spring floor, in and out of ground trampolines, tumble trak, power tumbling strip, and foam pit, will help students develop front and back tumbling skills, aerials and more.

Interclub

This is a programme designed to improve fitness and body positions required for the development of new skills. Athletes will then use these skills in routines with opportunities to perform in front of adjudicators at some Island competitions. 4 hour commitment. Note: Registration and payment are done through Chimo.

***GBC* \$30 non-refundable fee is valid from Sep 9/17 to Aug 31/18 and is not prorated.**

T&T2

This class is for older, more experienced students. Equipment will be utilized to refine and develop the skills learned in T & T1. Prerequisite T & T1 and/or permission of the Program Director.

SPECIAL PROGRAMS

	MONDAY No Class Feb 12	TUESDAY	WEDNESDAY	THURSDAY
Cross Training 13+ years	8:15-9:15pm 11/\$132 #4005 *Both days 23/\$253 #4007 Drop-in \$13.50		8:15-9:15pm 12/\$144 #4006 *Both days 23/\$253 #4007 Drop-in \$13.50	
Tramp & Tumbling		T&T1 6:30-8:00pm 8-13 years 12/\$216 #4001		T&T2 6:30-8:30pm 10 years & up 12/\$242 #4002
Home School	5-8 & 9-13 years 12:30-2:00pm 11/\$198 #3996		7 years & up 10:00am-12:00pm 12/\$264 #3997 5-8 & 9-13 years 12:30-2:00pm 12/\$216 #3998	
InterClub Junior #4003 6-9 years Tuesdays & Thursdays 4:30-6:30pm InterClub Senior #4004 10-13 years 6:30-8:30pm		24/\$468 *Must register for both days & with Chimo	Note: These classes have a monthly payment option	24/\$468 *Must register for both days & with Chimo
HighSchool Gymnastics		13 years & up 6:30-8:30pm 24/\$468 #4008 *Must register for both days		13 years & up 6:30-8:30pm 24/\$468 #4008 *Must register for both days

Winter Session runs: Jan 6 - Mar 29 Note: No classes Feb 10 & 12

Facility Rentals



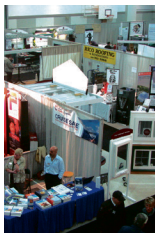
Genoa & Spinnaker Buildings

Comox's newest facilities are available to rent!



Weddings

Perfect setting for your reception offering convenient facilities in an affordable package.



Trade Shows & Events

The 7800 sq. foot room is large enough to accommodate job fairs, craft and trade



Meeting Rooms

The Community Centre has rooms of various sizes for your organization's next meeting or event



Sports & Events

Comox Recreation rents public parks and ball/soccer fields.

We can make room for you!

Call us to host your wedding, trade show, meeting and more. The Community Centre has competitive rates and flexible spaces to make any event or program a success.

Call Colleen at 250-339-2255 ext 224 or email cchestnut@comox.ca

Comox Parks



Filberg Park & Heritage Lodge

is a popular 9 acre waterfront park with walking paths, herb and flower gardens, lodge, tea house and seasonal petting zoo.



Marina Park has a boat launch, picnic tables, playground and washrooms. New water splash pad and Marina view room rentals. Call 250-339-2255 to book.



Anderton Park has a playground and grassy area for children, Healthbeat Fitness Circuit an outdoor circuit that has something for everyone - we encourage users to get physician's approval before starting to exercise and public tennis courts. Court rentals have priority; schedules available at the Community Centre.



Brooklyn Creek Park has a salmon spawning creek and trails in mature forest; access from Comox Rd.

CVRD Goose Spit is a swimming, wind surfing, beach combing and bird watching site.

Kin Beach is a 22.5 acre waterfront park with views of Georgia Strait and the Sunshine Coast.

Tot Lot on Noel Ave., has play structure, disc golf and trails.

Kye Bay has family amenities, sandy beaches and swimming.

Macdonald Wood Park is a nine acre, waterfront conservation area with forest trails.

Mack Laing Nature Park is seven acres of interpretative trails in mature forest.

Salish Park has children's play toys, trails and grassy areas.

Visit www.comox.ca
for more information on Comox parks and trails.





Registration Policies:

Fees are paid in full at the time of registration by cash, cheque, Interac, Visa, MasterCard or Quality Foods Rec Bucks.

CANCELLATION POLICY: The Comox Recreation Department reserves the right to cancel any program at any time. A FULL, PRO-RATED refund will be given, and every effort will be made to notify those who registered.

- Contractors may have different policies. Contact the business owner for more details.
- Programs will not be held on statutory holidays unless indicated.
- The Comox Recreation Department has the right to change times and locations of programs.
- The Comox Recreation Department will not be held responsible for classes cancelled due to weather, power failures, or other events which are beyond our control and require facility closure for health and/or safety reasons.
- GST will be charged on all programs that include participants over 14 years.
- A \$15 + gst handling charge will be collected on all NSF cheques.
- Post-dated cheques are not accepted.

Refund Policies:

Refunds may be issued under the following circumstances:

- The program has been cancelled by the Comox Recreation Department.
- Withdrawal due to medical reasons
- Please note: All withdrawals or transfer within 7 days prior to the start date (with the exception of medical withdrawals) are subject to an admin fee charge: \$5 + gst for non-contract programs, \$11 + gst for contract programs.
- There are no refunds for withdrawal from a program after program start date (unless due to medical reasons or extenuating circumstances).
- Refunds by cheque will take a minimum of 2 weeks to process.

10 Visit Paper Punch Passes: Treat like cash. Visit cards are not replaceable if lost, stolen or destroyed.

Note: Fitness memberships and visit cards are non-refundable and non-transferable.

Accessible Recreation & Funding Opportunities

The Comox Community Centre facilitates the following programs and services to ensure accessibility of recreation for everyone.

TRIP program

Free and low cost recreation opportunities for Comox residents on limited income.

Jumpstart and Kidsport

Financial assistance available for children and youth in eligible activities.

For more information on accessible recreation contact the Comox Community Centre at 250-339-2255, info@comox.ca or google "accessible recreation comox"

Come Work With Us!

The Community Centre is hiring talented, enthusiastic and dedicated instructors to deliver recreation programs. We are looking for:

- Certified group fitness instructors
- Program leaders who love working with children
- Talented and skilled instructors with an aptitude for teaching and communication

Could this be you? Bring us your program ideas and let's discuss how you can Work With Us!

Contact Ted Hagmeier at thagmeier@comox.ca for more information.



VILLAGE OF CUMBERLAND
PROGRAMS

CUMBERLAND RECREATION 250-336-2231

recreation@cumberland.ca

facebook.com/cumberlandparks&recreation

Hours of Operation

September to May

Monday - Friday

7:00 am - 9:00 pm

Saturday - Sunday

9:00 am - 4:30 pm

Facility Closures

Monday, Dec 25 *Christmas*

Tuesday, Dec 26 *Boxing Day*

Monday, Jan 1 *New Year's Day*

Monday, Feb 12 *Family Day*

How to Register

In Person: 2665 Dunsmuir Ave,
Cumberland

Pay by Cash, Cheque, Interac, Mas-
tercard, Visa

By Phone: 250-336-2231

Pay by Mastercard or Visa

Online: cumberland.ca/recreation

**GST is charged on programs with
participants over the age of 14.**

Fitness Studio & Courts

Adult Drop In: \$3.50

Adult 1 Month: \$30.45

Adult 10 Pass: \$33.60

Teen/Senior Drop In: \$2.55

Teen/Senior 1 Month: \$24.15

Teen/Senior 10 Pass: \$22.89

Fitness Studio

The Fitness Studio is suitable for
all levels with cardio machines, free
weights and cable machines.

Squash & Racquetball Courts

Enjoy drop-in squash & racquetball.
Racquet rentals available.

Climbing Wall

The climbing wall is open Friday
evenings and Saturday & Sunday
afternoons from October to May.

Birthday Parties

Climbing, sports or tot toys birthday
parties are available on Fri & Sat.

Early Years

PARENT & TOT GYM

6 years & under • Gymnasium

You and your child can meet new
friends and enjoy free play with
climbers, ride on toys, plasma cars
and slides!

Tuesdays & Fridays, 10:00 - 11:30 am
Jan 2 - Mar 30, by donation / drop in

VALLEYDADS NIGHT OUT

6 years & under • Climbing Wall

A night to celebrate dads and their
kids! Have fun together, explore our
climbing wall (climbing gear includ-
ed) and enjoy healthy snacks for
free! Sponsored by Success by 6
and Lush Valley.

Wed, Jan 31, 5:30 - 7:00 pm

Wed, Feb 28, 5:30 - 7:00 pm

Wed, Mar 28, 5:30 - 7:00 pm

Free! / drop in



follow us  

REGISTRATION STARTS MONDAY NOV 20 | [See page 111](#)





Early Years

TREEFROG MUSIC TOGETHER®

0 - 5 yrs & parent • Cultural Centre

Join the beloved Music Together® program! Music, movement, percussion & play that builds joy & confidence in music-making. \$45 book & CD fee due to instructor at first class. Instructor: Bethany Parsons
Fridays, 4:00 - 4:45 pm
Jan 26 - Mar 23 #4693
\$108, \$72 2nd child, siblings under 9 months free. No class Feb 16.

LITTLE TUMBLERS

1 - 3 years & parent • Gymnasium

Practice coordination, agility & balance in this gymnastics program. Instructor: Sheri Roffey
Mondays, 11:00 - 11:45 am
Jan 8 - Mar 19, \$70 #4684

SPORTS & STORIES

3 - 5 years • Gymnasium

Develop movement skills through ball hockey, basketball & soccer. Finish with circle time & a story. Instructor: Claire Hodge
Tuesdays, 1:00 pm - 2:15 pm
Jan 23 - Mar 13, \$56 #4694

HAND-IN-HAND EARLY YEARS NATURE EDUCATION PROGRAM

3 - 5 years • Coal Creek Historic Park

Go wild this school year with our nature-based, child-led, outdoor education program. This program is designed to offer a unique early childhood learning experience. Come & play outside with us for the school year & experience exploring, interacting and learning...naturally!

SEEDS: 3 years
Tue & Thu, 9:00 am - 12:00 pm
\$189 / month

ROOTS: 4 years
Mon, Wed & Fri, 9:00 am - 12:00 pm
\$244 / month

PRESCHOOL YOGA

3 - 5 years • Cultural Centre

A great way to stretch and strengthen both body and mind, building self-awareness & confidence. Playful movement & meditation are taught using stories, songs and games.

Instructor: Sue McGiffin
Thursdays, 3:30 - 4:30 pm
Jan 18 - Mar 22, \$95 #4695

LITTLE NINJAS

3 - 5 years • Gymnasium

A mix of parkour, bouldering and gymnastics. Play games and learn movement fundamentals such as jumping and landing, rolling, vaulting, climbing and falling safely. Bring a snack or lunch as there will be snacks and storytime as well. Must be out of diapers.

Instructor: Sheri Roffey
Mondays, 12:30 - 2:30 pm
Jan 8 - Mar 19, \$80 #4696

HAND-IN-HAND EARLY YEARS SPRING BREAK PROGRAM

3 - 5 years (must be out of diapers)
Coal Creek Historic Park

Go wild this spring with our nature-based, child-led, outdoor education program. Your child will explore, interact & learn as they play outside and discover what they love about our forest. Come and play outside & get a taste of what our school year program has to offer!

Mon - Thu, March 26 - 29
9:00 am - 12:00 pm, \$96 #4697

All Ages Events

FAMILY WEEKENDS

all ages • Gymnasium

Bring on family play time with badminton, pickleball & tot toys. Parent supervision & direct interaction required. Climbing wall is also open at this time.

Fridays, 6:00 - 8:30 pm
Sat & Sun, 1:30 - 4:00 pm
Jan 12 - Mar 25, \$2/child (1 yr & up)

VALLEY FAMILIES CLIMB

all ages • Climbing Wall

Explore the climbing wall & enjoy healthy snacks for free! Sponsored by Success by 6 & Lush Valley.

Free! / drop in
Sat, Jan 20, 2:00 - 4:00 pm

School Age

RED DRAGON TAEKWONDO

4 years and up • Cultural Centre

Learn foundational Taekwondo skills such as kicking, blocking, self-defense and Olympic sparring in a safe and respectful environment.

Instructor: Paul Sitko

4 - 8 years

Mondays & Wednesdays

7:00 - 7:30 pm

Jan 10 - Mar 21

9 years and up

Mondays & Wednesdays

7:30 - 8:30 pm

Jan 10 - Mar 21

\$50/10 pass

FLOOR HOCKEY

5 - 18 years • Gymnasium

Sponsored by *Youth Unlimited* (Christian based organization) with optional chat on values at half time.

Thursdays, Jan 11 - Mar 22

6:00 - 7:00 pm (5 - 11 yrs)

7:15 - 8:30 pm (12 - 18 yrs)

\$1.50/drop in

JUNIOR CLIMBERS

6 - 12 years • Gymnasium

Explore the climbing wall through games, bouldering, roped climbing & belaying. For beginner to experienced climbers. Parents welcome to stay and belay (instruction provided).

Thursdays, 4:00 - 5:30 pm

Jan 18 - Feb 15, \$50 #4616

Feb 22 - Mar 22, \$50 #4618

FRIDAY FUNDAY

5 - 12 years • Gymnasium

Play a variety of sports and games, create art, balance on slacklines, and explore the climbing wall. Early drop off & late pick up available at no extra charge.*

Friday, 9:00 am - 3:00 pm

February 9, \$39 day #4704

After School Fun

JUNIOR NINJAS

5 - 8 years • CCS & Gymnasium

Children will be picked up from Cumberland Community School (covered area between Strathcona building & portables) and walked to Cumberland Rec. Explore parkour, bouldering, gymnastics and ninja moves! Play games and practice jumping and landing, rolling, vaulting, climbing, and falling safely.

Mondays, 2:45 - 4:00 pm

Jan 8 - Mar 19, \$65 #4707

CLIMBING CLUB

6 - 12 years • Gymnasium

Children will be picked up from CCS and walked to Cumberland Rec. Explore the climbing wall through games, bouldering, roped climbing & supervised belaying. Parents welcome to stay & belay (instruction provided).

Instructor: Clive Powsey

Tuesdays, 2:45 - 4:15 pm

Jan 16 - Feb 13, \$50 #4615

Feb 20 - Mar 20, \$50 #4617

YOUNG COOKS

10 - 14 years • Gymnasium

Sponsored by LUSH Valley. Plan and make your lunch for the next day while learning kitchen skills, food preparation & cooking. Bring containers to transport your food home.

Instructor: Chef Alberto Pozzolo

Mondays, 3:30 - 5:00 pm

Feb 5 - Mar 19 #4708

Free! / Must Pre-Register

YOUTH OPEN GYM

10 - 15 years • Gymnasium

Basketball, floor hockey and soccer available. No supervision or facilitation provided.

Wednesdays, 3:00 - 4:45 pm

Jan 10 - Mar 21

\$1.50 drop in

TABLE TENNIS

11 - 15 years • Cultural Centre

Offered in collaboration with Cumberland Community Schools Society.

Instructor: Adam Kuzma

Mondays, 4:00 - 5:00 pm

Jan 29 - Mar 19

No fee (must register by email to ccss.coordinator@gmail.com)

WINTER BREAK DAY CAMP

5 - 12 years • Gymnasium

Spend each day playing a variety of sports & games, building crafts, riding plasma cars, getting messy with paint, cooking delicious creations and exploring the climbing wall. Early drop off & late pick up available.*

9:00 am - 3:00 pm

Dec 28, 29, Jan 2, 3, 4, 5

\$39 day

SPRING VISUAL ARTS CAMP

6 - 14 years • Cultural Centre

Harness the creative process and develop your artistic style by exploring a wide range of materials and methods including drawing, painting, collage, printmaking and sculpting.

Instructor: Jenja McIntyre

Tue - Fri, Apr 3 - 6

9:00 am - 3:00 pm, \$175 #4717

SPRING ADVENTURE CAMP

5 - 11 years • Gymnasium & forest

Experience no trace fire building & bannock cooking, wilderness safety, adventures in orienteering, scavenger hunts, unforgettable wild edibles, wall & crate climbing, slacklines, nature art painting, clay explorations, stories, & stealth games. Early drop off and late pick up available.*

Mon - Thur, Mar 26 - 29

9:00 am - 3:00 pm, \$130 #4718

*Early drop off 8 - 9 am and late pick up 3 - 4 pm available for no extra charge. This time will be supervised but unstructured gym play time.



Fitness

PURE TRAINING SPIN & CARDIO

Cultural Centre

A 25 minute high intensity spin and 25 minute full body set.

Instructor: Paul Purin

Thursdays, 6:00 - 7:00 pm

Jan 4 - Mar 29, \$96 #4734

\$8 drop in, \$80 / 10 pass

ADVANCED SPIN

Cultural Centre

A high intensity spin class, with bike race video inspiration, designed to push your limits.

Instructor: Paul Purin

Tuesdays, 7:30 - 8:30 pm

Jan 9 - Mar 20, \$88 #4735

POWER HOUR SPIN

Cultural Centre

45 minute high cardio spin set to music, followed by a stretch. All levels.

Instructor: Dana Dixon

Early Bird Spin

Tuesdays, 5:50 - 6:50 am

Jan 9 - Mar 20, \$88 #4736

Evening Spin

Wednesdays, 5:30 - 6:30 pm

Jan 10 - Mar 21, \$88 #4737

Ladies Only (Babies Welcome)

Fridays, 9:10 - 10:10 am

Jan 12 - Mar 23, \$88 #4738

FUNCTIONAL STRENGTH-COMBO

Conditioning and strength endurance through body weight drills, TRX, kettlebells and dumbbells. Get a great workout while performing each drill safely and correctly for max results. All levels.

Instructor: Jen Walker

Thursdays, 12:00 - 12:45 pm

Jan 18 - Mar 8, \$80 #4719

\$10 drop in, if space available

KETTLEBELL STRENGTH

Whether it's your first time lifting weights or you're an old pro, this class will take you to the next level.

Expect to be challenged, learn new techniques and build strength, with an emphasis on form. All levels.

Instructor: Jen Walker

Thursdays, 6:00 - 6:45 am

Jan 18 - Mar 8, \$80 #4721

\$10 drop in, if space available

PRIMETIME

Get fit & stay in shape with TRX, circuit training, tabatas, weights and more.

Instructor: Dana Dixon

Mondays & Wednesdays

6:00 - 7:00 am, \$120 / 10 pass

Jan 10 - Feb 14, \$100 #4727

Feb 19 - Mar 21, \$100 #4728

PURE TRAINING BOOTCAMP

High intensity cardio and body weight fitness classes. Family friendly.

Instructor: Paul Purin

Tuesdays, 6:00 - 7:00 pm

\$8 drop in, \$80 / 10 pass

Childcare available

MOMMY MOVES

mom & child(ren) 5 yrs and under

Meet new moms during this upbeat bootcamp style class with TRX, circuit training, tabatas and more.

Instructor: Dana Dixon

Mondays & Wednesdays

10:15 - 11:15 am

Jan 10 - Feb 14, \$90 #4731

Feb 19 - Mar 21, \$90 #4732

\$10 drop in, if space available

STRETCH & STRENGTH

Fitness Studio & Squash Courts

Increase your strength, balance and flexibility in this low intensity class.

Instructor: Laurie Baird

Tuesdays & Thursdays, ongoing

6:30 - 7:30 pm

\$3.33 drop in

TRX TRAINING

A total body workout, centred on the core, using TRX suspension straps and body weight.

Instructor: Leanne Gray

Mondays, 9:00 - 10:00 am

Jan 15 - Mar 19, \$72 #4725

TRX TRAINING

A total body workout, centred on the core, using TRX suspension straps and body weight.

Instructor: Leanne Gray

Tuesdays, 12:00 - 12:45 pm

Jan 16 - Mar 20, \$80 #4726

PURE TRAINING 6 AM BOOTCAMP

High intensity cardio & body weight class, making use of the fitness studio and gymnasium.

Instructor: Paul Purin

Fridays, 6:00 - 7:00 am

\$8 drop in, \$80 / 10 pass

TOTAL BODY FIT

50 years & up

Increase your flexibility, joint stability balance and strength. All levels.

Instructor: Cathy Riopelle

Tue & Thu, 8:45 - 9:45 am

Jan 9 - Mar 22

January, \$35

February, \$40

March, \$35

\$6.67 drop in

CHAIR FIT

50 years & up • OAP Hall & Gym

Seated and standing exercises for building balance, agility and strength. All fitness levels.

Instructor: Cathy Riopelle

Tue & Thu, 10:00 - 10:45 am

Jan 9 - Mar 22

January, \$35

February, \$40

March, \$35

\$6.19 drop in

Sports

DROP IN BASKETBALL

Mon, 5:00 - 6:45 pm (under 25 yrs)
 Mon, 7:00 - 8:45 pm (25 yrs & over)
 \$2.38 drop in

DROP IN TABLE TENNIS

10 years & up • Cultural Centre
 Sundays, 2:00 - 5:45 pm
 Mondays, 4:00 - 6:45 pm
 \$2.86 drop in

DROP IN PICKLEBALL

Wednesdays

11:30 am - 1:30 pm, Intermediate
 1:30 - 2:30 pm, Beginner

Thursdays

1:00 - 3:00 pm, Levels above beginner

Fridays

12:30 - 2:30 pm, Levels above
 beginner & knowledge of the game.

\$2.86 drop in, \$28.57 10 pass
 \$150 year pass

OPEN CLIMB

Jan 12 - Mar 25
 Fridays, 6:00 - 8:45 pm
 Sat & Sun, 1:30 - 4:15 pm
 Please sign up for a 'Learn to Climb'
 lesson to get belay certified.

LEARN TO CLIMB

13 years & over • Climbing Wall

Learn about safety, knots, belaying &
 more in this lesson.

Saturdays, Jan 13, Feb 10, Mar 10
 12:00 - 1:30 pm, \$30/person

FAMILY CLIMB SUNDAYS

all ages • Climbing Wall & Gym

Bring the family to climb or play with
 toys in the gym. At family climb, par-
 ents belay their kids. Sign up for one
 of our 'Learn to Climb' lessons to get
 belay certified.

Sundays, 1:30 - 4:15 pm
 Jan 14 - Mar 25, \$18/family

Adult Programs

IYENGAR YOGA

Cultural Centre (Tue & Thu)
 Frelones (Mon & Wed)

Iyengar, a form of Hatha Yoga, has
 an emphasis on precision and align-
 ment in posture and breath control.
 Instructor: Traci Skuce

Evening Classes

Mondays, 7:00 - 8:30 pm
 Jan 8 - Mar 19, \$120 #4756
 Wednesdays, 7:00 - 8:30 pm
 Jan 10 - Mar 21, \$132 #4757

Morning Classes

Tuesdays, 9:30 - 11:00 am
 Jan 9 - Mar 20, \$132 #4758
 Thursdays, 10:30 - 12:00 pm
 Jan 11 - Mar 22, \$132 #4759

55 Plus Class

Thursdays, 8:30 - 10:00 am
 Jan 11 - Mar 22, \$132 #4760

IYENGAR YOGA WORKSHOP

Cultural Centre

Deepen your yoga practice with this
 three hour workshop. During the
 session you will work postures that
 focus on freeing up your hips and en-
 ergizing your spine. Students must
 have some yoga experience.

Instructor: Traci Skuce
 Saturday, 9:00 - 12:00 pm
 March 3, \$40 #4761

DROP IN CARDS & GAMES

50 years & up • OAP Hall

Come drop in and enjoy cards and
 games with coffee and snacks. Vol-
 unteers will help facilitate.

Tuesdays, 11:00 am - 1:00 pm
 Jan 9 - Mar 20, \$1.50 drop in

DROP IN BRIDGE CLUB

50 years & up • Cultural Centre

Enjoy a game of bridge with coffee
 & snacks.

Fridays, 1:00 - 3:30 pm
 Jan 12 - Mar 25, \$1.50 drop in

WEAVE, SIP & EAT

Cumberland Hotel

Create your own woven wall hang-
 ing! Learn how to start and finish a
 weave as well as simple and beauti-
 ful weaving techniques. All materials
 provided. Loom and tools are yours
 to take home after the workshop.
 Instructor: Samantha Cheong
 Sunday, 6:00 - 9:00 pm
 February 4, \$49 #4762

ITALIAN COOKING

Cumberland Recreation Kitchen

Learn how the Italians eat and cook
 using local ingredients and making
 the most of their food bounty. Join
 Chef Alberto Pozzolo as he guides
 you through making delicious Italian
 foods here in our kitchen.

Instructor: Chef Alberto Pozzolo

Christmas: Savoury & Sweets #4454
 Fri, Dec 8, 6:00 - 8:30 pm, \$30

Italian Pizza & Quickbreads #4767
 Fri, Jan 26, 6:00 - 8:30 pm, \$30

Gnocchi & Sauces #4768
 Fri, Feb 9, 6:00 - 8:30 pm, \$30

Risotto & Vegetarian Dishes #4769
 Fri, Mar 16, 6:00 - 8:30 pm, \$30

LUSH VALLEY KITCHEN WORKSHOPS

Cumberland Recreation Kitchen

Learn new skills to take home and
 use in your kitchen. Sponsored by
 Lush Valley. Bursaries available for
 those in need, email admin@lushval-
 ley.org to arrange. Bring a container
 to transport food home with you.
 Instructor: Kimi Nakamura

Gluten Free Holiday Baking #4497
 Thu, Dec 14, 6:30 - 8:30 pm, \$25

Fermentation & Probiotics #4770
 Sun, Jan 28, 1:30 - 4:00 pm, \$25

Harvest Casseroles #4771
 Sun, Feb 11, 2:00 - 4:00 pm, \$25

Fermentation & Probiotics #4772
 Sun, Mar 4, 1:30 - 4:00 pm, \$25



Volunteer Opportunities

Courtenay Recreation

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

www.courtenay.ca

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



Special Needs Recreation

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

250-338-5371 Ineville@courtenay.ca or www.courtenay.ca/specialneedsrec



Comox Valley Accessibility Committee

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

FMI Lydia 250-338-5371

comoxvac@gmail.com

www.cvaccess.ca



Comox Valley
ACCESSIBILITY
COMMITTEE
Building a Barrier Free Society

MARS Wildlife Rescue Centre

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.marswildliferescue.com



MARS
WILDLIFE RESCUE CENTRE

The Gardens on Anderton

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

Opportunities abound!

thegardensonanderton@gmail.com

www.gardensonanderton.org



Therapeutic Riding

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

Call 250-338-1968 or

visit: www.cvtrs.com



The Salvation Army desires to:

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

Call Nancy 250-338-5133 ext.223,

or volunteer@cvsalarmy.ca

Sharing the love of Jesus Christ



Giving Hope Today

Volunteer Comox Valley

Ready to volunteer? Not sure where to start?

We can help match your interests with a group who will involve you in a good cause. Call 250-334-8063 or drop by Unit C1 - 450 Eighth Street, Courtenay (open Monday - Friday, 10 am - 3 pm). Browse our online Volunteer Directory and register to volunteer today!

www.volunteercomoxvalley.ca



Low Cost Recreation

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

Active Comox Valley

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

Canadian Tire JumpStart

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

Prenatal Classes

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

189 Port Augusta Sea Cadets

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

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

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

New Discoveries Parent & Child Learning Centre

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

City of Courtenay

Recreation Access Coupon Books

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

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

Town of Comox TRIP Program

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

Fun Freebies to Do in Courtenay!

(to get and stay active)

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



Boys & Girls Clubs
of Central Vancouver Island

GREAT FUTURES START HERE!

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

Ask about Adventure Club for Gr. 3-7s!



Vancouver Island's largest childcare provider!

- Passionate qualified staff
- Diverse weekly Core Programming
- Affordable, accessible and reliable
- Open weekdays 7:30am - 6:00pm

Aspen Park Elementary

250-650-2274

aspenpark@bgccvi.com

Brooklyn Elementary

250-650-1458

brooklyn@bgccvi.com

After school pick-ups available from Ecole Robb Road

Program and Registration Info Online

www.bgccvi.com



bandgclubofcvi



@BGCCVI

WINTER HARP



BLUE
CIRCLE
SERIES

THURS DECEMBER 7 | 7:30 PM

Winter Harp, a world-class ensemble of harps, medieval instruments, flutes, violin, percussion, and singers, is back this season with a stunningly beautiful show in celebration of winter and Christmas.

Visit sidwilliamstheatre.com for more info!



Phone 250.338.2430

Ticket Centre Hours

Tues to Sat 10 am - 4 pm

1 hour prior to show time



STRATHCONA NORDIC SKI CLUB

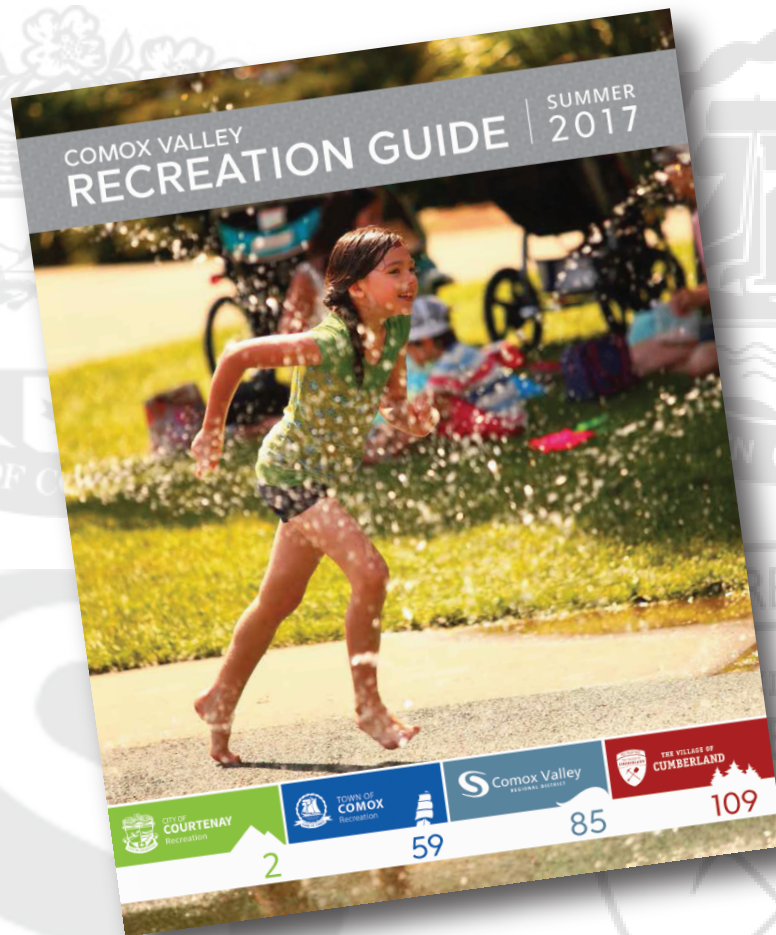
Cross Country Skiing programs for the whole family!

- Winter programs start January 7/8 and run through the end of March!
- Early bird deadline November 30
- Jackrabbit registration deadline December 31
- Jackrabbit and youth program coaches needed!
- Vancouver Island Loppet Ski Tour - April 1, 2017
- Join the club and support Nordic skiing on Vancouver Island



Contact us at: info@strathconanordics.com or visit us at www.strathconanordics.com

Advertise With Us!



Reach Your Audience in the Community

Advertise on the inside front and back covers!

The CV Recreation Guide is a high quality publication that is distributed to 22,000 homes throughout the Comox Valley and recreation centres, and are current for about 3½ months.

Full page front or back inside cover flap, full colour (7.39" x 9.68")

Half page front or back inside cover flap, full colour (7.3" x 4.7")

Book in 4 issues for a 10% discount.

For more information, prices and to book please contact:

Deanne Gendron 250-338-5371



4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

A happy place to learn!



4R's

(K - 12)

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

Opening Doors for Learning since 1989



Little R's Pre-school

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

Promoting successful learning



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

Great Futures Start Here



Boys & Girls Clubs of Central Vancouver Island



Adventure Club

After school program at Aspen Park School offering the adventures & challenges young leaders (Gr.3-7) crave. Pick up from Brooklyn & Robb Rd available.



Youth leaders (13-18 years) and local business partners connect! Experience how passion + interests x well-developed skills = Entrepreneurial SUCCESS. Showdown style finale for this FREE program has participants pitch to win over \$10,000 in prizes to jumpstart their business!



Adventure Club
250-650-2274

www.bgccvi.com



TEC
250-898-9282



Working with you toward a healthy & vibrant community



Photo by Sara Kempner

Providing Community School Programs & Events since 2000

- Life-long learning for all ages
- Volunteer opportunities
- Thunderballs 2018
- Weekly Bingo nights and more!

You can find us online at
www.cumberlandcommunityschools.com
or on Facebook and Instagram @cumbycss



Comox Valley Monarch Lions Club

Lions 911 Reflective Address Sign Sales

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

A community/fundraising project - \$40 each

Every Saturday 9:00 am - 1:00 pm

Outside Farmer Market Grounds

Pre orders welcomed



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



www.911reflectivesign.ca

DISCOVER
comox valley

**SERVING LOCALS
& VISITORS**
FROM NEAR & FAR!

**The Vancouver Island
VISITOR CENTRE**
*Experience the award-winning facility
and service!*

- Fully-equipped boardroom & meeting space
- Tours & school group activities
- Activity & accomodation bookings
- Event tickets • Gift Store *and more!*

Open 7 days a week! At 3607 Small Road, Cumberland
DiscoverComoxValley.com | 250.400.2882 or 855.400.2882

COMOX VALLEY CHILDREN'S CHOIR
Providing excellent choral music education
to singers of school age.

Fugl CHOIR
A place to explore
the voice and soar
into music & song!
AGES ~8-12.
Treble voices
Non-competitive
Fun & Safe
*Sing, Explore,
Play, Perform*

Lintu CHOIR
A place to grow
and spread wings
into music & song!
AGES ~12-15
Treble voices
Non-competitive
Fun & Safe
*Sing, Travel, Perform,
Belong... Sing with us!
Rise Up & Love it!*

COMOX VALLEY CHILDREN'S CHOIR
For the Love of Singing

Registration for 2017-2018 begins in JUNE
Contact: 250 792 3173
comoxvalleychildrenschoir@gmail.com

Vancouver Island Society for Adaptive Snowsports (VISAS).

Providing adaptive snowsports lessons for people with diverse abilities for over 30 years!

Take a Lesson

Choose Alpine ski/sitski/snowboard OR Nordic ski/sitski
Inclusive, Achievable and Affordable
7 days a week Dec - Mar at Mt Washington

Winter Snowsports Festival

4 days on snow - Free tix, rentals & lessons
January 7 - 11, 2018

New Instructor Training starts end - November



Pre-season contact: Tom Clarke 250-914-5187

Bookings (Dec - Mar): 250-334-5755

visasweb.ca or facebook, Email: adaptive@mtwashington.ca



COMOX VALLEY
SPORTS & SOCIAL CLUB

SPORTS LEAGUES



**Register for Winter Leagues
by January 8**

Dodgeball (Mondays or Wednesdays)

Volleyball (Tuesdays or Wednesdays)

Floor Hockey (Tuesdays)

Indoor Soccer (Thursdays)

Curling (March 17)

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



**FUN Basketball for Girls
K to Grade 12**

Learn how to play
the most popular
game for girls in
the world!

No experience
necessary



**Great coaching,
learn the basics, FUN!**

Wednesday and Friday Nights from
Sept 20 - Nov 22, 2017. See www.cvathletics.ca
for all event information and to register.

Contact: [Peter drpedro@telus.net](mailto:Peter_drpedro@telus.net) or 250-334-7497



**INTERNATIONAL
STUDENT PROGRAM
COMOX VALLEY**

**Invites applications from families
interested in hosting an
international student.**



Interested families please apply online:
[www.studyinbritishcolumbia.com/
introduction-to-homestay/](http://www.studyinbritishcolumbia.com/introduction-to-homestay/)

For more information contact:
250-792-0101
250-218-9605
isponline@sd71.bc.ca

International Student Program's office
250-703-2904

Green Inspiration

Comox Valley Horticultural Society's goal is to inspire, educate and entertain you about all things green.

We offer 9 monthly meetings (3rd Monday, Filberg, 6:45pm, members free, guests \$5) featuring exceptional Guest Speakers, a monthly newsletter packed with gardening tips and tricks, access to Master Gardeners, members' only Plant Sale, private Garden Tours, discounts from many local retailers and much more.

Annual membership only \$20 (\$30 for family of 2).

See comoxvalleyhortsociety.ca for more details.



We are a friendly group of gardeners, from new and learning, to experienced and still learning.

Royal LePage in the Comox Valley
**Proud supporters of
community events**



Sharing the Christmas Spirit Hamper Program

Registration opens
November 1
250-334-4913



Fundraising Dance

Native Sons Hall November 25
Doors open at 7:00

Coldest Night of the Year

February 24, 2018

Proceeds go to the Transition Society





The Comox Valley Aquatic Club is a competitive swim team providing professionally coached instruction to swimmers age 6 and above in the Valley. Our coaches are dedicated to helping athletes of all ability to achieve their goals.

Shark School program runs twice a week and is designed to teach swimmers the **FUNDamentals** of competitive swimming in a structured and fun environment.

Squad program progresses swimmers through the different levels and stages of competitive swimming and gives swimmers opportunities to challenge themselves and compete in competitions throughout the year.

Masters program is for adult swimmers as all ages and abilities to continue to work on fitness and technique in a structured, professionally coached and fun environment.

For registration and more information visit us at www.sharks.bc.ca or cvsharksheadcoach@gmail.com

New Turf, New Era for Field Hockey.
Comox Valley Field Hockey League
For girls, boys, women and men.



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

Comox Valley United Soccer **Get your kicks locally!**

Winter: Youth Indoor Futsal
November 2017 to February 2018
Registration opens October 1

Spring: Youth Spring Soccer
April to June 2018
Registration opens November 18
Deadline to register March 9

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



NORTH ISLAND COLLEGE



The First Aid Division at North Island College offers a wide variety of First Aid Certifications including WorkSafeBC and Red Cross.

**Comox Valley Campus
WINTER 2018**

Code	Course	Date(s)
AET 020	Emergency Medical Responder (EMR)	Nov 20 - Dec 1
FAC 021	Standard First Aid & CPR C	Dec 6 & 7
FAC 010	Emergency Child Care FA	Jan 20
OFA 010	OFA Level 1	Jan 24
OFA 015	Transportation Endorsement	Jan 25
FAC 082	Marine Basic FA & CPR C	Jan 27 & 28
OFA 033	Paramedic in Industry	Jan 31
FAC 021	Standard First Aid & CPR C	Feb 3 & 4
HRT 011	CPR Level C	Feb 7
FAC 020	Emergency First Aid	Feb 17

Occupational First Aid Level 3

OFA 030	OFA Level 3 ~ Feb 19 - Mar 2
OFA 032	OFA Level 3 Renewal ~ Feb 26 - Mar 2



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



Check us out on facebook at:
North Island College - First Aid Training
or on Twitter @NICFirstAid



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

COMOX VALLEY



NORTH ISLAND COLLEGE

COURSES FOR ADULTS 55+

Laughter, friendship and new knowledge

Courses begin October 2

First Lecture September 30

Registration opens September 18-20



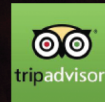
250-334-5000 ext 4602 - www.nic.bc.ca/ec
eldercollegeCV@nic.bc.ca

<https://www.facebook.com/ComoxValleyElderCollege>



Ride the Wild Cave Slide!

Ranked #1



Winner of
BC's Remarkable
Experience Award

OPEN YEAR ROUND

HORNELAKE.COM 250-248-7829

Community Directory

Adult Education

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

Community Services

Advocacy Society - Marnie.....250-338-4694
Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce
- Courtenay.....250-334-3234
- Cumberland.....250-336-8313
Community Based Victim's Services
Sexual Assault Services (Local 224)
Domestic Violence Services (Local 226)
.....250-338-7575
Comox Valley Family Services.....250-338-7575
CV Le Leche League-Gill.....250-941-6450
CV Pregnancy Care Centre.....250-334-0058
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society.....250-898-9567
CV Project Watershed.....250-703-2871
CV Transition Society.....250-897-0511
Vancouver Island Crisis Line
- Crisis Line1-888-494-3888
- Office.....1-877-753-2495
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Food Security Hub.....250-331-0152
Help Line for Children.....Zenith 1234
Immigrant Welcome Ctr.....250-338-6359
Juvenile Diabetes Research Foundation ..
.....www.jdrf.ca
Keystone Artists Market-Leah.....250-703-3296
Kid Start - John Howard Society NI
Wendy.....250-338-7341 ext 335
Kitty Cat P.A.L. Society.....www.kitycatpals.com
Lilli House 24 hr Crisis Line.....250-338-1227
Meals on Wheels - Diane.....250-331-8522
Mountaineer Avian Rescue.....250-337-2021
(Pager - Wildlife Emerg).....1-800-304-9968
Social Planning Council
- Elizabeth Shannon.....250-335-2003
St. John Ambulance.....250-897-1098
St. Joseph's Hospital Volunteer
Services - Pat.....250-339-1548
The Salvation Army
- Family Services.....250-338-5133
- Thrift Stores.....250-338-8151
Today n' Tomorrow Young
Parent Program.....250-338-8445
Therapeutic Riding Association.....250-338-1968
Transition Town CV.....www.transitiontowncv.org
United Way (Comox Valley).....250-338-1151
VI Regional Library Courtenay.....250-334-3369
VI Visitor Centre.....info@investcomoxvalley.com
Welcome Wagon - Mary Lynn.....250-338-8024
Y.A.N.A.....250-871-0343

Clubs & Organizations

Church Groups

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

Dog Clubs

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

Horticulture

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

Public Speaking

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

Other

Association Francophone de la
Vallée de Comox-Pauline Tardif.....250-334-8884
Beekeepers Association - Urs.....250-337-8858
Beta Sigma Phi - Gerrie.....250-338-8557
Telus Community Ambassadors
- Shirley250-339-5917
Camera Club - Lin Auerbach250-703-2850
CV Classic Cruisers - Richard.....250-338-9540
CV Genealogy Group
.....info@cvgenealogygroup.org
CV Humanistscvhumanists.org
Newcomers Clubcvnewcomers.net
Orca Probus Club - Patrick250-338-8728
Radio Control Aeronautics Assoc.
- Frank250-337-5320
Raw & Living Foods Vegan Potlucks
- Rose.....250-334-2251
Taoist Tai Chi Society - Arlene.....250-890-3671
CV Ukrainian Cultural Society
- Sharon McEwan.....250-871-3899
University Women's Club
.....comoxvalleycfuw@gmail.com
Vancouver Island Paleontology
- Betty250-339-7372

Seniors

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

Health & Wellness

Adult & Teen Day Therapy.....250-339-1496
Al-Anon - Rene.....250-334-2392 Jan 250-338-2947
Alcoholics Anonymous250-338-8042
Anderton Therapeutic Garden Society
Joan250-334-3089
Canadian Cancer Society250-338-5454
CV Hard of Hearing.....cvhardofhearing@gmail.com
CV Mental Health & Addictions Services
.....250-331-8524
CV Hospice Society
(Info. & bereavement support).....250-339-5533
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
Cumberland Health Centre & Lodge
Recreation Department.....250-336-8531 ext 271
CV Head Injury Society250-334-9225
CV Ostomy Support Group.....250-871-4778
Heart&Stroke Foundation-Ollie.....250-339-4009
On the Move Fitness Service.....250-923-8291
Overeaters Anonymouswww.oa.org
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
St. Joseph's General Hospital
Auxiliary Society - Pat250-339-1407
AIDS Vancouver Island - Sarah.....250-338-7400
Therapeutic Riding Association.....250-338-1968
Public Health Nursing250-338-1711
Wheels for Wellness Society250-338-0196

Service Clubs

Amateur Radio Club- Glen.....250-336-8205
Comox Legion - Br.160 - Cyndy.....250-339-2022
Courtenay Legion - Branch 17.....250-334-4322
Cumberland Legion - Br. 28.....250-336-2361
CV Kinsmen Club - Jim Lilac250-334-9444
CV Lions Club250-339-6232
CV Monarch Lions Club250-338-9602
Elks Club #60250-334-2512
Harmony Rebekahs Lodge #22
- Carol Briggs250-336-8373
Kiwanis Club - Courtenay - Bill.....250-703-2222
Knights of Columbus - Rodger ..250-339-1176
Baynes Sound Lions - John.....250-335-0365
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Order of the Royal Purple - Irene.....250-334-4740
Pythian Sisters - Diana Harris.....250-335-2451
Rotary Club of Comox - Victor ..250-338-3740
Soroptomist Club of Courtenay
- Sandra Longland.....250-941-1013
Strathcona Sunrise Rotary Club
- Keith.....250-897-5055

Fairs & Festivals

Empire Days - Leslie Baird.....250-336-2718
CV Exhibition.....250-338-8177
Filberg Festival - Sylvia250-334-9242
- www.filbergfestival.com
CV Highland Games Society
- Laurie250-897-8885

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

Community Directory

Sports

Adult Leagues

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

Aquatics

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

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

Baseball/Softball

CV Minor Baseball*www.cvba.ca*

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

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

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

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

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

Basketball

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

CV Youth Basketball Assoc.

- Anthony Edwards250-898-9973

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

Ice Sports

CV Glacier Kings Jr. Hockey

- Iris250-338-5409

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

CV Ringette*www.comoxvalleyringette.com*

CV Skating Club250-339-9872

Women's Ice Hockey

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

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

Martial Arts

VI Karate Society - Jacquie250-338-4718

Courtenay Shito-Ryu Karate

- Todd250-338-9722

CV Karate Club - Brenda250-338-9722

CV Kung Fu Academy250-702-3780

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

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

The Academy of Martial Arts

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

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

Racquet Sports

CV Tennis Club - Pat McGrath

.....*mcgrathpm@shaw.ca*

Courtenay Sr. Badminton Club

- Daryl Bissell.....250-339-3383

CV Squash Club -David Audia250-203-3215

Skiing/Snowboarding

JumpCamp.....*www.jumpcamp.com*

Mt Washington Ski Club

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

Mt Washington Volunteer Ski Patrol

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

Strathcona Nordics Cross Country

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

Vancouver Island Society for Adaptive

Snowsports.....*www.visasweb.ca*

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

Soccer

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

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

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

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

Other

Chimo Gymnastics250-339-2255

Comox Valley Tri-K - Rick250-334-3124

Courtenay Knights Floor Hockey

- Tim250-792-3332

Community Groups

Courtenay Lawnbowling Club

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

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

CV Curling Centre250-334-4712

CV Pickleball Assoc.*www.cvpickleball.ca*

CV Road Runners*www.cvr.ca*

Field Hockey CV.....*www.comoxvalleyfieldhockey.ca*

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

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur250-338-9657

Minor Lacrosse Association, CV Wild

.....*www.comoxlacrosse.ca*

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

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

Rugby - Kicker's Club

- Aimee Eurley250-703-6677

Rugby - Saratoga Beach Over 40

- John Gotto250-338-8142

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

Outdoor Groups

Boating

Canadian Power & Sail Squadron

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

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

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

Dragon Boat Society (Blazing Paddles)

- Erica Roy250-703-0707

Dragon Boat Team-Hope Afloat (Women

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

Dragon Boat Team (Dragonflies)

- Colleen250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

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

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

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

Comox Valley Paddlers Club

- Monica250-339-2950

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

Other

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

Comox District Mountaineering (Hiking)

Club - Ken Rodonets250-871-1245

Comox Glacier Wanderers

(Volkswalk Club) - Crystal250-898-8612

CV Ground Search & Rescue250-334-3211

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

CV Naturalists Society -Robin ...250-339-4754

CV Land Trust - Jack250-331-0670

Comox Golf Club250-339-4444

Courtenay Fish & Game Protective

Association250-338-9122

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

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

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

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

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

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

Dance Groups

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

Ocean Waves Square Dance Club

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

Scottish Country Dance

- Heather250-338-9060

Dolyna Ukrainian Dancers

- Janette Martin-Lutzer250-339-0793

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

Visual/Performing Arts

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

Comox District Concert Band

- Pat Jackson250-339-5091

CV Clown Club - Dolores VanderMaaten

.....250-334-4255

CV Potters Club - Laurie250-339-4229

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

CV Community Arts Council

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

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

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

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

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

Filberg Lodge & Park Association

- Glen & Lynn250-339-2715

Just in Time Jazz Choir

- Wendy250-338-0244

Les Harmonies Francos

- Pauline Tardif250-334-8884

Letz Sing Community Choir

-Tina250-923-7709

Needlearts Guild - Doreen250-871-6739

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

North Island Music Teachers Association

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

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

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

Rainbow Youth Theatre

.....*www.rainbowtheatre.com*

Strathcona Symphony Orchestra

.....250-331-0158

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

Island Phoenix Acapella Chorus

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

Vancouver Island Music Fest

- Megan250-336-7981

Youth

Scouting

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

Scouting Inquiries - Chris250-339-2424

Cadets

Air Cadets - 386 Squadron250-339-9198

Army Cadets -250-339-8211 ext 7995

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

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

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

Other

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

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

Dragon Boating Youth Team

(Dragon Riders) - Lisa250-871-2730

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

Nature Kids.....*comox@naturekidsbc.ca*

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



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