

COMOX VALLEY RECREATION GUIDE | SUMMER 2017



CITY OF
COURTENAY
Recreation

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TOWN OF
COMOX
Recreation



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Comox Valley
REGIONAL DISTRICT

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RECREATION
THE VILLAGE OF
CUMBERLAND



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COURTENAY RECREATION
WELCOME



Welcome!

Our country is celebrating a big milestone this year. People across the country are coming together to celebrate Canada 150, and excitement is building here in the Comox Valley as well. Expect to see a lot more red and white in our Mile of Flowers this year, for starters. Volunteers are also busy planning an extra-special Canada 150-themed celebration on July 1st. We hope you'll join us! For more information on the festivities, see page 125.



Sincerely,
Larry Jangula
Mayor of Courtenay

Courtenay Recreation

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CANADA 150

Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca/rec

click on Summer Programs



Lewis Centre

Facility Hours:

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

Saturday 8:30 am - 4:00 pm

until May 14:

Sunday 8:30 am - 8:00 pm

effective May 15:

Sunday 8:30 am - 4:00 pm

Office Hours:

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

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

until May 14:

Sunday 8:30 am - 8:00 pm

effective May 15:

Sunday 8:30 am - 4:00 pm

Facility Closures:

Monday May 22 *Victoria Day*

Saturday July 1 *Canada Day*

Monday July 3 *Stat Holiday*

Monday August 7 *BC Day*

Monday September 4 *Labour Day*



Phone: **250-338-5371** Fax: 250-338-8600 Email: lewis@courtenay.ca

489 Old Island Highway Courtenay, BC V9N 3P5

www.courtenay.ca/lewis

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre
or Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm

Facility Closures:

Monday May 22 *Victoria Day*

Saturday July 1 *Canada Day*

Monday July 3 *Stat Holiday*

Monday August 7 *BC Day*

Monday September 4 *Labour Day*



Phone: **250-338-1000** Fax: 250-338-0303 Email: filberg@courtenay.ca

411 Anderton Avenue, Courtenay, BC V9N 6C6

www.courtenay.ca/filberg

The LINC Youth Centre & Indoor Skatepark

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

Facility Hours: *effective July 4*

Tuesdays 3:00 - 8:00 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



Phone: **250-334-8138** Email: linc@courtenay.ca

300 Old Island Highway Courtenay, BC V9N 3P5

www.courtenay.ca/linc





Courtenay &
District Memorial

Outdoor Swimming Pool

in Lewis Park, Courtenay



30 metre Swimming Pool - Opens May 29

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

Wading Pool - Opens June 26

- Monday to Friday 10:30 am - 4:30 pm
- Saturday & Sunday 12:00 - 4:00 pm
- STAT Holidays 1:30 - 4:30 pm
- Free admission! (open weather permitting)

Courtenay Rotary Water Park

in Lewis Park beside the outdoor pool

Opens May 20

- Open daily 9:30 am - 7:30 pm
- Free admission!
- Please note:
Pool changerooms are for pool users only.

Special Pool Hours



June 24 - 25

Saturday & Sunday

Pool **CLOSED** for swim meet

Free Fridays!

Open Swim • 1:30 - 4:30 pm

July 14 & 28, August 11 & 25

Saturday July 1 Canada Day

FREE Open Swim

1:30 - 4:30 pm

Monday July 3 Stat Holiday

Open Swim ONLY

1:30 - 4:30 pm

Monday August 7 BC Day

Open Swim ONLY

1:30 - 4:30 pm

Birthday Parties

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

\$65/hour

(maximum 30 people)

\$120/hour

(full pool 30 - 60 people)

Pool Rentals

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

Bring Your School to the Pool!

Call for details.

Make Water Safety
a Priority.
Learn to Swim!



May 29 - June 30 *schedule subject to change*

Pool Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim • June 5 - 28 5:30 - 6:30 am					Liquid Muscle 8:30 - 9:30 am	Rental Space available for Birthday parties 10:00 am - 12:00 pm
Length Swimming • 12:00 - 1:00 pm						
Aquacise 12-12:45 pm *Half Pool		Aquacise 12-12:45 pm *Half Pool		Aquacise 12-12:45 pm *Half Pool	Lengths & Water Jogging 12:00 - 1:30pm	Lengths & Water Jogging 12:00 - 1:30pm
Everyone Welcome Open Swim • 3:00 - 4:30 pm					Everyone Welcome Open Swim 1:30 - 4:30 pm Rental Space available 5-9pm Saturdays & Sundays	

July 4 - August 27 *schedule subject to change*

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

Evening OPEN Swim (one lane available)
 • June 26 - Aug 11 Mon, Wed, Fri 7:30 - 9:00 pm
 • August 14 - Sept 1 1:30 - 7:00 pm (Mon - Fri)

Please note!
 Children 6 years & under must be accompanied by an adult, 16 years or older, within arm's reach.

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

August 28 - September 1

- **Lengths**
Monday - Friday
6:00 - 8:30 am
11:30 am - 1:30 pm
- **Aquacise**
Mon/Wed/Fri
12:00 - 12:45 pm
- **Open Swim**
Monday - Friday
1:30 - 7:00 pm
schedule subject to change





Aquatic Programs

ADULT BEGINNER LESSONS

(15 years & over)
Learn how to swim--it is never too late. Start with the basics: submersion, breath control, floats and guides. Work at your own pace. No previous swimming experience required.

#43769 Wednesdays
June 7 - July 5
7:30 - 8:00 pm
Outdoor Pool
\$40/5

ADULT INTERMEDIATE LESSONS

(15 years & over)
Develop the basics of front crawl and back crawl, including breathing techniques, body position, continuous kick and arm placement. Build confidence in deep water, diving and treading water. Meet your needs and personal goals. Pre-requisites: Beginner lessons or the ability to swim 25m on front and back.

#43772 Wednesdays
June 7 - July 5
7:45 - 8:30 pm
Outdoor Pool
\$45/5

INTRO TO AQUACIZE

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

Thursday June 15
12:00 - 12:45 pm
Free admission

AQUACIZE

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

No classes on stat holidays.

Mondays, Wednesdays & Fridays
June 5 - August 28
12:00 - 12:45 pm
Regular admission prices

ADULT ADVANCED LESSONS

(15 years & over)
Work on front crawl, back crawl and breast stroke. Explore progressions and stroke development, elementary back stroke, side stroke and butterfly. Pre-requisites: completion of intermediate lessons or the ability to swim 50 metres on front

#43771 Wednesdays
June 7 - July 5
7:45 - 8:30 pm
Outdoor Pool
\$45/5



Pooch-A-Poolooza!

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

Saturday Sept 2
11:00 am - 2:00 pm
\$5 admission

dog vaccination papers must be presented

250-338-5371
courtenay.ca/pooch



LIQUID MUSCLE

Target all muscle groups, working them to the point of liquid exhaustion. With emphasis on core/abdominal training this dynamic, low-impact class offers a boot-camp alternative that is sure to start your weekend off right. **No class June 24.**

Saturdays
June 3 - August 26
Regular admission prices

JUNIOR LIFEGUARD CLUB (JLC)

(8 - 15 years)
Learn attitudes and skills that could one day save a life. Stay safe in and around water, with an emphasis on leadership, first aid, fitness, endurance and friendly competition. You may earn Life-saving Society Swim Patrol, Bronze Star and CPR-C awards and JLC Waterlog.

Monday - Friday
August 28 - September 1
#43780 10:30 am - 2:30 pm
#43781 9:00 am - 1:00 pm
Outdoor Pool
\$100/5

BRONZE STAR

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

#43779 Sundays
July 9 - 16
9:00 am - 2:30 pm
Pool Office at Courtenay & District Memorial Pool
\$78/2

STANDARD FIRST AID & CPR C

(13 years & over)
Achieve your standard first aid and CPR-C. Focus on the treatment of wounds, burns, broken bones, spinal immobilization, heat stroke and more. A pocket mask, manual and AED introductory training is also included.

#43784 Wednesday & Thursday
June 7 & 8
8:00 am - 4:00 pm
Valley View Clubhouse
#43783 Saturday & Sunday
August 12 & 13
8:00 am - 4:00 pm
Lewis Tsolum Building
\$122/2

BRONZE MEDALLION & CROSS COMBO

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

#43778 Sunday - Thursday
August 27 - August 31
8:30 am - 4:30 pm
Outdoor Pool
\$280/5



Slip, Slap, Slop on some sunscreen!

PRIVATE & SEMI PRIVATE SWIM LESSONS

(for all ages)
Monday - Saturday
July 4 - August 26
9:00 - 9:30 am
9:30 - 10:00 am
10:00 - 10:30 am
10:30 - 11:00 am
11:00 - 11:30 am
\$20 (½ hour) Private
\$13 (½ hour) Semi Private





Program Level Registration Guide

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





Summer Children & Youth Programs at a GLANCE . . .

	July 4 - 7 WEEK 1	July 10 - 14 WEEK 2	July 17 - 21 WEEK 3	July 24 - 28 WEEK 4
Early Years (up to 6 years) Pages 13 - 16	<ul style="list-style-type: none"> • Piano Adventures • Treefrog Music Together • Tiny Stars Tennis • Under the Sea Adventures • Wee Science 	<ul style="list-style-type: none"> • Baby Talk • The Great Outdoors • Fairy Tale Adventures 	<ul style="list-style-type: none"> • Baby Talk • Circus Circus • Dinosaur Days • Ezra Soccer Tots • Treefrog Music Together Big Kids 	<ul style="list-style-type: none"> • Baby Talk • Dance & Craft • Messy Art
Children (6 - 12 years) Pages 17 - 28	<ul style="list-style-type: none"> • Babysitter Training • Dance, Craft & Swim • Discovery Camp • Kayak Kids Camp • Learn to Sail Wet Feet • Lego Camp • Parktime • Piano Adventures • Ready, Set Summer Daycamp • Science Detectives • Sk8, Scoot, Swim • Tennis 	<ul style="list-style-type: none"> • Adventure Daycamp • Cougars Track & Field • Discovery Camp • Home Sense & Safety • Horse & Pony Camp • Kids Paddling Camp • Kitchen Adventures • Kung Fu Kids Kamp • Learn to Sail Opti-beginner • Learn to Sail Opti-Intermediate • Parktime • Not Your Average Dance Camp • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Archery • Cougars Track & Field • Discovery Camp • Ezra Soccer • Kayak Kids Camp • Learn to Sail Opti-advanced • Parktime • Sailing - Advanced • Stories & Crafts • Wacky Olympics 	<ul style="list-style-type: none"> • Cougars Track & Field • Discovery Camp • Everything You Ever Wanted to Do • Flow Spin Arts Camp • Hip Hop Splash • Mockingjay Daycamp • Movie Mayhem • Parktime • Sailing - Beginner • Stained Glass Summer Magic • Tribune Bay Outdoor Education Centre Residential Camp
Youth (10 years & over) Pages 29 - 33	<ul style="list-style-type: none"> • Get in the Game • Leaders in Training • Learn to Sail C420 Beginner • Sk8, Scoot & Swim • Teen Odyssey 	<ul style="list-style-type: none"> • Back to Basics Baking • Cougars Track & Field • Fire Fighter Basic Training • Get in the Game • Minecraft for Design • Teen Odyssey 	<ul style="list-style-type: none"> • Chopped • Cougars Track & Field • Leaders in Training • Learn to Sail C420 Intermediate • Simply Sewing • Teen Odyssey 	<ul style="list-style-type: none"> • Addicted to Art • Sk8 Scoot Swim • Cougars Track & Field • Teen Odyssey • Young Cooks



Registration starts Monday May 15

July 31 - Aug 4 WEEK 5	Aug 8 - 11 WEEK 6	Aug 14 - 18 WEEK 7	Aug 21 - 25 WEEK 8	Aug 28 - Sept 1 WEEK 9
<ul style="list-style-type: none"> • Baby Talk • Bugs! • Disney Party 	<ul style="list-style-type: none"> • Optimist Sailing • Sport n' Splash • Sportball • Tiny Stars Tennis • Two Green Thumbs Up 	<ul style="list-style-type: none"> • Baby Talk • Dinosaur Days • Sunny Days Mini Camp 	<ul style="list-style-type: none"> • Baby Talk • Ezra Soccer Tots • Kids in Space • Park Pals 	<ul style="list-style-type: none"> • Baby Talk • Craft & Splash • Kindergym Camp
<ul style="list-style-type: none"> • Aerial Arts Camp • Adventure Daycamp • Babysitter Training • Discovery Camp • Flour Power • Hip Hop Splash • Kayak Kids Camp • Opti-Sailing Wet Feet • Parktime • 7 Story Circus Camp • Sk8, Scoot, Swim • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Discovery Camp • Clayworks Camp • Horse & Pony Camp • Learn to Sail Opti-Beginner • Musical Theatre Camp • Parktime • Science Detectives • Sportball • Tennis 	<ul style="list-style-type: none"> • Cougars Track & Field • Discovery Camp • Everything You Ever Wanted To Do • Exploration Art Camp • Horse & Pony Camp • Kayak Kids Camp • Kung Fu Kids Kamp • Learn to Sail Opti • Musical Theatre Camp • Outdoor Explorers • Parktime • Race Around the World 	<ul style="list-style-type: none"> • Adventure Daycamp • Cougars Track & Field • Discovery Camp • Exploration Art Camp • Ezra Soccer • Girls Sport & Craft Combo • Horse & Pony Camp • Kayak Kids • Learn to Sail Opti • Not Your Average Dance Camp • Parktime • Trampoline Camp • Woo Kim Taekwondo Camp 	<ul style="list-style-type: none"> • Arts in Motion • Gymnastics Camp • Gym & Swim • Learn to Sail Opti-Intermediate • Learn to Sail Opti-Advanced • Parktime Round-Up • Tribune Bay Family Camp
<ul style="list-style-type: none"> • Girls on the Move • Learn to Sail C420 Beginner • Master Chef • Teen Odyssey 	<ul style="list-style-type: none"> • Skatepark Tours • Teen Odyssey • Youth Yoga Camp 	<ul style="list-style-type: none"> • Chopped • Cupcake Wars • Programming for Minecraft • Sk8 Scoot Swim • Teen Odyssey 	<ul style="list-style-type: none"> • Art Attack & Splash • Magical World of Harry Potter • Teen Odyssey 	<ul style="list-style-type: none"> • Back to School Baking • Girls on the Move • Learn to Sail C420 Intermediate

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





COZY CORNER

Preschool

at the Lewis Centre
Ages 3 - 5 years



Register now!

We are accepting registration for classes starting in Fall 2017



"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



CHILDMINDING

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

Monday - Friday
July 4 - September 1
9:00 - 10:30 am
Lewis Centre
\$4/Drop-in

BABY TALK

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

Facilitator: Andrea Postal
Mondays
Ongoing
10:00 - 11:30 am
Lewis Meeting Room
\$1/Drop-in

OPTI SAILING WET FEET

(5 - 7 years) Just for little sailors! This course aims to help young children feel comfortable around, near, on and in the water. Sail in an Optimist dinghy which is a small sailboat specially designed for young sailors. Skills are taught using fun games and activities both on and off the water.

Instructor: Comox Bay Sailing Club
Monday - Friday
July 3 - 7
#43486 9:00 - 11:30 am
#43488 12:30 - 3:00 pm
July 31 - August 4
#43487 9:00 - 11:30 am
#43489 12:30 - 3:00 pm
\$160/5



TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years) A great way to check out the beloved Music Together (TM) program with a shorter, lower-cost term. Music, movement, percussion and play in a beautiful natural environment. Build confidence in music-making and bring joy home to the whole family! And no extra materials fee for summer term! Let's play in the park!

Instructor: Kazimea Sokil
#43668 Tuesdays & Thursdays
July 4 - 27
#43669 Mondays & Wednesdays
July 5 - 31
9:15 - 10:00 am
Simms Millennium Park
\$120/first child
\$62/additional child

PIANO ADVENTURES

(5 - 7 years) Music makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$40 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home. **Instructor:** Debbie Ross

Tuesdays & Thursdays #43651 4:00 - 5:00 pm
July 4 - August 10 Native Sons Hall
\$144/12

TREEFROG MUSIC TOGETHER BIG KIDS

(5 - 7 years) Big Kids. They have minds of their own and know what they like. They are ready to take ownership and lead musical activities with their peers. They want to dig deeper and understand how music works. That's what these classes are all about. Exploring the same great Music Together songs as the preschool group, but going further with dance, harmony, games and percussion.

Instructor: Kazimea Sokil
#43670 Tuesdays & Thursdays
July 18 - 27
10:30 am - 12:00 pm
Simms Millennium Park
\$140/first child
\$90/second child





UNDER THE SEA ADVENTURES

(3 - 5 years)
Take a deep breath--you're in for an adventure! Discover a whole new world of fish, sharks, crabs, whales and more through crafts, stories and games. After 4 fun days you'll be hooked!

#43734 Tuesday - Friday
July 4 - 7
10:00 am - 12:00 pm
Lewis Craft Room B
\$75/4

WEE SCIENCE

(3 - 5 years)
Put on your lab coats and try out a bunch of wild and crazy science experiments.

#43735 Tuesday - Friday
July 4 - 7
1:00 - 3:00 pm
Lewis Craft Room B
\$75/4

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 s'mores, sing camp out songs, build forts and tents to survive the outdoors, and explore animals through crafts and activities.

#43775 Monday - Friday
July 10 - 14
10:00 am - 12:00 pm
Lewis Craft Room B
\$90/5

FAIRYTALE ADVENTURES

(3 - 5 years)
Get lost in your favourite Fairytales. Make crafts, cook treats, sing songs and explore the world of make-believe.

#43748 Monday - Friday
July 10 - 14
1:00 - 3:00 pm
Lewis Craft Room B
\$90/5

CIRCUS CIRCUS

(3 - 6 years)
Run away with the circus! Lions, tigers, elephants you will explore. Face painting, clowns and balloon art complete with the Nickel Carnival finale. Don't miss the train to fun.

#43747 Monday - Friday
July 17 - 21
1:00 - 3:00 pm
Lewis Craft Room B
\$90/5

EZRA SOCCER SCHOOL TOTS

(3 - 5 years)
Learn to play soccer through fun and structured instruction. Lots of ball contact and an emphasis on group activity encourages motor skill development and social interaction.

Instructor: Ezra Soccer Academy
#43510 Monday - Friday
July 17 - 21
10:30 - 11:30 am
Lewis Park
\$65/5

#43511 Monday - Friday
August 21 - 25
10:30 - 11:30 am
Lewis Park
\$65/5

TINY STARS TENNIS

(5 - 6 years)
Learn the game in a fun and encouraging atmosphere. Practice movement, co-ordination, tossing/catching and basic skills.

Instructor: Brenda Dean
Monday - Friday
#43496 July 10 - 14
#43498 August 14 - 18
9:00 - 10:00 am
Lewis Park Tennis Courts
\$50/5

Recreation Access

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



DANCE & CRAFT

(3 - 5 years)

Start by getting your groove on and learning fun new dance moves to your favourite tunes. Finish off each day of the mini-camp with a creative craft.

Instructor: Kennedy Ledingham

#43787 Monday - Friday

July 24 - 28

10:00 am - 12:00 pm

Lewis Craft Room B

\$90/5

MESSY ART

(3 - 5 years)

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

#43788 Monday - Friday

July 24 - 28

1:00 - 3:00 pm

Lewis Salish Building

\$90/5

SPORTBALL JR. MULTISPORTS

(3 - 5 years)

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

#43505 Tuesday - Friday

August 8 - 11

9:00 am - 12:00 pm

Lewis Centre Gym

\$112/4



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

DISNEY PARTY

(3 - 5 years)

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

Instructor: Kennedy Ledingham

#43792 Monday - Friday

July 31 - August 4

10:00 am- 12:00 pm

Lewis Craft Room B

\$90/5

SPORT N' SPLASH

(3 - 5 years)

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

#43801 Tuesday - Friday

August 8 - 11

1:00 - 3:00 pm

Lewis Salish Building

\$75/4

BUGS!

(3 - 5 years)

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

#43793 Monday - Friday

July 31 - August 4

1:00 - 3:00 pm

Lewis Craft Room B

\$90/5

TWO GREEN THUMBS UP

(3 - 5 years)

Get down and dirty to learn the basics of the natural world. Nature walks, gardening, games, crafts and bug hunts are just a few things your little sprout will enjoy doing.

#43800 Tuesday - Friday

August 8 - 11

10:00 am - 12:00 pm

Lewis Salish Building

\$75/4





NICKEL CARNIVAL

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

Friday, July 21

1:30 - 3:30 pm Lewis Centre

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

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

DINOSAUR DAYS

(3 - 5 years)

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

Monday - Friday

#43774 July 17 - 21

#43773 August 14 - 18

10:00 am - 12:00 pm

Lewis Craft Room B

\$90/5

SUNNY DAYS

MINI CAMP

(3 - 5 years)

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

#43802 Monday - Friday

August 14 - 18

1:00 - 3:00 pm

Lewis Craft Room B

\$90/5

PARK PALS

(3 - 5 years)

Explore nature on our fun-filled
treks, as we examine every-
thing from bugs to birds. Nature
themed crafts and games will add
to the fun. Please bring your lunch
and a bathing suit/towel.

#43803 Monday - Friday

August 21 - 25

10:00 am - 12:00 pm

Lewis Craft Room B

\$90/5

KIDS IN SPACE

(3 - 5 years)

Blast off on a journey of discovery
as we explore Space. Learn about
the solar system, astronomy, rock-
ets and the Space Station. Hands
on experiments, crafts, stories and
astronaut missions provide fun
and learning. Bring a snack each
day.

#43804 Monday - Friday

August 21 - 25

1:00 - 3:00 pm

Lewis Craft Room B

\$90/5

CRAFT & SPLASH

(3 - 5 years)

Come make some fun water
themed crafts. If the weather is
nice we will finish off with a fun
splash out in the water park.

#43806 Monday - Friday

August 28 - September 1

1:00 - 3:00 pm

Lewis Salish Building

\$90/5

KINDERGYM CAMP

(3 - 5 years)

Climb, run, jump and swing. A
great combination of warm-up ac-
tivities, structured circuits, games
and action songs will develop new
skills and bring new adventures
every day.

Instructor: Sheri Roffey

#43657 Monday - Friday

August 28 - September 1

9:00 - 10:00 am

Lewis Centre Gym

\$75/5

*Check receipts carefully
for important program
information.*



Special Interest

ST JOHN AMBULANCE BABYSITTER TRAINING

(11 - 18 years)
Learn about children, accident prevention, home safety and emergency procedures. Please bring your lunch & a doll. Includes a take-home first aid kit. Register early, as these classes fill quickly.

Instructor: St John Ambulance
#43513 Saturday July 8
#43512 Saturday August 5
9:00 am - 4:30 pm
Lewis Meeting Room
\$69

KITCHEN ADVENTURES

(6 - 11 years)
Roll up your sleeves and tie on your apron for some culinary fun! Combine kitchen etiquette and food safety with creative, nutritious, and simple recipes. On Thursday you will go on a picnic lunch.

#43770 July 10 - 14
Monday - Friday
9:00 am - 3:30 pm
Lewis Craft Room A
\$149/5

SCIENCE DETECTIVES

(6 - 9 years)
Put on your thinking cap to figure out why things work the way they do. Discover science through kooky chemical reactions, water and energy, weather whimsy, and space explorations. Hands-on fun leads you on a trail of discovery.

#43727 Tuesday - Friday
July 4 - 7
12:30 - 3:30 pm
Lewis Craft Room A
#43728 Tuesday - Friday
August 8 - 11
12:30 - 3:30 pm
Lewis Tsolum Building
\$90/4

LEGO CAMP

(6 - 9 years)
Calling all Master Builders! Build, bake, create and play all things Lego. Everything is awesome in this camp.

#43736 Tuesday - Friday
July 4 - 7
9:00 am - 3:30 pm
Lewis Craft Room A
\$135/4

EVERYTHING YOU EVER WANTED TO DO...

(6 - 11 years)
Pssst, parents! Elevate yourselves from villains to heroes and sign up your kids. We will have a ball with water balloons, pie tossing, egg-splats, squirt guns, body paints, slip 'n slide, and more. Best of all, we'll clean up the mess.

#43978 Thursday July 27
12:30 - 3:30 pm
#43977 Thursday August 17
12:30 - 3:30 pm
Tsolum Building
\$28

FLOUR POWER

(6 - 11 years)
'Mix' things up and 'beat' your summer boredom. This class will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register!

#43782 Monday - Friday
July 31 - August 4
9:00 am - 3:30 pm
Lewis Craft Room A
\$149/5

Birthday Parties

HULA HOOPY PARTIES

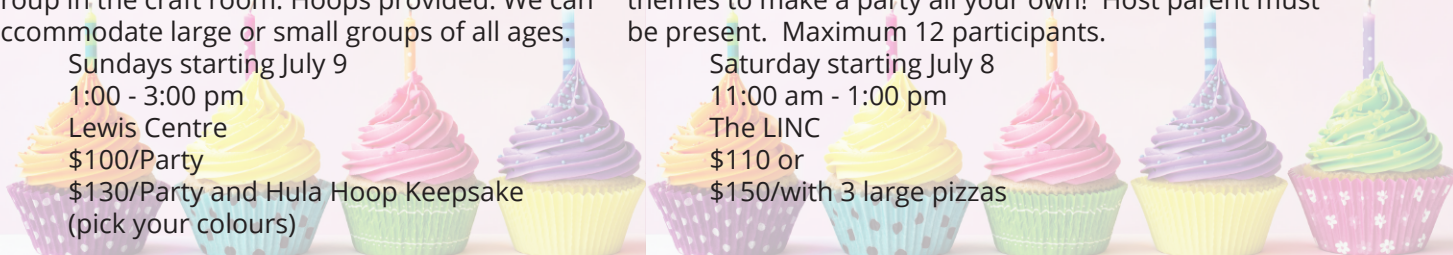
(5 years & over)
We'll play games, dance and learn funky circus-style hoop tricks. You and your friends will get an hour of super-hoopy fun playtime in the gym followed by an hour to celebrate with your group in the craft room. Hoops provided. We can accommodate large or small groups of all ages.

Sundays starting July 9
1:00 - 3:00 pm
Lewis Centre
\$100/Party
\$130/Party and Hula Hoop Keepsake
(pick your colours)

BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)
Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

Saturday starting July 8
11:00 am - 1:00 pm
The LINC
\$110 or
\$150/with 3 large pizzas



see page 4 for Birthday Parties at the Outdoor Pool!





Exploration Art Camp



CREATIVE KIDS

(8 - 12 years)

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

Instructor: Jenja McIntyre

#43794 Monday - Friday

August 14 - 18

9:00 am - 4:30 pm

NIC Fine Arts Studio

\$275/5

YOUNG ARTISTS

(12 - 16 years)

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

Instructor: Jenja McIntyre

#43795 Monday - Friday

August 21 - 25

9:00 am - 4:30 pm

NIC Fine Arts Studio

\$300/5

ARTS IN MOTION

(8 - 12 years)

This camp brings together art with outdoor activity, nature and sports. This is for people who want to get creative without sitting still at a desk. Themes might include making our own outdoor kiln, graffiti/airbrush techniques, outdoor photography, moving photography, screen-printing and painting en plein aire (painting outside).

Instructor: Jenja McIntyre

#43808 Monday - Friday

August 28 - September 1

10:00 am - 3:00 pm

Lewis Craft Room B

\$235/5

CLAYWORKS CAMP

(7 - 12 years)

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

Instructor: Jenja McIntyre

#43799 Tuesday - Friday

August 8 - 11

10:00 am - 3:30 pm

Lewis Craft Room B

\$199/4

STAINED GLASS SUMMER MAGIC

(8 - 12 years)

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

Instructor: Nancy Morrison

#43995 Monday - Thursday

July 24 - 27

2:00 - 4:00 pm

Lewis Craft Room B

\$60/4

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





Specialty Camps

TRIBUNE BAY OUTDOOR EDUCATION CENTRE RESIDENTIAL CAMP

(10 - 13 years)

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

#43836 Monday - Friday
July 24 - 28
8:30 am drop off Monday at Lewis Centre
approx. 3:30 pm pick up Friday at Lewis Centre
\$400+gst

GIRLS SPORTS & CRAFTS COMBO

(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.

Instructor: Sheri Roffey
#43805 Monday - Friday
August 21 - 25
1:00 - 4:30 pm
Lewis Craft Room A
\$99/5

COUGARS TRACK & FIELD CAMP

(9 - 13 years)

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

Monday - Thursday
#43490 July 10 - 13
#43491 July 17 - 20
#43492 July 24 - 27
#43494 August 14 - 17
#43493 August 21 - 24
9:00 am - 12:00 pm
\$75/first camp in 2017
\$60/additional camps

STORIES & CRAFTS CAMP

(8 - 12 years)

Bookworms unite! Have fun reading new and exciting stories in many genres. Then create crafts, cook snacks and go on adventures that relate to the story. Flex your creative muscles by creating your own stories that can be shared at the end of the week.

Instructor: Kennedy Ledingham
#43786 Monday - Friday
July 17 - 21
10:00 am - 3:30 pm
Lewis Salish Building
\$135/5

MOVIE MAYHEM

(6 - 10 years)

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

#43797 Monday - Friday
July 24 - 28
9:00 am - 3:30 pm
Lewis Craft Room A
\$149/5

HORSE & PONY CAMP

(8 years & over)

Love horses? Learn the basic skills in horsemanship such as brushing, grooming, tacking up, basic seat, walk and trot. Basic first aid will be covered and a special visit from the farrier. A helmet is mandatory. Please pick up a waiver form. For more information, call instructor Claudia Harper at 334-7504. Horse Council BC membership required at \$45.44.

Instructor: Claudia Harper
Tuesday - Friday
July 11 - 14
#43828 9:00 am - 12:00 pm
#43829 3:00 - 6:00 pm
August 8 - 11
#43830 9:00 am - 12:00 pm
#43831 3:00 - 6:00 pm
Monday - Thursday
August 14 - 17
#43833 9:00 am - 12:00 pm
#43832 3:00 - 6:00 pm
Monday - Thursday
August 21 - 24
#43834 9:00 am - 12:00 pm
Monday - Friday
August 21 - 25
#43835 3:00 - 6:00 pm
\$190/4 days + \$45.44 HCBC membership
\$220/5 days + \$45.44 HCBC membership





Movement & Music

DANCE, CRAFT & SWIM

(7 - 11 years)
Dancing, crafting and swimming... what more could you want? Move and groove while trying a variety of new dance styles. Get creative by making interesting new crafts. Cool off by taking a dip in the pool.

Instructor: Kennedy Ledingham
#43733 Tuesday - Friday
July 4 - 7
9:00 am - 3:30 pm
Lewis Tsolum Building
\$135/4

HIP HOP SPLASH

(6 - 12 years)
Spend the first half of class learning hip hop moves and choreographed dances, then cool off in the outdoor pool or water park!

Instructor: Kennedy Ledingham
Monday - Friday
#43790 July 31 - August 4 (6 - 8 years)
12:30 - 4:00 pm
Lewis MP Hall
\$99/5
#43791 July 24 - 28 (9 - 12 years)
12:30 - 4:00 pm
Lewis Activity Room
\$99/5

NOT YOUR AVERAGE DANCE CAMP

(7 - 11 years)
Get in on the latest moves as you try out a variety of dance styles. Then play games and take a swim in the outdoor pool!

Instructor: Kennedy Ledingham
Monday - Friday
#43750 July 10 - 14
10:00 am - 3:30 pm
#43749 August 21 - 25
10:00 am - 3:30 pm
\$115/5
Lewis Tsolum Building

MUSICAL THEATRE CAMP

(7 - 10 years)
Spend your days playing lots of fun theatre games, creating skits, finding your singing voice and breaking out in silly dance parties. The last hour of the day kids will be taken to the pool.

Instructor: Kennedy Ledingham
#43798 Monday - Friday
August 14 - 18
10:00 am - 3:30 pm
Lewis Craft Room A
\$115/5

TRAMPOLINE CAMP

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

Instructor: Sheri Roffey
Monday - Friday
August 21 - 25
#43654 9:30 - 11:00 am
#43655 11:00 am - 12:30 pm
Lewis Centre Gym
\$75/5

PIANO ADVENTURES

(8 - 11 years)
Music makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$40 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Tuesdays & Thursdays
July 4 - August 10
#43652 5:00 - 6:00 pm
Native Sons Hall
\$144/12



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

FLOW ARTS SPIN CAMP

(6 - 13 years)

We'll learn the physical skills of spinning hoops, poi and staff as well as face painting, costuming and creating characters. In this incredible camp, the focus is on FUN, creative and silly circus play. Get inspired as we create our own mini circus-style show from all the skills you've acquired! Equipment provided.

Instructor: Tracey Clarke

#43618 Monday - Friday

July 24 - 28

9:00 am - 12:00 pm

Lewis Centre Gym

\$110/5

GYMNASTICS CAMP

(6 years & over)

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

Instructor: Sheri Roffey

#43656 Monday - Friday

August 28 - September 1

10:00 am - 12:00 pm

Lewis Centre Gym

\$99/5

GYM & SWIM

(8 - 12 years)

Same activities and fun as the Gymnastics Camp, but each day will end with a dip in our outdoor pool.

Instructor: Sheri Roffey

#43807 Monday - Friday

August 28 - September 1

12:30 - 4:00 pm

Lewis Centre Gym

\$110/5

7 STORY CIRCUS CAMP

(6 years & over)

Climb aerial fabric & aerial hoop! Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, flower-sticks, and plates. Balance on stilts and rola-bola. Do hand-stands and partner acrobatics. Explore ensemble and solo work with improvisation and performance games. On the final day perform a show for friends and family! A separate \$5 Circus membership fee must be paid to the instructor at the first class.

Instructor: 7 Story Circus

#43868 Monday - Thursday

July 31 - August 3

1:00 - 3:30 pm

Lewis Centre Gym

\$121/4



AERIAL ARTS CAMP

(10 years & over)

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

Meet others who love it too! A separate \$5 Circus membership fee must be paid to the instructor at the first class.

Instructor: 7 Story Circus

#43867 Monday - Thursday

July 31 - August 3

10:30 am - 12:00 pm

Lewis Centre Gym

\$108/4

*A separate \$5
7 Story Circus membership
fee must be paid to the
instructor for Circus and
Aerial Arts Camps.*





Searching For Summer Volunteers!

(at Courtenay Recreation)



Keep busy & gain valuable experience!
Volunteers (14 years & older) Needed!

Volunteer Information Meeting:
Thursday June 8, 2017 4:00 - 5:00 pm, Lewis Centre

Volunteer Training
Friday June 30, 2017 1:00 - 4:00 pm, Lewis Centre

Lots of volunteer opportunities!

For more information call the Lewis Centre 250-338-5371 or text 250-650-9930
courtenay.ca/volunteers



Lewis Centre 250-338-5371
Filberg Centre 250-338-1000
The LINC 250-334-8138



Sports

WOO KIM TAEKWONDO SUMMER CAMP

(7 - 13 years)

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

Instructor: Richard Dobbs
Monday - Friday

#43548 July 10 - 14

#43547 July 31 - August 4

#43549 August 21 - 25
9:00 am - 4:00 pm
Lewis Salish Building
\$199/5

KUNG FU KIDS KAMP

(6 - 12 years)

Your child will learn traditional Kung Fu movements including staff work and some classic broadsword techniques. Games and obstacle courses will be run to burn off energy. There will also be time to relax and watch old Kung Fu movies. Bring snacks, lunch, water bottles and sunscreen.

Instructor: Corny Martens
Monday - Friday

#43518 July 10 - 14

#43517 August 14 - 18
8:45 am - 3:00 pm
Lewis Centre Gym
\$195/5

Check receipts carefully for important program information.

TINY STARS TENNIS

(5 - 6 years)

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

Instructor: Brenda Dean
Monday - Friday

#43496 July 10 - 14

#43498 August 14 - 18
9:00 - 10:00 am
Lewis Park Tennis Courts
\$50/5

ROGERS ROOKIE TOURNAMENT

(5 - 15 years)

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

Instructor: Brenda Dean

#43502 Saturday June 10

#43503 Saturday August 12
10:00 am - 2:00 pm
Lewis Park Tennis Courts
\$25

JUNIOR BRONZE TENNIS

(7 - 15 years)

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

Instructor: Brenda Dean
Monday - Friday

#43499 July 10 - 14

#43501 August 14 - 18
10:00 - 11:30 am
Lewis Park Tennis Courts
\$75/5

RACE AROUND THE WORLD

(6 - 10 years)

Visit all seven continents and explore different countries and cultures. Campers will play games, learn about different cultures, taste different foods and participate in fun challenges that will require campers to collaborate and work as a team...Keep your passport handy.

#43796 Monday - Friday
August 14 - 18

9:00 am - 3:30 pm
Lewis Salish Building
\$149/5





WACKY OLYMPICS

(6 - 11 years)
Like all Olympic Games this camp will promote friendship, unity and peace. Unlike the Olympic Games, this camp gets a little goofy. Try some odd events, make some funky crafts and cook some crazy treats.

#43789 Monday - Friday
July 17 - 21
9:00 am - 3:30 pm
Lewis Tsolum Building
\$149/5



SPORTBALL - MULTISPORTS CAMP

(6 - 9 years)
Keep kids moving all year long! Sportball half day camps help kids refine, rehearse, and repeat in the off season, with plenty of skill-focused play, creative exploration, and fun. Camps are run indoor and outdoor depending on location and weather. Please send a nut-free snack, water bottle each day, hat & sunscreen.

#43504 Tuesday - Friday
August 8 - 11
1:00 - 4:00 pm
Lewis Centre Gym
\$112/4

BEGINNER ARCHERY CAMP

(7 - 11 years)
Test your skills with bow & arrow and join the league of Robin Hood for an exciting week of archery instruction, games, and skills.

Tuesday - Thursday
July 18 - 20
#43776 10:30 am - 12:30 pm
#43777 12:45 - 2:45 pm
Lewis MP Hall
\$49/3

JUNIOR SUMMER GOLF CAMP

(5 - 13 years)
This class is a summer long program that will incorporate all golfing skills and will include an etiquette and rules component. The cost includes rental clubs if needed, range balls, a golf shirt and hat.

Instructor: Brian Wise
Fridays
July 7 - 28
Glacier Greens
#43545 2:00 - 2:45 pm (5 - 9 years)
\$40/4
#43546 3:00 - 4:00 pm (10 - 13 years)
\$50/4

EZRA SOCCER SCHOOL FULL DAY

(6 - 14 years)
Focus on individual skill development. Improve your co-ordination, strength and learn the concepts of space, support in attack and first defender. Improve your ball control, passing, dribbling, shielding, defending and shooting, through fun, creative and challenging games. Swimming in the outdoor pool is included.

Instructor: Ezra Soccer School
Monday - Friday
#43506 July 17 - 21
#43507 August 21 - 25
9:00 am - 3:30 pm
SF #1 At Lewis Park
\$189/5

EZRA SOCCER SCHOOL HALF DAY

(6 - 14 years)
Focus on individual skill development. Improve your co-ordination, strength and learn the concepts of space, support in attack and first defender. Improve your ball control, passing, dribbling, shielding, defending and shooting through fun, creative and challenging games.

Instructor: Ezra Soccer School
Monday - Friday
#43508 July 17 - 21
#43509 August 21 - 25
9:00 am - 12:00 pm
SF #1 At Lewis Park
\$99/5



FATHER'S DAY

Annual Kite Fly

Sunday June 18

Goose Spit Park

FREE!



Registration 12:00 pm
KiteFly 12:30 - 2:30 pm
Awards 2:30 pm

Park & Ride from
Brooklyn Elementary School,
1290 Guthrie Road
Shuttle Bus 11:30 am - 3:30 pm
Also featuring a hot dog roast!



CITY OF
COURTENAY
Recreation



Lewis Centre
250-338-5371



courtenay.ca/kitefly





Daycamps

PARENT INFORMATION

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

What to Bring: Bring a bag lunch with snacks, water bottle, swim gear, sunscreen, a hat and proper footwear each day. NO PEANUT PRODUCTS are permitted. Participants are asked to leave money and electronics at home.

Staff: Our camps are lead by energetic, knowledgeable and qualified staff who are certified with First Aid and CPR, trained for a minimum of 70 hours and have completed a criminal record check. We are committed to making your child's summer camp experience one to remember!

Inclusion: We make it fun & easy for children and teens with special needs to attend our camps. Contact our Inclusion Coordinator at 250-338-5371 ext. 235 for details on support.

PARKTIME

(6 - 8 years)
Spend your warm summer weeks with us as we make new friends, explore our surroundings, get creative with crafts and stay cool with a variety of water activities at the beach!

- Monday - Friday
- #43716 July 10 - 14
- #43717 July 17 - 21
- #43718 July 24 - 28
- #43719 July 31 - August 4
- #43721 August 14 - 18
- #43722 August 21 - 25
- \$120/5 days
- Tuesday - Friday
- #43715 July 4 - 7
- #43720 August 8 - 11
- \$96/4 days
- 10:00 am - 4:00 pm
- Meet at Lewis Park Totem Pole Entrance
- or \$37/day

KIDSPLAY (6 - 13 years)

Offers your child a safe, unstructured, but supervised playtime before and after our camps. Pre-registration is required. Call the Lewis Centre for daily and weekly rates.

Parktime & Discovery
Monday - Friday
8:00 - 10:00 am or
9:00 - 10:00 am &/or
4:00 - 5:00 pm

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

DISCOVERY CAMP

(8 - 12 years)
Adventures galore! Your summer full of never ending discoveries, excursions and games awaits! Venture to cool places on our weekly outings, daily swimming, beach exploration and interactive activities that will leave you wanting more!

- Monday - Friday
- #43708 July 10 - 14
- #43709 July 17 - 21
- #43710 July 24 - 28
- #43711 July 31 - August 4
- #43713 August 14 - 18
- #43714 August 21 - 25
- \$130/5 days
- Tuesday - Friday
- #43707 July 4 - 7
- #43712 August 8 - 11
- \$104/4 days
- 10:00 am - 4:00 pm
- Meet at Lewis Park Totem Pole Entrance
- or \$39/day

PARKTIME ROUND-UP

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

- #43693 Monday - Friday
- August 28 - September 1
- 10:00 am - 4:00 pm
- \$135/5 days
- Meet at Lewis Park Totem Pole Entrance



ADVENTURE DAYCAMP

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

No camp August 7.

Tuesday - Friday &
Monday - Friday

#43674 July 11 - 21

#43683 August 22 - September 1
Monday - Friday &
Tuesday - Friday

#43682 July 31 - August 11
9:00 am - 4:00 pm
Meet at Simms Park
\$261/9 days

TEEN ODYSSEY

(12 - 18 years)
Teen Odyssey is a fun and supportive camp for teens with special needs. We'll team up with friends for all sorts of summer activities, interactive games, crafts, mini golf, beach days, out trips and daily swims to make for an exciting summer!

No camp August 7.

Monday - Friday

#43695 July 10 - 14

#43696 July 17 - 21

#43697 July 24 - 28

#43702 July 31 - August 4

#43705 August 14 - 18

#43706 August 21 - 25
\$80/5 days

Tuesday - Friday

#43694 July 4 - 7

#43704 August 8 - 11
\$64/4 days

10:00 am - 4:00 pm

Lewis Centre

One of the fun day trips to a local waterfall!

READY, SET, SUMMER DAYCAMP!

(9 - 13 years)
Start summer off with a blast! Throughout the week you'll venture to local attractions, explore beaches, and make lots of new friends! Spend a night at Strathcona Park Lodge experiencing nature based, team building activities and campfire games.

#43671 Tuesday - Friday
July 4 - 7
9:00 am - 4:00 pm
Meet at Simms Park
\$190/4 days

OUTDOOR EXPLORERS CAMP

(9 - 13 years)
Experience the exhilarating adventures in the life of a true explorer as we hike, canoe and navigate our way through the week, with an exciting stay at Vancouver Island Mountain Centre. Test the limits in this adrenaline inducing camp for a week you won't soon forget!

#43673 Tuesday - Friday
August 15 - 18
9:00 am - 4:00 pm
Meet at Simms Park
\$190/4 days





Outdoor Pursuits

LEARN TO SAIL OPTI BEGINNER

(7 - 11 years)
For kids with very little or no sailing experience this program teaches the fundamentals of sailing the Optimist dinghy with a focus on development and fun. With opportunities to sail both alone or with a partner, students can master simple sailing techniques remarkably quickly.

Instructor: Comox Bay Sailing Club
Monday - Friday

#43462 July 10 - 14

#43464 August 14 - 18

#43465 August 21 - 25

Tuesday - Saturday

#43463 August 8 - 12

9:00 am - 3:30 pm

\$290/5



LEARN TO SAIL OPTI ADVANCED

(9 - 13 years)
This course focuses on beginner racing skills such as mark roundings, accelerating off a start line, and sailing independently around a race-course and follows the OptiSail 3.

Instructor: Comox Bay Sailing Club
Monday - Friday

#43470 July 17 - 21

#43471 August 28 - September 1

9:00 am - 3:30 pm

\$290/5



LEARN TO SAIL OPTI INTERMEDIATE

(8 - 13 years)
Sailors are now sailing by themselves and refining their skills in the Optimist dinghy with a focus on proficiency in tacking, gybing, upwind and downwind sailing. Sailors work toward their OptiSail 1 and 2 Levels.

Instructor: Comox Bay Sailing Club
Monday - Friday

#43466 July 10 - 14

#43467 August 14 - 18

#43468 August 21 - 25

#43469 August 28 - September 1

9:00 am - 3:30 pm

\$290/5



KAYAKING KIDS CAMP

(9 - 14 years)

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

Instructor: Comox Valley Kayaks
Tuesday - Friday

#43862 July 4 - 7

\$144/4

Monday - Friday

#43863 July 17 - 21

#43864 July 31 - August 4

#43866 August 21 - 25

#43865 August 14 - 18

\$180/5

Mon - Wed, 1:00 - 4:00 pm

at CV Kayaks

Thursday, 10:00 am - 2:00 pm

at Comox Lake

Friday, 10:00 am - 2:00 pm

at Goose Spit

OPTI SAILING WET FEET

(5 - 7 years)

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

Instructor: Comox Bay Sailing Club
Monday - Friday

July 3 - 7

#43486 9:00 - 11:30 am

#43488 12:30 - 3:00 pm

July 31 - August 4

#43487 9:00 - 11:30 am

#43489 12:30 - 3:00 pm

\$160/5



Recreation Access

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

Ask us how to apply!



Get Active

GET IN THE GAME

(10 - 14 years)

It's time to get your game face on! We'll get you involved in playing different sports everyday - soccer, baseball, street hockey, flag football, basketball and more! After our action-packed mornings, we'll have lunch and cool off at the pool.

Instructor: Sean Mulligan
Monday - Friday

#43842 July 4 - 14
\$225/9

#43843 July 4 - 7
\$120/4

#43844 July 10 - 14
\$150/5

9:00 am - 4:00 pm
LINC Games Room

FIRE FIGHTER BASIC TRAINING

(13 - 18 years)

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

Instructor: Courtenay Fire Department

#43857 Thursday July 13
10:00 am - 3:00 pm
Courtenay Fire Training Centre
\$33

Check out 'Girls Night Out' every Friday at The LINC. See page 33 for drop-in times and The LINC's monthly calendar for activities.

SK8, SCOOT, SWIM

(7 - 12 years)

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

#43810 Tuesday - Friday
July 4 - 7
\$120/4 or \$134 with rental

#43811 Monday - Friday
July 24 - 28

#43812 Monday - Friday
August 14 - 18
9:00 am - 4:00 pm
The LINC Skatepark
\$150/5 or \$160 with rental

YOUTH YOGA CAMP

(10 - 16 years)

During this fun and interactive camp, youth will be introduced to the practice of yoga and mindfulness. This camp includes breathing techniques, movement to relax and strengthen the body and meditation. Enjoy healthy and delicious snacks and work on creative projects that can be used at home as part of your continued practice.

#43984 Tuesday - Friday
August 8 - 11
9:00 am - 12:00 pm
LINC Multipurpose Room
\$75/4

GIRLS ON THE MOVE

(10 - 16 years)

Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence. Activities may include geocaching, racquet sports, Zumba, yoga, swimming and more! We'll also create tasty and healthy snacks to keep you refreshed and energized every day.

Monday - Friday

#43852 July 31 - August 4

#43853 August 28 - September 1
10:00 am - 3:00 pm
The LINC Skatepark
\$165/5

SKATEPARK TOURS

(8 - 18 years)

Hop on the bus and tour the best outdoor parks on the island in the beautiful summer weather! Helmets mandatory. Drop-ins welcome if minimum numbers are met.

Saturdays

#43985 August 12 **Chemainus**

#43986 August 19 **Cedar**

#43987 August 26 **Willow Point**

10:00 am - 4:00 pm
LINC Skatepark
\$25/day





BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. A great way to escape the heat (or rain) of summer! Maximum 12 participants. **No party August 5.**

Saturday starting July 8

11:00 am - 1:00 pm

The LINC

\$110

\$150/with 3 large pizzas



ART ATTACK & SPLASH

(9 - 13 years)

Explore your creative side experimenting with paint, pastels, mixed media projects and messy art fun in the morning and then enjoy cooling off at the pool each afternoon!

#43841 Monday - Friday

August 21 - 25

10:00 am - 4:00 pm

LINC Multipurpose Room

\$160/5

PROGRAM WITH MINECRAFT

(10 - 15 years)

Love Minecraft and electronics? Learn to explore controlling Minecraft with the Python programming language! You'll learn how to automatically create Minecraft structures, draw amazing math-art, use electronic sensors to control Minecraft and use Minecraft to control robots! Students must have their own (computer) Minecraft account.

Instructor: Julian Rendell

#43839 Monday - Friday

August 14 - 18

9:30 am - 12:30 pm

LINC Multipurpose Room

\$90/5

Get Creative

MAGICAL WORLD OF HARRY POTTER

(9 - 15 years)

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

Instructor: Rita Mulligan

#43851 Monday - Friday

August 21 - 25

10:00 am - 3:00 pm

LINC Multipurpose Room

\$120/5

SIMPLY SEWING

(10 - 16 years)

Learn basic sewing techniques with a needle and thread, and with a sewing machine! You'll create and sew several awesome keepsakes: superhero sock monkeys, sock cats, upcycled sweater monsters, a special bag and more!

Instructor: Rita Mulligan

#43845 Monday - Friday

July 17 - 21

11:00 am - 3:00 pm

Lewis Craft Room A

\$100/5

MINECRAFT FOR DESIGN

(9 - 14 years)

Learn to take your Minecraft designs to the next level! You'll learn how to import objects into your Minecraft Worlds and edit them using MCEdit. You will have the opportunity to be 3D scanned into Minecraft and have one of your creations 3D printed. Participants must have their own Minecraft license (computer version).

Instructor: Julian Rendell

#43838 Monday - Friday

July 10 - 14

9:30 am - 12:00 pm

LINC Multipurpose Room

\$96/5

ADDICTED TO ART

(10 - 15 years)

Let's get creative and experiment with different mediums! We'll paint, create and explore art through daily projects and fun activities!

Instructor: Rita Mulligan

#43847 Monday - Friday

July 24 - 28

10:00 am - 3:00 pm

LINC Multipurpose Room

\$137/5

PIANO ADVENTURES

(12 - 16 years)

Have you always wanted to play the piano? Take a step into the wonderful work of music! Using the Piano Adventures program, and small group classes, you'll study the basics of music, then you choose more! Book cost is \$45, bought from the instructor at the first lesson.

Instructor: Debbie Ross

#43840 Tuesdays & Thursdays

July 4 - August 10

6:00 - 7:00 pm

Lewis Tsolum Building

\$144/12



Culinary Pursuits

BACK-TO-BASICS BAKING

(9 - 14 years)

Learn to bake sweet and savory and how to be creative in the kitchen! Each day we'll create mouth watering treats that will surely make you a hit at any party!

Instructor: Rita Mulligan

#43846 Monday - Friday
July 10 - 14
11:00 am - 3:00 pm
LINC Games Room
\$120/5

BACK TO SCHOOL BAKING

(9 - 15 years)

Gear up for back to school and get all your lunch time treats ready! We'll create a variety of cookies, bars and treats together and split them up so everyone leaves with an assortment for their lunches.

Instructor: Rita Mulligan

#43854 Tuesday - Thursday
August 29 - 31
11:00 am - 3:00 pm
LINC Games Room
\$80/3

CHOPPED

(10 - 15 years)

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

Tuesday - Thursday

#43848 July 18 - 20
#43849 August 15 - 17
10:00 am - 3:00 pm
LINC Games Room
\$125/3

MASTER CHEF

(10 - 15 years)

Put your culinary skills to the test. Mystery box challenges, team planning and creativity in the kitchen will keep you cooking up a storm! Prizes and bragging rights as the 'Master Chef' up for grabs!

Instructor: Rita Mulligan

#43850 Tuesday - Thursday
August 1 - 3
10:00 am - 3:00 pm
LINC Games Room
\$125/3

CUPCAKE WARS

(10 - 15 years)

Maybe you've seen the TV show... or maybe you have always wanted to decorate cupcakes like the professionals. We'll show you some tips and tricks to help you create delicious and beautiful treats that will wow your friends and family!

#43856 Tuesday - Thursday
August 15 - 17
11:00 am - 3:00 pm
LINC Multipurpose Room
\$75/3

YOUNG COOKS

(10 - 14 years)

Learn basic kitchen skills and how to put a healthy twist on favourite recipes! Each class will include planning, preparation and cooking of appetizers, snacks, entrees, drinks and desserts. Each day students eat what they've prepared and may even bring some home to share. Additional activities include farm tours, 'Chopped' competition trips to the community garden, farmer's market, urban foraging, a downtown fruit tree pick and a picnic. Bursaries available. Please contact LUSH before registering at admin@lushvalley.org.

#43855 Monday - Friday
July 24 - 28
9:30 am - 3:30 pm
Filberg Centre
Conference Hall Kitchen
\$210/5





SATURDAY ADVENTURES

(10 - 15 years)

Let's load the bus and take on a new adventure every week! Sign up for one or all!

Saturdays

#43988 July 8 - 29

\$172/4

#43989 July 8 Go Kart & Beach Adventure

#43990 July 15 Monkido

#43991 July 22 Mini Golf, Bumper Boats & Sand Castle Competition

#43992 July 29 Kayaking & Disc Golf

9:00 am - 4:00 pm

The LINC Games Room

\$50/day

Sailing

LEARN TO SAIL C420 - BEGINNER

(13 - 17 years)

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

Instructor: Comox Bay Sailing Club
Monday - Friday

#43473 July 3 - 7

#43474 July 31 - August 4
9:00 am - 3:30 pm
\$290/5



LEARN TO SAIL C420 - INTERMEDIATE

(13 - 17 years)

This program is for sailors who have some sailing experience and are ready for greater theoretical challenges. This CANSail level 3 and 4 course emphasizes refined boat handling and introduces racing skills in the C420 dinghy.

Instructor: Comox Bay Sailing Club
Monday - Friday

#43475 July 17 - 21

#43476 August 28 - September 1
9:00 am - 3:30 pm
\$290/5



LEARN TO SAIL C420 - ADVANCED

(13 - 17 years)

This program focuses on advanced teamwork skills, boat handling, speed work, rules, tactics, strategy and racing. Sailors are introduced to trapeze, spinnaker, sail theory and tuning and have the opportunity to achieve CANSail 5 and 6, and Chutes and Wires Levels 1 and 2. To register contact cbsc.sail@gmail.com.

Instructor: Comox Bay Sailing Club

#43477 Sundays

July 9 - September 3

10:00 am - 3:30 pm



LASER SAILING TEAM

(13 - 17 years)

For competitive sailors who want to refine their existing skills to a higher level and compete at local Regattas. Also includes Comox Regatta Sailing Camp and BC Circuit Regatta July 26 - 30, two CBSC race events and Wednesday evening racing. Please contact CBSC to register: ComoxBaySailingClub.ca/sailing-school or e-mail cbsc.sail@gmail.com.

Instructor: Comox Bay Sailing Club

#43472 Sundays

July 9 - August 27

10:00 am - 3:30 pm

\$150/per month



C420 SAILING TEAM

(13 - 17 years)

Calling all 2016 sailors! For sailors with a competitive spirit who are eager to refine their existing skills to compete at local Regattas. Also includes Comox Regatta Sailing Camp and BC Circuit Regatta July 26 - 30, two CBSC race events and Wednesday evening racing. Please contact CBSC to register.

Instructor: Comox Bay Sailing Club

#43478 Sundays

July 9 - August 27

10:00 am - 3:30 pm

\$150/month





LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

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

Summer Hours

(effective July 4)

- Tuesdays** 3 - 8 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
 - \$20/summer passport
June 1 - September 2
 - \$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*

FOOD SAFE LEVEL 1

(14 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

#43837 Friday June 30
8:30 am - 4:30 pm
LINC Multipurpose Room
\$98

LEADERS IN TRAINING (LIT)

(13 - 17 years)

Have fun, get involved and gain work experience as you become an awesome leader and build your resume. Learn to plan and lead games, activities, and behaviour management. Then test them out as a volunteer during children's summer programs and/or the Nickel Carnival.

Tuesday - Friday

- #43858 July 4 - 7
- #43859 July 18 - 21
10:00 am - 4:00 pm
LINC Games Room
\$85/4

SUMMER PASSPORT
Are you a youth? Check out our summer passport! Access The LINC all summer long. Valid for tweens (8 - 11 years) on Tuesdays and youth (11 - 18 years) Wednesdays - Saturdays, June 1 - September 2.
\$20





LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



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- kitchen
- bigscreen TV
- basketball court
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- special events
- private rentals

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(effective July 4)

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(Tween Night 8 - 11 years)
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- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm

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Are you a youth? Check out our summer passport! Access The LINC all summer long.

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June 1 - September 2.

\$20





Arts & Crafts

LET'S PAINT OUTDOORS!

First class meets in the Filberg Centre before heading outdoors to paint one of several beautiful locations in the Comox Valley. Each session starts with an easy to follow demonstration on an important aspect of plein air painting, including getting the drawing down; steps to a great painting; following the light; atmospheric perspective; and capturing the feel of the landscape. Participants then take to the easel to try it out while Teresa is available to answer questions and help out. *Participants should be willing to hike small distances to fabulous views.

Instructor: Teresa Knight
Wednesdays

#43882 July 5 - 26

#43887 August 2 - 23

9:00 - 11:30 am

Filberg Craft Room

\$99/4

BEGINNERS PAINTING (OILS OR ACRYLICS)

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

Instructor: Teresa Knight
Mondays

#43884 July 10 - 31

\$75/4

#43886 August 14 - 28

\$60/3

6:30 - 8:30 pm

Filberg Craft Room

GLASS STARFISH WINDCHIME

Using simple glass cutting and gluing techniques, create a beautiful windchime with several colours to choose from. Option to incorporate shells or driftwood into the design. Assembly on the third class. Material fee of \$30 due to instructor.

Instructor: Nancy Morrison

#43968 Wednesdays

July 12 - 26

7:00 - 9:00 pm

Lewis Craft Room B

\$50/3

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

#43460 Tuesdays

July 11 - 25

7:00 - 9:00 pm

Lewis Craft Room B

\$50/3

PAINTING LANDSCAPES IN OIL OR ACRYLICS

Experience painting beautiful landscapes from life on location! 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 to intermediate painters.

Instructor: Teresa Knight

#43885 Saturday July 22

9:30 am - 4:30 pm

Filberg Craft Room

\$99

ART IN NATURE

Join us for this deep immersion experience as we awaken our senses and make art in dialogue with the natural world. We will spend time in nature diving in to the art making process using natural materials to reconnect with and liberate our natural creative voice.

Instructor: Helen Pattinson

#43969 Saturday July 15

10:00 am - 3:00 pm

Lewis Salish Building

\$50



Special Interest

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 two-part course you'll learn how to build a simple WordPress website for less than \$100. Use it as an online profile, to expand your business or for your creative expression. Bring a laptop computer if you have one, pen and paper. If you don't have a laptop, you'll leave with a plan to build the site yourself after the course.

Instructor: Kara Foreman

#43457 Saturdays
July 8 & 22
12:00 - 5:00 pm
Filberg Soroptimist Lounge
\$99/2

RECORDER

Because music makes your brain work better! Try a new instrument, join a small group or ensemble and meet new friends. This is a great way to learn to read music as well as keeping your brain and fingers agile. Soprano recorder and book cost will be \$30 bought from the instructor at the first lesson. Alto and tenor recorders will be available to try.

Instructor: Debbie Ross

#43648 Tuesdays & Thursdays
1:00 - 2:00
July 4 - August 10
Native Sons Hall
Lodge Room
\$144/12

READING THE TAROT

Learn to practice this ancient art of 'sooth saying.' You'll learn how to choose and understand your cards, which layouts or spreads to use in different situations, and how to read for yourself and others. Bring a deck of Tarot cards with you if you have them.

Instructor: Kara Foreman

#43458 Saturday July 29
1:00 - 4:00 pm
Filberg Soroptimist Lounge
\$35

INTRODUCTION TO NUMEROLOGY

Numerology is the study of the energy of the numbers in your name and birth date, and how these energies can affect, or be employed by you in different areas of your life. You'll learn about your innate strengths, what drives you and what is likely to challenge you. You'll also learn how to 'work' your numbers.

Instructor: Kara Foreman

#43459 Saturday August 5
1:00 - 4:00 pm
Filberg Soroptimist Lounge
\$35

RAW CUISINE FOR BUSY PEOPLE

Enjoy samples of tasty raw recipes that are gluten-free, dairy-free, soy-free and guilt-free: Chocolate Cream Pie, Pudding, Fudgesicles, Enchilada Bites, Amazing Avocados, Veggie Pate and It's A Wrap.

Instructor: Rose Vasile

#43875 Wednesday July 19
6:00 - 8:30 pm
Filberg Evergreen Lounge
\$40

PIANO

(55 years & over)

Have you always wanted to play the piano? Music makes your brain work better and here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$30 and a piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross
Tuesdays & Thursdays
July 4 - August 10

#43649 **Beginner**
2:00 - 3:00 pm

#43650 **Beyond Beginner**
3:00 - 4:00 pm
Native Sons Hall
Lodge Room
\$192/12





SUMMER GROOVES HAND DRUMMING

Get into the groove during these three days of practicing proper technique on the djembe, developing great sound, and creating rhythm soundscapes using traditional African rhythms as our foundation. This class is open to all levels, from beginner to more advanced. We will be experimenting with brand new rhythms, phrases and breaks in each series this summer, so you can get your drumming fix!

Instructor: Monica Hofer
Tuesday - Thursday

#43869 July 18 - 20

#43870 August 15 - August 17

2:30 - 3:30 pm

Native Sons Grand Hall

\$42/3

PRIVATE HULA HOOP SKILLS CLINIC

There's 101 ways you can use hula hoops to enhance your healthy lifestyle. With this one on one session, you can expand your skills in a supportive and attentive environment that is focused on your goals, and fits your schedule! Hula Hoops provided.

Instructor: Tracey Clarke

1 session \$15/person

3 sessions \$40/person

contact us to schedule

INTRO TO DUNS (AFRICAN BASS DRUM) + BODY BEAT

Learn how to create rhythms using both your body and African Bass Drums - this is intended as an introduction to creating rhythms which encourage left/right brain integration and will be of interest to those who are new to or just beginning to play the dun drums. Leave feeling uplifted and inspired!

Instructor: Monica Hofer
Tuesday - Thursday

#43871 July 18 - 20

#43872 August 15 - 17

3:45 - 4:45 pm

Native Sons Grand Hall

\$42/3

SUMMER DRUMS ALIVE FOR EVERY-BODY

This summer Drums Alive offering is for everyone, regardless of age, ability or endurance level -- if you are missing your regular, weekly Drums Alive 'fix', or simply curious to find out why Drums Alive is the most fun way to get fit, this is the class for you! This is the fitness class everyone is talking about - why not come out and give it a try? You will always leave smiling!

Instructor: Monica Hofer
Tuesday - Thursday

#43873 July 18 - 20

#43874 August 15 - 17

5:15 - 6:15 pm

Native Sons Grand Hall

\$21/3

QIGONG

Qi Gong is an ancient healing art that combines flowing movements and breath, aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment. **No class July 11 & 13 or August 15 & 17.**

Instructor: Corny Martens

#43516 Tuesdays & Thursdays

July 4 - August 31

9:00 - 9:40 am

Lewis Meeting Room

\$90/14

\$10/Drop-in

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



GETTING TO KNOW DEMENTIA

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

Instructor: Alzheimer’s Society
#43981 Friday August 25
Lower Native Sons Hall
Free (please pre-register)

GRIEVING LOSSES DURING THE DEMENTIA JOURNEY

The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss. This workshop is an opportunity to explore the loss and grief issues of the dementia caregiving experience. There will be time for participants to consider some suggestions for weathering these losses.

Instructor: Alzheimer’s Society
#43983 Monday July 10
Filberg Soroptomist Lounge
Free (Please per-register)



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

ADULT KUNG FU

Applied Body Mechanics Ving Tsun (ABMVT) is a tested system of Ving Tsun (Wing Chun) Kung Fu that emphasizes small movements for maximum results. This class is skill based training in an encouraging and safe, non-threatening environment. Being a form of Chinese Boxing, this class develops fast hands with progressive sparring drills and pad work. **No class August 7.**

Instructor: Corny Martens
#43515 Mondays & Wednesdays
July 5 - August 23
8:00 - 10:00 pm
Lewis Activity Room
\$168/14

GOLF SHORT GAME

This lesson program covers all areas of the short game; chipping, pitching, putting and sand play.

Instructor: Bill Kelly
#43551 Thursdays
July 6 - 27
11:00 am - 12:00 pm
Glacier Greens
\$92/4

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.

#43558 Mondays, Wednesdays & Fridays
May 24 - September 8
9:00 - 11:00 am
Martin Park Lacrosse Box
\$2/Drop-in

GOLF FULL SWING

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

Instructor: Bill Kelly
#43550 Fridays
July 7 - 28
12:00 - 1:00 pm
Glacier Greens
\$92/4

Balls and Clubs provided for golf programs. Please meet at the Glacier Greens Pro Shop.





ADULT INTRODUCTION TO SAIL C420

In this very popular course, new adult sailors are introduced to basic double-handed sailing skills in the C420 dinghy and follow the CANSail 1 course curriculum. A perfect way to try the sport!

Instructor: Comox Bay Sailing Club
Tuesdays & Fridays

- #43479 July 4 - 21
- #43481 August 1 - 18
5:30 - 8:30 pm
\$265/6



ADULT LEARN TO SAIL C420 - BEGINNER

This course follows the CANSail 1 and 2 curriculum emphasizes refined boat handling and knowledge in the C420 double handed dinghy while developing a greater understanding of how a sailboat moves and works. This course fills fast. **No class August 12.**

Instructor: Comox Bay Sailing Club

- #43482 Mondays & Thursdays
5:30 - 8:30 pm
& Saturdays
10:00 am - 3:30 pm
August 10 - 31
\$325/9



ADULT LEARN TO SAIL C420 - INTERMEDIATE

This program is for sailors who have gained sailing experience and are ready for greater technical and theoretical challenges. This CANSail level 3/4 course emphasizes refined boat handling and introduces racing skills in the C420 dinghy.

Instructor: Comox Bay Sailing Club

- #43484 Mondays & Thursdays
5:30 - 8:30 pm
& Saturdays
10:00 am - 3:30 pm
July 6 - 24
\$355/9



DINGHY FUN RACING

Racing for the fun of it! On water coaching provided. CANSail level 2 required. Must be a CBSC member.

Instructor: Comox Bay Sailing Club

- #43485 Wednesdays
June 14 - August 30
5:30 - 8:30 pm
FREE



All sailing programs meet at the blue dock in Comox Marina

INTRO TO STAND UP PADDLE BOARDING

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

Instructor: Comox Valley Kayaks

- #43891 Wednesday July 5
- #43888 Tuesday July 18
- #43889 Friday July 21
- #43890 Saturday August 5
- #43893 Thursday August 17
- #43894 Monday August 21
6:00 - 8:00 pm
- #43892 Saturday August 19
7:00 - 9:00 pm
\$40

TRIBUNE BAY OUTDOOR EDUCATION CENTRE FAMILY CAMP

If you like the idea of staying with us in a quiet part of Tribune Bay on Hornby Island and having our staff offer some time-tested fun and lifelong outdoor sport activities you'll love the Tribune Bay Outdoor Education Centre. You might even like to go on tour to some of the island highlights like the recycling centre/free store, Helliwell Provincial Park or Farmers Market. Bring your own tent (or rent a yurt, cabin or cabana), cooking gear and food (there is a central cook house that has a grill, wash up area and refrigerator). Yes, we do have showers. Please pick up full info package at time of registration.

- #43980 Sunday - Wednesday
August 27 - 30
\$450 + GST

Includes camping site, use of cook shelter and all programs for the family. Call or email Centre about non-tenting accommodation options.



KAYAK RESCUES

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

Instructor: Comox Valley Kayaks

#43895 Tuesday July 4

#43899 Tuesday July 11

#43896 Thursday July 20

#43897 Thursday July 27

#43898 Tuesday August 1

#43900 Tuesday August 15

#43901 Thursday August 24

#43902 Tuesday August 29

7:30 - 9:30 pm

Courtenay & District

Memorial Pool

\$58

SENIORS INTRO TO KAYAKING

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

Instructor: Comox Valley Kayaks

#43914 Wednesday July 19

#43915 Wednesday August 2

#43916 Wednesday August 16

1:00 - 4:00 pm

\$48

Check receipts carefully for important program information.

BASIC KAYAK PART 2/ PADDLING SKILLS

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

Instructor: Comox Valley Kayaks

#43905 Saturday July 8

#43904 Saturday July 22

#43903 Saturday August 5

#43906 Saturday August 19

#43907 Saturday August 26

10:00 am - 1:00 pm

\$58

PADDLE CANADA SEA KAYAKING: LEVEL 1

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

Pre-requisite: Basic Kayaking

Instructor: Comox Valley Kayaks

#43913 Saturday & Sunday

August 12 & 13

9:00 am - 5:00 pm

\$290/2

BASIC KAYAK PART 3/ PROGRESSIVE PADDLING SKILLS

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

Instructor: Comox Valley Kayaks

#43908 Saturday July 8

#43909 Saturday July 22

#43910 Saturday August 5

#43911 Saturday August 19

#43912 Saturday August 26

2:00 - 5:00 pm

\$58





Lewis Centre Squash Courts

To reserve a court:

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

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

- 4 squash courts
- Low rates for Non-prime time bookings
- Equipment rentals
- Childminding (see page 13)

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

Shower Passes

	1 year	6 month	3 month
Adult	\$36	\$18	\$9

2 for 1 SQUASH all summer long!

May 23 - September 10

Book two courts for the price of one

Prime Time:

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

Non-Prime Time:

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

Hours until May 14:

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

Summer Hours effective May 15:

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

For Squash Club and Squash League info, contact:

dgaudia@yahoo.com



Wellness Centre

Ages 13 & Over

(13 - 15 years with adult supervision)

Services Include:

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

Wellness Centre Summer Hours: (effective May 15, 2017)

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

Saturday & Sunday 8:30 am - 4:00 pm

Hours 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.
- Schedule is subject to change.
- 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 - Fridays

9:00 - 10:30 am

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





Wellness Centre Classes & Supervision Hours

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am							
6 am	CLOSED	5:00 - 9:00 am		5:00 - 9:00 am			CLOSED
7 am			TRX		TRX		
8 am			6:00 - 9:00 am		6:30 - 10:30 am	7:00 - 10:00 am	
9 am							
10 am		55+ TRX 55+ ST	55+ TRX	55+ TRX 55+ ST	55+ TRX		8:30 am - 1:30 pm
11 am	9:00 am - 2:00 pm	55+ ST	55+ ST	55+ ST	55+ ST		
12 pm		11:30 - 3:00 pm 55+ ST	12:00 - 2:00 pm	55+ ST	12:00 - 2:00 pm	12:00 - 2:00 pm	
1 pm		55+ ST	Easy Does It	55+ ST	Easy Does It		
2 pm		55+ ST	55+ TRX	55+ ST	55+ TRX		
3 pm							
4 pm							
5 pm	CLOSED	TRX Body Blast	3:00 - 7:00 pm	4:00 - 8:00 pm	3:00 - 7:00 pm	3:00 - 6:00 pm	CLOSED
6 pm	summer schedule effective May 15	4:00 - 8:00 pm	Circuit Training		Circuit Training		
7 pm							
8 pm							
9 pm							
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.

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
#43639 Tuesdays & Thursdays
July 4 - August 31
1:30 - 2:30 pm
Lewis Wellness Centre
\$108/18

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
#43640 Tuesdays & Thursdays
July 4 - August 31
7:00 - 8:00 pm
Lewis Wellness Centre
\$108/18

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.

Instructor: Kim Hamilton
#43627 Mondays
July 10 - August 21
5:15 - 6:15 pm
Lewis Wellness Centre
\$36/6



Strength Training

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

#43623 July 4 - 27

#43624 August 1 - 24
6:30 - 7:30 am
Lewis Wellness Centre
\$64/8

55+ TRX AND RESISTANCE TRAINING

(55 years & over)
Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class August 7.**

Instructor: Kim Hamilton
EG Tuesdays & Thursdays
July 4 - August 24

#43630 9:00 - 10:00 am **level 1**

#43629 2:45 - 3:45 pm **level 2**
Lewis Wellness Centre
\$96/16

#43628 Mondays & Wednesdays
July 5 - August 23
9:00 - 10:00 am **level 2**
Lewis Wellness Centre
\$84/14

STRETCH & STRENGTH

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class August 7.**

Instructor: Janice Bradford
#43653 Mondays & Thursdays
July 6 - August 31
9:00 - 10:00 am
Native Sons Grand Hall
\$96/16

TGIFHIIT

Alternate low intensity training with high intensity moves for an extreme burn and fired-up metabolism. Thank Goodness It's Friday!

#43878 Fridays
July 7 - September 1
12:10 - 12:45 pm
Lewis Activity Room
\$36/9
\$5/Drop-in

55+ STRENGTH TRAINING

(55 years & over)
Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support. **No class August 7.**

Instructor: Juan Blancas
EG Tuesdays & Thursdays
July 4 - August 31

#43638 10:30 - 11:30 am
\$108/18

Mondays & Wednesdays
July 5 - August 30

#43633 10:00 - 11:00 am

#43634 11:15 - 12:15 pm

#43635 1:00 - 2:00 pm

#43636 2:15 - 3:15 pm
\$96/16

#43637 Fridays
July 7 - September 1
10:00 - 11:00 am
Lewis Wellness Centre
\$54/9





Drop-in Fitness Schedule effective July 4, 2017 **unless otherwise noted**

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	BootCamp Blast+	The Works	BootCamp Blast+	Core N' Cuts	
12:00 pm	Spin, Stretch & Strength		Spin, Stretch & Strength		TGIF HIIT 12:10pm	
5:30 pm	Zumba Toning		Tabata	BootCamp Blast 5:15pm		
6:45 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 July 4, please check courtenay.ca/fitness or contact the Lewis Centre

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 City of Courtenay's policy that children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 13.

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.

Instructor: Tammy Jones & Wendie Matte

SPIN, STRETCH & STRENGTH

Mondays & Wednesdays

12:00 - 1:00 pm

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

Limited to 17 participants.

Instructor: Steve Thomson

BOOTCAMP BLAST

+ Tuesdays 9:00 - 10:15 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

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

Instructor: Steve Thomson

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

ZUMBA TONING

Mondays 5:30 - 6:30 pm

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, 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.

Instructor: Milena Spratt

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





Yoga



55+ GENTLE YOGA

(55 years & over)

A blend of styles that includes mostly low to the ground poses with a bit of standing. A calming practice with stretching and easy strengthening poses. Suitable for those that are slow in getting up and down from the floor or have limited mobility.

No class August 7.

Instructor: Sheron Jutila

#43641 Mondays

EG July 10 - August 21
10:15 - 11:15 am

Filberg Centre Rotary Hall
\$48/6

CHAIR YOGA

(55 years & over)

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

Instructor: Catherine Reid

#43557 Tuesdays

EG July 11 - August 15
11:00 am - 12:00 pm

Native Sons Grand Hall
\$48/6

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

#43646 Tuesdays

EG July 4 - August 22
10:15 - 11:30 am

Lewis Meeting Room
\$96/8

YIN YANG YOGA

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

Instructor: Wendie Matte

#43451 Wednesdays

July 5 - August 30
6:45 - 7:45 pm

Lewis Activity Room
\$54/9
\$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

#43552 Wednesdays

July 5 - August 16

6:30 - 7:45 pm

Lewis Craft Room A

\$70/7

RESTORATIVE YOGA SUMMER IMMERSION

Summer special extended practice. Explore gentle and supported postures that ease tension, free joints and balance body and mind.

This class is open to those who enjoy a slow practice and to find calm in the midst of summer. All levels welcome including those recovering from injury or illness or with limited range of motion.

Instructor: Helen Pattinson

#43556 Wednesday July 12

4:30 - 6:30 pm

Lewis Meeting Room

\$15

YIN YOGA SUMMER IMMERSION

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

Instructor: Helen Pattinson

#43971 Wednesday July 12

1:30 - 3:30 pm

Lewis Meeting Room

\$15



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

#43645 Thursdays

EG July 6 - August 24

10:00 - 11:30 am

Lewis Meeting Room

\$96/8

55+ HATHA YOGA

(55 years & over)

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class August 7.**

Instructor: Sheron Jutila

#43642 Mondays

EG July 10 - August 21

2:00 - 3:30 pm

Filberg Rotary Hall

\$72/6

Fridays

July 7 - August 25

#43644 10:00 - 11:30 am

Native Sons Lower Level

#43643 2:00 - 3:30 pm

Native Sons Grand Hall

\$96/8

MEDITATION & 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

#43647 Thursdays

July 6 - August 24

2:00 - 3:30 pm

Lewis Meeting Room

\$96/8

HATHA LEVEL 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class August 7.**

Instructor: Catherine Reid

#43880 Mondays

July 10 - August 14

6:00 - 7:00 pm

Lewis Meeting Room

\$40/5

RESTORATIVE YOGA

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

Instructor: Akiko Shima

#43555 Fridays

July 7 - August 18

11:00 am - 12:15 pm

Lewis Meeting Room

\$70/7

HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class August 7.**

Instructor: Catherine Reid

#43881 Mondays

July 10 - August 14

7:15 - 8:45 pm

Lewis Meeting Room

\$60/5

GOOD MORNING YOGA

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

Instructor: Akiko Shima

#43554 Fridays

July 7 - August 18

9:15 - 10:45 am

Lewis Meeting Room

\$84/7





IYENGAR YOGA

(55 years & over)

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

Instructor: Traci Skuce

#43448 Thursdays

 July 13 - August 17

8:30 - 10:00 am

Filberg Centre Rotary Hall

\$72/6

#43449 Thursdays

July 13 - August 17

10:15 - 11:30 am

Filberg Centre Rotary Hall

\$60/6

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. **Instructor:** Michelle Boyd

#43877 Wednesdays

July 5 - August 30

10:15 - 11:25 am

Lewis Activity Room B

\$54/9


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 August 7.**

Instructor: Kim Hamilton

#43632 Mondays & Thursdays

 July 17 - August 24

1:00 - 2:00 pm

Native Sons Grand Hall

\$88/11

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 punch card

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

Benefits of Personal Training

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



Recreation for Special Needs

(18 & over)

- Sewing
- Fitness
- Music
- Karate
- Zumba
- Hip Hop
- Yoga
- Bowling Leagues
- Creative Dance
- Archery
- Cooking
- Young Adult Club
- Golf

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

Upcoming Special Events:

Bingo

Wednesday, June 7 12:45 - 2:15 pm

Stampede Dance & Talent Show

Friday, June 16 12:30 - 2:30 pm

Fishing Forever

Monday, June 12 10:00 am - 12:00 pm

Thursday, June 15 10:00 am - 12:00 pm

Special Needs

Registration starts June 19, 2017

check out our newsletter for more info!



Comox Valley Accessibility Committee
See page 114 for details

Special Needs programs proudly sponsored by:



CITY OF COURTENAY
Recreation





Join Today! Membership Includes:

- Over 40 activity clubs to choose from
- 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 is supported by Courtenay Recreational Association and provides leisure activities for those 55 years of age or better. Membership fees are paid annually and are required to participate in most Evergreen activities. \$27+GST/year

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

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 this summer. Tickets are available at the Florence Filberg Centre office.

Comox Valley Concert Band

“Let Me Entertain You” Hear one hundred years of hits from stage, screen, television and radio.

Sunday May 14, 2:00 pm

Florence Filberg Centre Tickets \$5

Jukebox Saturday Night on a Sunday Afternoon

Sunday May 28, 2:00 pm

The Best Musical Extravaganza Ever with hits from the 40s, 50s and 60s.

Florence Filberg Centre Tickets \$10

July 1st Tea Dance

Saturday July 1, 2:00 pm

Native Sons Hall

Free Admission

Pancake Breakfast - Downtown Courtenay Market Days

Saturday July 22, 7:30 am to 11:00 am

Florence Filberg Centre

\$5 Tickets at the door

Evergreen Club Volunteers



Volunteer Opportunities

Volunteers support special events, food services, activity clubs and committee work. Deanne McRae, our volunteer coordinator, wants to meet with you!

Come see what volunteer positions are currently available at www.evergreenclub.ca, or call 250 338-1000 ext 232 or email dmcrae@courtenay.ca

Florence Filberg Centre • 250-338-1000

Friday Night Dances

Enjoy local bands at the Evergreen Club's Friday Night Dances.

Every Friday in May and June
7:30 pm in the Rotary Hall



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





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



Call the Lewis Centre at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

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



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

The LINC Youth Centre

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

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

Meetings Rooms:

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

Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

Native Sons Hall

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

Meetings Rooms:

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

Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



Sign me Up!

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

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

By Fax

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

By Mail

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

Refunds

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- All requests for refunds, credits or transfers will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$5 will be charged on all cash, 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: \$ _____

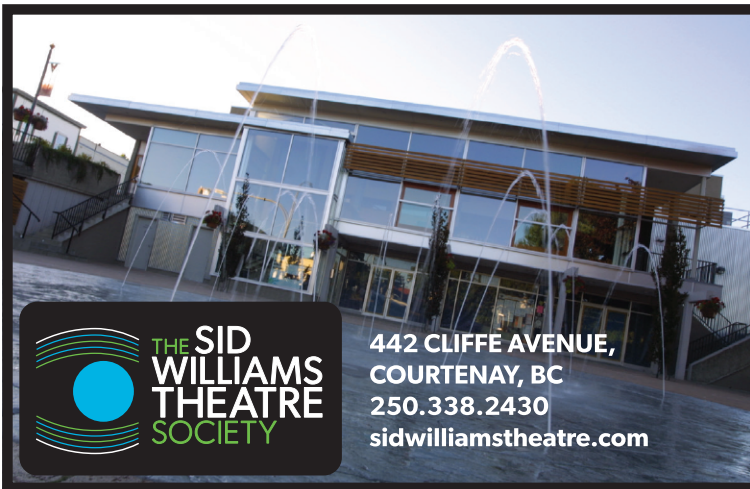
Total Fees: \$ _____ + 5% GST (if over 14 yrs): \$ _____
= TOTAL: \$ _____

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.



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com

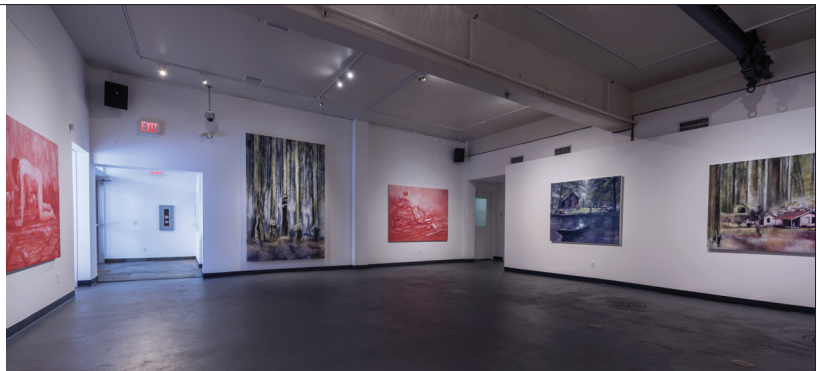


CONTEMPORARY MUSIC. THEATRE.
COMEDY. DANCE.
CLASSICAL & WORLD MUSIC. FILM.
VARIETY. MAGIC.

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

ADMISSION IS BY DONATION



580 DUNCAN AVE. COURTENAY BC V9N 2M7
250.338.6211 COMOXVALLEYARTGALLERY.COM
GALLERY TUESDAY TO SATURDAY 10-5
SHOP MONDAY TO SATURDAY 10-5

Courtenay
and District

Museum & Paleontology Centre

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



Discoveries happen here!

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

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

Hours of Operation

(closed on statutory holidays)
Till May 21, 2016:
Tues to Sat: 10 am - 5 pm
closed Sun & Mon

May 23 to Labour Day:
Mon to Sat: 10 am - 5 pm
Sun: 12 noon - 4 pm

Join us for
Kid's Summer
Camps!

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





Mile of Flowers Celebrates

*Mile of Flowers, the biggest planting event in Courtenay, is marking **50 years** of filling Cliffe Avenue with blooms and **Canada's 150th birthday** in 2017!*

In 2017, the Mile of Flowers happens Tuesday, May 30th starting at 5:00 pm and going until around 7:30 pm. Volunteers from the community are asked to come down and help plant the garden beds on both sides of Cliffe Avenue with 25,000 summer flowers. Youth groups are also encouraged to attend, with a chance to win a pool party prize draw. Between 200 and 500 volunteers are needed to plant everything on this special evening.

See the ad on the facing page for more info on this event.

Simms Park Concerts

Summer Concerts are back for 2017!

Enjoy FREE Sunday evening concerts at Simms Millenium Park (located by the 5th Street Bridge and across from Lewis Park) from July 9 - August 27 (no concerts July 16 and August 6). Bring a lawnchair or a blanket & enjoy the show. See the ad on the facing page for concert details.



Rotary Water Park at Lewis Park

Re-opening Saturday May 20

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

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

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



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.*

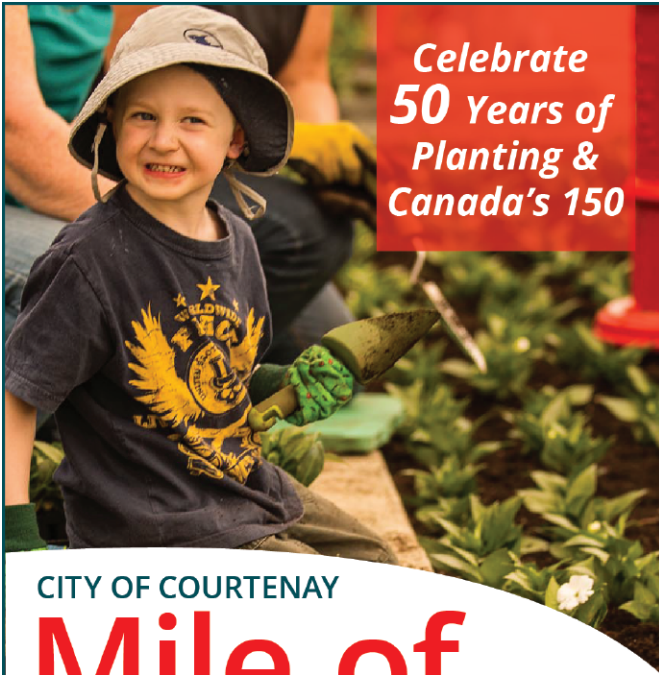
To book a park or play field, **call the Lewis Centre at 250-338-5371.**

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



**Celebrate
50 Years of
Planting &
Canada's 150**

CITY OF COURTENAY

Mile of Flowers

Tuesday, May 30
starting at 5:00 pm

Join hundreds of volunteers and help celebrate 50 years of planting and Canada's 150th birthday!

After planting come to Standard Park (Cliffe Avenue & 14th Street):

- free BBQ and family crafts
- VIRL Mobile Library
- photos with the firetruck
- history of Mile of Flowers display

WHAT TO BRING:

Gloves and a tool for digging

WHERE TO PLANT:

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

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



CITY OF COURTENAY
Parks Department



City of Courtenay
presents...

Simms Park Summer CONCERTS

FREE Sunday
Concerts at 7:00 pm

July 9 **Ralph Barrat & Sharp 7**

Come to the park to hear the smooth sounds of the golden era of jazz

July 23 **Nanaimo Concert Band**

Marches, big band, musicals & more

July 30 **Fiddlejam**

Old time fiddle music played by local musicians of all ages

August 13 **Country Pickin'**

A cavalcade of valley stars playing some good country tunes

August 20 **Duo of Duos**

Featuring Anela Kahiamoe, KC Hingley, Brodie Dawson and Luke Guthrie

August 27 **Completely Creedence**

A Creedence Clearwater Revival (CCR) tribute band who invites you to be transported back in time to an era of intense passions

Bring a lawnchair or blanket

Info: courtenay.ca/simms

Courtenay Recreation Lewis Centre: 250-338-5371



CITY OF COURTENAY
Recreation & Cultural Services



What's On Digest
VANCOUVER ISLAND EVENTS





Enjoy Courtenay Parks

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

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



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 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



Volunteers grow community!

Therapeutic Riding

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

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



Comox Valley Accessibility Committee

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

The Gardens on Anderton

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

www.gardensonanderton.org

Call Joan **250-334-3089**



Volunteer with us today!

Volunteer for Courtenay Recreation's children's programs and special needs programs.



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

Low Cost Recreation

Father Involvement Network

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

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

Active Comox Valley

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

Canadian Tire JumpStart

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

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.

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.

If you would like to promote 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**

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

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



The First Aid Division at North Island College offers a wide variety of First Aid Certifications including WorkSafeBC and Red Cross.

**Comox Valley Campus
SPRING 2017**

Code	Course	Date(s)
FAC 021	Standard First Aid & CPR C	Apr 1 & 2
HRT 011	CPR Level C & AED	Apr 11
AET 020	Emergency Medical Responder	Apr 24 - May 5
FAC 010	Emergency Child Care FA	May 20
OFA 033	Paramedic in Industry	May 26
OFA 010	OFA Level 1	June 5
FAC 021	Standard First Aid & CPR C	Jun 17 & 19
FAC 021	Standard First Aid & CPR C	Aug 12 & 13

Occupational First Aid Level 3

OFA 030	OFA Level 3 ~ May 8 - 19
OFA 032	OFA Level 3 Renewal ~ May 15 - 19



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 250-334-5092 or firstaid@nic.bc.ca



Contact Us for Our Summer

First Aid Training Schedule

250-897-1098



St. John Ambulance

Comox Valley Training Centre
#84—1742 Cliffe Avenue, Courtenay | cvalley@bc.sja.ca



SPORTS LEAGUES



**Register for Summer Leagues
by June 19**

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

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

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 on one, in individual classrooms
- subject-specific tutoring for higher grades
- fun and educational summer camps, including Dynamite Detective

*Opening Doors for Learning
since 1989*



Little R's

Pre-school *(Register for Sept. '17 now!)*

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

Promoting successful learning



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


COAL HILLS BMX RACING

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

First Race
FREE!!!
Just mention
this add.

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

NEW RIDERS ALWAYS WELCOME

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

© tee cajalvo photography



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

250-338-9602

www.911reflectivesign.ca





BOYS AND GIRLS CLUBS - GREAT FUTURES START HERE!



Boys & Girls Clubs
of Central Vancouver Island

Summer Day Camp Registration starts May 1!

Boys & Girls Clubs
of Central Vancouver Island

Summer Day Camp (ages 5 - 8)

Adventure Club Day Club Camp (ages 9 - 12)

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

Camps available all 9 weeks of summer - July 3 - Sept 1

Enriching Core Programming Each Week!

- Entrepreneurship
- Physical Activity
- Creative Arts
- Cultural Diversity
- Nutrition and Nature



Aspen Park Boys & Girls Club

250-650-2274 aspenpark@bgccvi.com

Info and Registration at www.bgccvi.com



Join the Community • Visit • Attend an Event Garden • Volunteer

Open daily, 10 am to 4 pm, Mother's Day thru September. *Admission by donation.*

2012 Anderton Road, Comox
Follow our signs through the nursery.

gardensonanderton.org or 250-334-3089

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, 6:45 pm, 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 2).

See comoxvalleyhortsociety.ca for more details.



We are a friendly group of gardeners, from new and learning, to experienced and still learning.

Comox Valley United Soccer

Get your kicks locally!

2017 Youth Summer Camps July/August

Fall Youth House & Select Programs
For players born 2000 - 2013
Registration for both programs starts June 2017
Select try-outs starting May/June 2017

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



Courtenay Lawn Bowling

Season opens
April 15 and
runs until end
of September



Place: Bill Moore Park,
Kilpatrick Ave. & 23rd St.
Membership: \$115 for unlimited access

A sport for all ages. Come give it a try!

For more info contact: Frank Lo 250-331-0185
or Pete Harding 250-871-4145
Visit our website www.courtenaylawnbowling.ca



Comox Valley Tennis Club

Spring & Summer Jr Team Tennis Program

(Ages 5 - 15) \$50/8 Classes
Mondays & Wednesdays, 4:00 - 5:30 pm
June 5 - 28 **or** July 10 - August 2
coached by professional tennis coach, Brenda Dean
New adult members are also welcome!

Register online at www.comoxvalleytennis.org or email
juniors@comoxvalleytennis.org for more information




**Comox Valley
exhibition**

AUGUST 25.26.27

- Canada 150 and Growing -



 cvex.ca



**BECOME A
MEMBER**

Support the magic of live performance!

Member benefits include:
Ticket discounts, SID TIX package deals, presale access, and more!

 **Phone** 250.338.2430

Ticket Centre Hours
Tues to Sat 10 am - 4 pm
1 hour prior to show time



**PROVIDING QUALITY, SAFE LESSONS AND
LEASE HORSES TO THE COMOX VALLEY**




- Riding Lessons
- Parents and Tots
- Monthly Drop In Pony Rides
- Kids Camps
- Birthday Parties
- Horse Shows
- Ladies Days
- Group Field Trips




Check out our website for full details: www.SproutMeadows.com

Comox Valley
**Athletic Association
 Basketball**
 Club Programs for Boys and Girls Ages 5-17



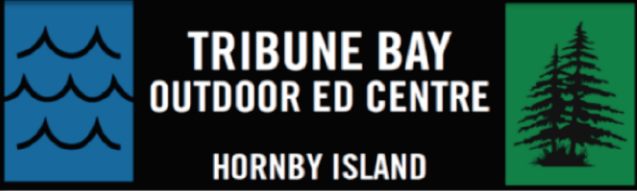



March - July 2017
 Girls Fastbreak Program for Girls gr 5-12
 Boys Fastbreak Program K-2 and gr 5-7
 Jr NBA program for boys and girls K-gr 2

For complete North Island Basketball
 Newsletter and more info:
drpedro@telus.net




**NOW OFFERING ADULT, SENIOR AND
 FAMILY HORNBY ISLAND ADVENTURES**

**TRIBUNE BAY
 OUTDOOR ED CENTRE**
HORNBY ISLAND

tribunebayoutdoored.ca | 250 335 0080

Comox Bay Sailing Club



Offering a full range of sailing programs for kids, teens and adults; beginner to expert, recreation or competition.

Learn to Sail Courses


Kids • Teens • Adults • Sailing Team • Competition

Certified Sail Canada Instructors
 Comox Valley's **CANSail** course provider

For Summer 2017 course dates and times see the CV Recreation Guide. See the full list of 2017 programs at:
comoxbaysailingclub.ca/sailing-school


Financial assistance available through Courtenay Rec Access, Kidsport and Jumpstart

www.ComoxBaySailingClub.ca



BC Sailing

Contact:
cbcsail@gmail.com
 Located at the Comox Marina



CELEBRATING
1982-2017
35 YEARS

THE Filberg FESTIVAL

CANADA 150 1867-2017

WE NEED YOUR COMMUNITY PASSION at this year's Filberg Festival

Volunteer Opportunities start

JULY 31 - AUGUST 9

SITE ACCESS
CARPENTRY/SITE
GREETERS & TICKET TAKERS
MEMBERSHIP/VIP CHECK-IN

RAFFLE CREW
SECURITY
BACKSTAGE
MUSIC STORE
PARKING ATTENDANTS

You like to know who is coming and going, the friendly-gate keepers
Good with a hammer and nails and go by the nick name MacGyver
A friendly face to welcome people
Quick on your feet, you and the alphabet are buddies, going the extra mile
A born salesperson with a gift for gab
'How can I help you?' Calm, cool, and collected
An affinity for logistics and hauling equipment to and fro
Retail experience and a love of music
Like to give direction and look good in a neon orange



For more information contact at volunteer@filbergfestival.com or call 250-941-0727 | FilbergFestival.com



Discoveries Happen Here!

Cultural and Natural History
of the Comox Valley

FOSSIL TOURS
EDUCATION
PROGRAMMES
COLLECTIONS
ARCHIVES



Courtenay and District
Museum
& Palaeontology Centre

Book a Tour!
250-334-0686
www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7

CYMC
COMOX
VALLEY
YOUTH
MUSIC
CENTRE

CELEBRATING
50 Years
OF INSPIRING YOUNG PERFORMERS



Instrumental Concerts: July 6 - July 15

Musical Theatre
July 18 - July 22
Sid Williams Theatre

**CATCH
ME**
IF YOU CAN
THE MUSICAL



Island Jazz Concerts: July 19 - July 22

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



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 2017
- Weekly Bingo nights and more!

FMI: www.cumberlandcommunityschools.com or find us on Facebook



PacificCARE

Child Care Resource and Referral

Promoting Quality Child Care

PacificCARE assists parents in finding child care for their children (newborn to 12 years of age).

In addition, parents have access to:

- **Information and Brochures** pertinent to child development and child care selection.
- Application form for **child care subsidy.**
- **Parent and Child Drop-In** programs.

We also provide supports to child care providers and those wishing to look after 1 - 2 children in their homes.



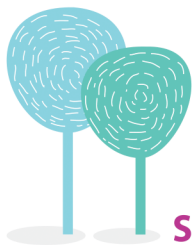
Phone Sue or Michelle at (250)338-4288 - LOC 236 OR 250

Online access: www.pacific-care.bc.ca



Funded by the Government of BC

Mums, Tums, Babies & Toddlers Show



An amazing weekend for new mums, expectant mums, and trendy tots!



Your pregnancy, baby and toddler one-stop-show

September 9, 2017 9am-3:30pm
September 10, 2017 10am-3pm
Vancouver Island Conference Centre, Nanaimo

One lucky mom or dad will WIN a nursery from **IKEA®**

Grand Prize

- Over 80 Exhibitors
- New & Exciting Products
- Entertainment
- Educational Seminars
- Giveaways

First 100 Moms in attendance each day will receive **A LUCKY MUMMY BAG!**



21 Tickets Use Code: MTB241

Register Online www.mumstumbabies.ca
Vendor Inquiries call Judi or Debbie • 1-844-933-1366

19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



Membership Rates

	Regular	Ordinary	Associate
Single 1 year	\$132	\$245	\$482
Family 1 year	\$203	\$337	\$658 Plus gst

Former Canadian Forces members & their dependents are NOW included in the 'Regular' category.

High Quality Cardio Equipment
Weightroom
25 Metre Ozone Pool
Hot Tub

Steam Room
Squash Courts
Spin Bikes
Specialty Fitness Classes & more!

Now Open until 9:00 pm Monday - Friday

Weekends/Holidays 8:30 am - 6:00 pm

**ask about 'Military Only' timings in the early am and during lunch hour*

Drop by or Contact us:
19 Wing Comox Recreation
250-339-8211 Local 7173 or 6989
www.cfgateway.com and choose Comox



CANADA 150



June 25 - **Battle of the Bands**

(19 and under) Simms Park Pavilion, 5:00 - 9:00 pm

June 30 - **150 Years of Canada**

Multi Ethnic Entertainment, 4:00 - 7:00 pm

As told through music and dance, Simms Park Pavilion, 7:00 - 10:00 pm

July 1 - **Celebrate Canada's 150th Birthday!**

8:30 - 10:00 am - Kids Bicycle Decorating Contest, 5th & Menzies

9:30 am - 5th Street Mile - Comox Valley Road Runners Family Fun Run

10:00 am - Canada 150 Grand Parade downtown along 5th Street

Simms Park:

7:00 - 9:00 am - Kinsmen Pancake Breakfast

12:00 - 4:00 pm - Mini Pow Wow

4:00 pm - Rock out with "Under 19 Battle of the Bands" winners

Lewis Park:

11:30 am - 12:00 pm - Opening Ceremonies and FREE Birthday Cake

11:30 am - 4:00 pm - FREE Inflatable fun and games with Courtenay Recreation

12:00 - 4:00 pm - Beer Garden Opens at Tennis Courts

Noon - 3:00 pm - Free Circus Workshop

1:00 pm (approx.) - Ducky 500 race, Finish line 5th Street Bridge

1:30 - 4:30 pm - Free outdoor swim, Courtenay Outdoor Pool

3:00 pm - FREE kids Bike Draw

Native Sons Hall:

2:00 - 4:00 pm - Tea Dance hosted by the Evergreen Club with special guests,
Georgia Strait Big Band

Sid Williams Theatre & Centennial Square Theatre:

9:00 - 10:00 am - Comox Valley & District Concert Band

7:00 - 9:00 pm - FREE Variety Show

LIVE MUSIC AND DANCING ALL DAY LONG AT LEWIS & SIMMS PARK

July 2 - **Canada 150 Jam**

Celebrate 150 with some amazing local talent! 7:00 - 9:00 pm, Simms Park Pavilion

Parade Float and Vendor applications available online at comoxvalleycanadaday.ca

To submit an application or to volunteer for the event please contact Scott Mossing 250-338-1719.

The July 1st Committee would like to thank the City of Courtenay and the Government of Canada for funding the Canada Day Celebrations!



CITY OF
COURTENAY
Recreation



Canada



**Celebrate
50 Years of
Planting &
Canada's 150**

CITY OF COURTENAY

Mile of Flowers

Tuesday, May 30
starting at 5:00 pm

Join hundreds of volunteers and help celebrate 50 years of planting and Canada's 150th birthday!

After planting come to Standard Park (Cliffe Avenue & 14th Street):

- free BBQ and family crafts
- VIRL Mobile Library
- photos with the firetruck
- history of Mile of Flowers display

WHAT TO BRING:

Gloves and a tool for digging

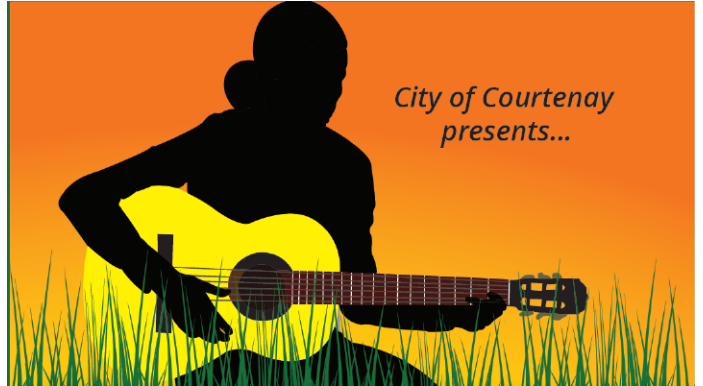
WHERE TO PLANT:

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

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



CITY OF COURTENAY
Parks Department



City of Courtenay
presents...

Simms Park Summer CONCERTS

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

July 9 **Ralph Barrat & Sharp 7**
Come to the park to hear the smooth sounds of the golden era of jazz

July 23 **Nanaimo Concert Band**
Marches, big band, musicals & more

July 30 **Fiddlejam**
Old time fiddle music played by local musicians of all ages

August 13 **Country Pickin'**
A cavalcade of valley stars playing some good country tunes

August 20 **Duo of Duos**
Featuring Anela Kahiamoe, KC Hingley, Brodie Dawson and Luke Guthrie

August 27 **Completely Creedence**
A Creedence Clearwater Revival (CCR) tribute band who invites you to be transported back in time to an era of intense passions

Bring a lawnchair or blanket

Info: courtenay.ca/simms
Courtenay Recreation Lewis Centre: 250-338-5371



CITY OF COURTENAY
Recreation & Cultural Services

