



Comox Recreation



CVRD Sports & Aquatic Centres



Courtenay Recreation

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Comox
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Aquatic Centres

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Courtenay
Recreation

**Enter
to
Win!**

Winter CV Recreation Prizes!

One of two \$50 CV Recreation Gift Certificates and one 10 Punch Pass

Enter by December 5 by visiting:
comoxvalleyrecord.com/contests

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Green Commitment

The Comox Valley Recreation Reporter is made with paper that is 80% post-consumer waste. *When you're finished with this brochure, please recycle it or pass it on to a friend.*



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Smiles & Healthy Lifestyles!

The City of Courtenay is planning the event of the century in 2015!

Preparation for the city's huge 2015 Centennial Celebration is well underway with a series of signature events planned throughout the year that will highlight the past, celebrate the present, and inspire the future of the community.

The Centennial Celebration starts right along with the new year "Memories are made of This" event to bring in 2015 with your friends December 31st at the Filberg Centre for live music, dancing, appies, and comedy. On January 1st come and be part of the official launch with a pancake breakfast, music, heritage displays, and centennial cake cutting. Watch for more information about ticket sales as well as sponsorship opportunities for local businesses on the City of Courtenay website www.courtenay.ca/centennial.

For information about sponsorship opportunities, volunteer positions, or to share your ideas, contact the Courtenay Centennial Celebration Committee at 250-334-4441 or email 100years@courtenay.ca. This project has been supported by the Building Communities Through Arts and Heritage Program, Department of Canadian Heritage. Ce projet a été appuyé par le Programme Développement des communautés par le biais des arts et du patrimoine du ministère de Patrimoine canadien.





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 Mario Romero *Custodian*
 Greg De Schutter *Custodian*
 Dave Duval *Custodian*
 Tomas Ticas *Custodian*

Contact Us

Program Registration

250-338-5371 or 250-338-1000

Lewis Centre

250-338-5371 Fax 250-338-8600

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

Florence Filberg Centre

250-338-1000 Fax 250-338-0303

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

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

www.courtenay.ca

click on the Recreation Reporter Link

Courtenay Recreation
Welcome

COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



Register now!

*We are accepting
registration for
Winter & Spring 2015*

Play
Create
Socialize
Celebrate

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

Child and Family Research and Development program

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

Masheded, 1994

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

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

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

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

Monday Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am

Interested in afternoons?

Leave your name on our interest list.

Monthly Fees

\$120 - 2 days/week

\$160 - 3 days/week

\$20 - annual family registration fee

489 Old Island Highway, Courtenay

250-338-5371 www.courtenay.ca

Parent Participation

Baby Talk

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

Facilitator: Nell Divinagracia

Tuesdays
starting January 6
10:00 - 11:30 am
Lewis Centre Meeting Room
\$1 Drop-in



Santa Baby

(1 month - 1½ years with adult)
Celebrate your baby's first holiday season by making memorable keepsakes. Christmas cards made with little feet imprints, and handprint Christmas ornaments are sure ways to gift lasting memories for your friends and family.

Instructor: Lydia Neville

Tuesdays
December 2 - 16
9:00 - 10:45 am
Lewis Centre Craft Room B
\$30/3 Sessions

Child's Play

(18 months - 3 years with adult)
Get in on the fun, with music, free play, songs and games! Coffee & tea for parents as your little ones play and socialize! **No class** December 25 & January 1.

Thursdays
December 4 - February 5
9:30 - 11:00 am
Lewis Centre
\$30/10 Sessions

or

\$6/Drop-in

Little Cruisers

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

Instructor: Chris Chapple

Wednesdays
January 14 - March 25
10:00 - 11:15 am
Lewis Centre Meeting Room
\$1/Drop-in



Treefrog Music Together

(9 months - 5 years with adult)
Introduce your child to a wide range of musical experience through moving, playing, singing, dancing and joyful noise-making. Award-winning CD and songbook bring the musical exploration home. Enrich your child's life with the gift of musical confidence and competence, and have SO MUCH FUN!

Instructor: Kazimea Sokil

Wednesdays
January 14 - March 18
9:15 - 10:00 am
Lewis Park Tsolum Building
\$160/10 Sessions

Like us on



Childminding

(all ages)

Our excellent childminding service offers your child a safe, friendly and fun environment. If you are participating in our morning programs, playing tennis, squash, or using our weight-room, you're invited to drop in.

Monday - Saturday

9:00 - 11:00 am

Lewis Centre

\$4.00/1¼ hour drop-in

\$5.00/1¾ hour drop-in

1 & 1½ hour options

also available

Punch Cards

\$35/10 x 1¼ hr drop-ins

\$40/10 x 1½ hr drop-ins

Power Hour Playtime Fun!

(all ages)

Join the fun! There will be a little something for everyone with games, activities and free play!

Tuesdays

January 13 - March 3

10:45 am - 12:00 pm

Lewis Centre MP Hall

\$4/Drop-in



Courtenay Recreation
Early Years



Forts Almighty Family Edition

(2 - 5 years with adult)

Transform gym mats, and more as you create forts of all sorts in this not to be missed program. Then play plasma car races and active games.

Wednesdays
December 3 - 17
9:00 - 11:00 am
Lewis Centre MP Hall
\$20/family/3 Sessions

or

\$8/Drop-in

Who Loves You? Valentine's Day Boutique

(18 months - 5 years)

Cherish your loved ones with memorable homemade gifts! Create cards, specialized dish-towels, photos, and more: are some of the fun ways you will show family and friends you love them!

Instructor: Lydia Neville

Tuesdays
January 27 - February 10
(1½ - 2 years with adult)
9:30 - 11:00 am

or

(3 - 5 years)
12:30 - 2:00 pm
Lewis Centre
\$38/3 Sessions

Like us on



Independant Programs

All Aboard!

(3 - 5 years)

Board the train, plane, or automobile of fun as you discover and play with your favorite things that move!

Instructor: Lydia Neville

Tuesdays
February 3 - March 24
9:30 - 11:00 am
Lewis Centre Craft Room A
\$57/8 Sessions

New!

Hodge Podge Jr

(3 - 5 years)

Try a little of all our favourites; dance, soccer, cooking, arts and crafts and gym games in this ultimate sampler! Each week a new activity will be introduced. Please bring a lunch.

Thursdays
February 5 - March 26
12:30 pm - 2:00 pm
Lewis Centre Craft Room A
\$78/8 Sessions

Construction Zone

(3 - 5 years)

Build, demolish and design your very own forts, Lego masterpieces, mazes and more! Finish off with active free play in the gym. Please bring a snack!

Instructor: Lydia Neville

Fridays
February 6 - March 27
10:00 am - 12:00 pm
Lewis Centre
\$80/8 Sessions

New!

Mini Chef's

(3 - 5 years)

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

Wednesdays
January 21 - March 11
12:00 - 2:00 pm
Lewis Centre
\$96/8 Sessions

New!

Christmas Break Programs
on pages 64-65



Writing Wigglers

(3 - 5 years)

Play with fine motor skills that are necessary for letter formation. Increase your child's skills in creative ways and learn how to form the ABCs. Then wiggle out their wiggles with energetic games and activities.

Instructor: Vanessa Hitchcock

Tuesdays

January 20 - March 10

9:30 - 11:30 am

Lewis Centre Craft Room A

\$80/8 Sessions

Rudolph & Friends

(2 - 4 years with adult)

Christmas crafts, games, songs and stories spark your imagination in this morning time delight. Big friends and little friends will enjoy the social aspects of this fun program.

Instructor: Lydia Neville

Fridays

10:00 - 11:00 am

December 5 - 19

Lewis Centre Craft Room A

\$28/3 Sessions

Rec 'n' Doodle

(3 - 5 years)

Be creative as you dive into all kinds of arts and crafts, then burn off all that extra energy as you play games in the gym! Please bring a lunch and get ready to have a blast. **No class** February 9.

Instructor: Breanne Hague

Mondays

January 12 - March 9

11:30 am - 12:30 pm

Lewis Centre Craft Room B

\$75/8 Sessions

Christmas Kindercrafts

(3 - 5 years)

It's beginning to look a lot like Christmas, everywhere you go. Gather together as we celebrate the season and create special memories. Crafts, games, songs and more are just some of the treasures that we'll pull out of our stocking, just for you.

Tuesdays & Thursdays

December 9, 11, 16 & 18

Lewis Centre Craft Room B

\$35/4 Sessions

Colour Me Happy!

(5 - 7 years)

Play and explore with various kinds of art forms; painting, coloring, and more. Expose young artists to different ways of creating art.

Fridays

January 30 - March 6

4:00 - 5:30 pm

Lewis Centre

\$58/6 Sessions

Musical Movement

(3 - 5 years)

Explore rhythm, songs and music! Children will beat to the sound of their own drums and explore movement to varying musical sounds. Not only will your child get to experiment with different instruments, but also get to create some of their own.

Instructor: Vanessa Hitchcock

Fridays

January 30 - March 20

12:00 - 2:00 pm

Lewis Centre

\$80/8 Sessions



Children's
Christmas Party
(9 years & under with adult)
Saturday December 6
1:00 - 2:30 pm
Lewis Centre
and A Visit from Santa!

Featuring
Captain
Thunderpants!

FREE
with donation to the Food Bank

Also taking place is the Youth **Garby Little Craft Fair** 11:00 am - 3:00 pm



Hip Hoppers

(3 - 5 years)
Bounce, B-bop, move and groove in this introduction to Hip Hop. It's all about fun and learning how to move to music.

Instructor:
Robynne Sharko-Stapley

Thursdays
January 22 - March 26
1:00 - 2:00 pm
Lewis Centre Craft Room A
\$75/10 Sessions

Soccer Tots

(3 - 5 years)
Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No class** February 9.

Instructor: Vanessa Hitchcock

Mondays
January 19 - March 16
9:30 - 10:30 am
Lewis Centre Gym
\$52/8 Sessions

Tiny TuTu's

(3½ - 5 years)
In this introduction to dance, you'll develop body awareness, creativity, coordination and an appreciation of music.

Instructor:
Maggie Scofield-Reid

Wednesdays
January 14 - March 18
11:15 am - 12:00 pm
Lewis Centre Activity Room A
\$70/10 Sessions

Introduction to Pickleball

(5 - 7 years)
Learn the basics of playing pickleball in fun non-competitive environment!

Instructor: Lydia Neville

Fridays
January 23 - February 27
5:00 - 6:00 pm
Lewis Centre
\$26/6 Sessions

Happy Feet & Tapping Toes

(3 - 5 years)
Encourage creativity, imagination, and movement in this fun filled environment. Little ones will be exposed to jazz, Rhythm, and Musical Theatre techniques while developing their listening skills. Dancers will learn choreography which will be presented at the end of the last class.

Instructor:
Robynne Sharko-Stapely

Fridays
January 23 - March 27
10:45 - 11:45 am
Lewis Centre Activity Room A
\$70/10 Sessions

Hula Hoopla Club

(5 - 12 years)
There's 1001 uses for a hula hoop and we'll be busy trying them all! From playful silly games to circus-style tricks, to graceful dance sequences, to fierce ninja moves you will give this well rounded toy a creative spin. Hula Hoops provided.

Instructor: Tracey Mantha

Fridays
February 13 - March 20
3:30 - 4:30 pm
Lewis Centre
\$50/6 Sessions

**Celebrate Family Day at
The Lewis Centre.
See page 67 for details.**

Gymnastics

Stepping Stones to Kindergym

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

Instructors: Sheri Roffey & Breanne Hague

Tuesdays
January 6 - March 24

or
Wednesdays
January 7 - March 25

9:00 - 9:45 am
Lewis Centre Gym
\$80/12 Sessions

Gymnastics Kids & Crafts

(3 - 5 years)
Combine fun arts and crafts with time in the Gym. Games and activities with balls, hoops and basic gymnastic circuits encourage you to explore physical challenges. Please bring a small snack.

Instructor: Vanessa Hichcock & Sheri Roffey

Tuesdays
January 13 - March 17
12:00 - 2:00 pm
Lewis Centre Gym & Craft Room A
\$93/10 Sessions



Christmas Break Gymnastics!

See pages 64 - 65 including open practice & Routine making & skill building workshop for the CV Gymnastics Chamionships

Kindergym with Trampoline

(3 - 5 years)
Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with an instructor, taking turns, moving safely around the gym, getting along with others, offering and accepting new ideas. **No class** Saturday March 14.

Instructor: Sheri Roffey & Breanne Hague

Tuesdays
January 6 - March 24
9:45 - 10:45 am

or
Wednesdays
January 7 - March 25
11:00 am - 12:00 pm

or
1:00 - 2:00 pm
\$84/12 Sessions

or
Saturdays
January 10 - March 21
9:00 - 10:00 am
\$78/11 Sessions
Lewis Centre Gym

Kindergym with Trampoline Advanced

(3 - 5 years)
For children who have successfully completed Kindergym with Trampoline. Pre approval to register is required.

Instructor: Sheri Roffey & Breanne Hague

Wednesdays
January 7 - March 25
1:00 - 2:00 pm
Lewis Centre Gym
\$84/12 Sessions

Baby Gym

(1 month - 3 years with adult)
It's the most fabulous indoor playground! Join us for toddler-friendly novelty and challenge, as you play together on gymnastics and pre-school equipment. Discover and explore motor skills and learn the basics of movement. Then, end with circle time and a favourite song. Please remind your favourite adult to come dressed to play.

Instructor: Sheri Roffey & Breanne Hague

Tuesdays
January 6 - March 24
11:00 am - 12:00 pm

or
Wednesdays
January 7 - March 25
9:45 - 10:45 am

Lewis Centre Gym
\$84/12 Sessions



Ask about our mini
Gymnastics session
from Dec. 2 - 20th!





Crackerjack Kids

(3 - 6 years)

You'll have a crackerjack time in this holiday program of creative crafts and active games. Plenty of action and creative art projects stimulate both your imagination and your desire for bone-shaking fun. Please bring a snack.

Monday - Wednesday

December 29 - 31

9:30 - 11:30 am

Lewis Centre

\$50/3 Sessions



For all drop-in programs please call to ensure spaces are available

Winter Break Activities

Candy Cane Wishes & Holiday Fun

(1 month - 6 years with adult)
Celebrate this holiday season with your loved ones through making ornaments, decorating gingerbread, and sipping on hot chocolate as you finish with gym time fun and music.

Monday December 22

12:00 - 3:00 pm

Lewis Centre MP Hall

\$10 Pre-register **or**

\$15/Drop-in

Forts Almighty

(3 - 9 years)

Transform cardboard, gym mats, and more as you create forts of all sorts in this not to be missed day of adventure. Then play plasma car races and team games.

Friday January 2

10:00 am - 12:00 pm **3-5 years**

1:00 - 3:00 pm **6-9 years**

Lewis Centre MP Hall

\$10/pre-registered

\$15/Drop-in



Children's Hoopdance Workshop

(5 - 12 years)

Calling all dancers, gymnasts and hoopers! Learn how to integrate the hula hoop into your dance! You know how to keep a hoop spinning and you're ready to take it to the next level Learn tons of amazing hula hoop tricks and piece them together into flowing choreographed dance sequences. We'll round everything out with some peaceful stretches and ideas on how to use the hoop to enhance your training. Hula Hoops provided.

Instructor: Tracey Mantha

Monday December 22

10:00 - 12:00 pm

Lewis Centre MP Hall

\$20

Winter Break Daycamp

(6 - 12 years)

Break out for the holidays and play the day away! Active games, arts and crafts, and lots more too, provide you with a sleigh full of fun. Please bring your lunch. Register at least one week in advance. * Please note pick up on Wednesday is at 3:00 pm.

Monday - Wednesday

December 29 - 31

8:00 am - 3:30 pm

Lewis Centre

\$70/3 Sessions

Christmas Break Family Gymnastics

(3 - 12 years with adult)
Spend quality active time together, crawling, jumping, rolling and tumbling as you explore gymnastics! **No class** January 1.

Instructor: Sheri Roffey & Breanne Hague

Monday - Friday
9:00 - 11:00 am

or

1:00 - 3:00 pm
December 29 - January 2
Lewis Centre Gym
\$48 /4 sessions
\$15 Drop-in

Cooking Christmas Brunch

(11 - 16 years)
Give the gift of food this season. Facilitated by a trained chef, learn how to prepare a delicious Christmas Brunch just in time for Christmas!

Instructor: Robin Burch

Tuesday December 23
10:00 am - 2:00 pm
The LINC Games Room
\$63

Gymnastics Open Training Routine Making & Skill Building

(8 years & over)
Prepare for the Comox Valley Gymnastics Championships on March 14 or drop-in to fine tune your skills! **No class** January 1.

Instructor: Sheri Roffey & Breanne Hague

Monday - Friday
December 29 - January 2
11:00 am - 1:00 pm
Lewis Centre Gym
\$48/4 Sessions
\$15 Drop-in

One Day Winter Wonders

(6 - 12 years)
Blast away the Winter weather with this day filled with fun, food, and games!

Monday December 22

or

Tuesday December 23
8:30 am - 3:30 pm
Lewis Centre
\$40/Day

Winter Break Stained Glass

(10 - 14 years)
Build a stained glass snowman! Using simple glass cutting techniques, grinding, leading and soldering build your own customized glass snowman. Approx. 4'X9' with several design and decorating options using glass globes, wire work and sparkle glue, each one is unique.

Instructor: Nancy Morrison

Monday & Tuesday
December 22 & 23
10:00 am - 12:00 pm
Lewis Centre Craft Room B
\$50/2 Sessions



LINC YOUTH CENTRE'S DROP-IN (11 - 18 years)

HOLIDAY HOURS	Tues	Wed	Thurs	Fri	Sat	Sun
	Dec. 23 Families Welcome 12 - 6 pm	Dec. 24 CLOSED	Dec. 25 CLOSED	Dec. 26 CLOSED	Dec. 27 2 - 10 pm	Dec. 28 3 - 8 pm
	Dec. 30 Families Welcome 12 - 6 pm	Dec. 31 CLOSED	Jan. 1 CLOSED	Jan. 2 2 - 10 pm	Jan. 3 2 - 10 pm	Jan. 4 3 - 8 pm



Birthday Parties

Gymnastics & Trampoline Parties

(3 years & up)
Got the birthday 'meltdown' blues? Let us make it easy for you. Bring the friends, the fuss, the mess and the muss to us. Our enthusiastic play leader will provide fun-filled activities in the gym, for the first hour only, followed by one hour in the party-room for your own trimmings and refreshments.

Saturdays
Starting January 10
11:30 am - 1:30 pm
Lewis Centre
\$100

Sports Play!

(3 years & up)
This party will leave you feeling breathless! We promise you lots of fun in this special edition of birthday celebrations. We offer one hour of instructor-lead sports play, active games, plasma-car races and more. One hour afterwards, in our party-room is available for your own treats and trimmings.

Saturdays
Starting January 10
12:00 - 2:00 pm
Lewis Centre
\$100

7 Story Circus Birthday Party

(6 - 12 years)
Celebrate by running away to join the circus, and bring your friends! In the first hour you will: Climb aerial fabric & hang from aerial hoop; Juggle scarves, balls, rings & clubs; Spin staff, poi, diablo, hula hoops, flower-sticks & plates; Balance with stilts & rola-bola; Play games and juggle glow-in-the-dark balls! Then, in the second hour head over to your own private birthday party room to visit with friends and continue the fun. (Bring your own party supplies, food & cake). Call today to reserve your spot!

Sundays
• January 18
• February 1
• March 8

or

• 1:00 - 3:00 pm
• 2:00 - 4:00 pm
Lewis Centre
\$200

Friday Night Birthday Parties

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

Fridays
Starting January 9
5:00 - 7:00 pm
Lewis Centre
\$100

Birthday Parties at The LINC

(8 years & over)
Are you looking for an original birthday party package? Let us do the planning! We'll organize games, provide supervision and even do the clean-up so that you can enjoy the special day too. Choose from a variety of themes: Dodgeball, Pizza, Skatepark, Karaoke, All About Girls, Gaming, or just having The LINC all to yourself!

Saturdays
12:30 - 2:30 pm

or

Sundays
12:30 - 2:30 pm
The LINC Youth Centre
\$110
\$150/pizza party
(includes 3 large pizzas)



Special Interest

St. John Ambulance Babysitter Training

(9 - 16 years)
Learn about children, accident prevention, home safety and emergency procedures. Please bring your lunch & a doll. Includes a take-home first aid kit. Register early, as these classes fill quickly.

Instructor:

St Johns Ambulance

Saturday December 20

or

Saturday February 28

9:00 am - 4:00 pm

Lewis Centre Meeting Room

\$60

Piano Adventures

(5 - 11 years)

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

Instructor: Debbie Ross

Thursdays

January 8 - March 26

3:00 - 4:00 pm (5 - 7 years)

4:00 - 5:00 pm (8 - 11 years)

Lewis Park Tsolum Building

\$144/12 Sessions

Home Sense & Safety

(9 - 12 years)

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

Saturday January 17

or

Saturday March 21

1:00 - 3:30 pm

Lewis Centre Meeting Room

\$21

Food ART

(8 - 13 years)

Tantalize your tastebuds with an artistic flair! Play with your food and create edible art!

Instructor: Jenja MacIntyre

Wednesdays

March 4 - 25

4:00 - 5:30 pm

Lewis Centre

\$65/4 Sessions

Diva Delights

(6 - 9 years)

Delight your diva senses as we create all things girly; lip gloss, bath bombs, jewellery and hair accessories, just to name a few. You will even make a nutritious snack. **No class** February 9.

Instructor: Breanne Hague

Mondays

January 26 - March 23

3:30 - 5:00 pm

Lewis Centre Craft Room A

\$80/8 Sessions

Kitchen Adventures

(6 - 9 years)

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

Instructor: Vanessa Hitchcock

Wednesdays

January 21 - March 11

3:30 - 5:00 pm

Lewis Centre

\$75/8 Sessions

Family Day!

- Zumba
- Gymnastics
- Arts & Crafts
- Game & Activities
- Family Photo Booth
- Kids vs. Parents Gameshow by Drop The Needle Entertainment



Join us

February 9

10:00 am - 4:00 pm



Snowmen, Reindeer & Princesses - oh my!

(5 - 8 years)

Celebrate your favourite cast in the movie Frozen with crafts, music, games and more!

Instructor: Lydia Neville

Tuesdays

February 3 - March 10

3:30 - 5:00 pm

Lewis Centre

\$65/6 Sessions

PLC Days Jr. Outdoor Leadership Program

(7 - 9 years)

Designed to get kids outside as well as give them skills and confidence in the outdoors. The wild and wonderful backyard of Puntledge Park. Explore what is to be a Jr Outdoor Leadership Program through various games and activities on the trails of Roy Stewart Morrison Nature Park.

Wednesdays

January 14 & 28, February 11 & 25, March 11 & 25

1:00 - 3:30 pm

Meet at The Lewis Centre

\$90/6 Sessions

Cupids Arrow Craft Club

(7 - 9 years)

Show your appreciation for your loved ones through beautiful and fun handmade gifts! Please bring a snack.

Instructor: Lydia Neville

Tuesday & Friday

February 10 & 13

3:30 - 5:00 pm

Lewis Centre

\$40/2 Sessions

Tween Fit and Fun

(9 - 12 years)

Join us for this PLC program and take part in a new activity each session. This program promises to keep you moving while making new friends and having fun along the way. Try new sports, fitness activities, skating and more! Small snack provided each day.

Wednesdays (PLC Days)

January 14 & 28, February 11 & 25, March 11 & 25

1:30 - 3:00 pm

LINC Games Room

\$80/6 Sessions

PLC Playzone

(6 - 12 years)

Join us in a variety of activities on early dismissal days. A variety of activities will be offered. Register for one or all!

PLC Wednesdays

January 14 **Cookers Delight**

January 28 **Fort's Almighty**

February 11 **Valentine's Day Dash**

February 25 **Out Trip**

March 11 **Weird Science**

March 25 **Spring Out Trip**

1:00 - 3:30 pm

Lewis Centre

\$80/all 6 days

\$15/day

Pro-D Pajama Party!

(6 - 12 years)

Do anything other than sleep in this all out party in your pj's day! Fort building, crazy games and karaoke are just a few ways you will spend the day! Hot Dogs included!

Monday February 16

8:30 am - 3:30 pm

Lewis Centre

\$40

Chocolates for Your Valentine

(8 - 13 years)

Learn to craft a variety of chocolates: peanut butter cups, suckers, truffles, milky way centres, and more. They'll be perfect gifts for your favourite Valentine. **Register by** February 4.

Instructor: Robyn Walsh

Sunday February 8

1:00 - 3:30 pm

Lewis Centre Craft Room A

\$30

Arts & Crafts

Clay Sculpting

(6 - 10 years)

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

Instructor: Heili Garcia

Fridays

January 23 - March 20

3:30 - 5:00 pm

Lewis Centre Craft Room B

\$80/9 Sessions

Pro D Day Fun with Watercolour and Print Making

(5 - 9 years)

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

Instructor: Jenja MacIntyre

Monday February 16

9:30 am - 12:00 pm

Lewis Centre Craft Room B

\$45

It's Fun to Sew

(8 - 14 years)

Make and sew your very own t-shirt, boxer shorts or pajama bottoms. You will need your own scissors that cut fabric, straight pins and tape measure. You will need to purchase your own fabric and thread (approx. \$15 - \$20).

Instructor: Jean Morgan

Tuesdays

February 3 - 24

3:30 - 5:00 pm

Lewis Centre Craft Room B

\$65/4 Sessions

Family Clay Art

(4 years & up)

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

Instructor: Jenja MacIntyre

Thursdays

January 22 - February 5

or

February 19 - March 5

6:00 - 7:30 pm

Lewis Centre Craft Room

\$63/3 Classes/Parent & Child

Clay Designs

(8 - 14 years)

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

Instructor: Jenja MacIntyre

Thursdays

January 15 - March 19

4:00 - 5:30 pm

Lewis Centre Craft Room B

\$90/10 Sessions

Sewing Level 2

(9 - 14 years)

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

Instructor: Jean Morgan

Tuesdays

March 3 - 24

3:30 - 5:30 pm

Lewis Centre Craft Room B

\$70/4 Sessions



CHECK out the many volunteer opportunities available:

- pre-school programs
- children's programs
- Special Events
- Pro D Day
- Spring Break
- The LINC Youth Centre

Why volunteer?

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



FMI Call 250-338-5371 or drop by the Lewis Centre and fill out an application



Winter Stained Glass

(8 - 14 years)
 Enjoy making a colourful stained glass skier or snowboarder to hang in the window, a bear or penguin stepping stone, a fused glass coaster for your hot chocolate, and a sparkly winter wind-chime. **No class** February 9.

Instructor: Nancy Morrison

Mondays
 February 2 - March 16
 4:00 - 5:30 pm
 Lewis Centre Craft Room B
 \$85/6 Sessions

Fun with Paper Mache

(5 - 8 years)
 Create amazing paper mache sculptures to take home. Make projects such as paper maché characters/monsters, air balloons, lanterns, instruments, dioramas and decorative dishes.

Instructor: Jenja MacIntyre
 Tuesdays
 January 20 - February 10
 3:45 - 5:30 pm
 Lewis Centre Craft Room A
 \$80/4 Sessions

Pet Portraits

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

Instructor: Jenja MacIntyre
 Tuesdays
 January 13 - January 27
 6:00 - 7:30 pm
 Lewis Centre Craft Room B
 \$55/3 Sessions

Little Architects Artclass

(5 - 8 years)
 Create mini buildings and houses out of materials such as clay, cardboard, wire and papermache. Challenge your mind, creativity and building skills and see what kind of houses you can make!

Instructor: Jenja MacIntyre
 Fridays
 January 30 - March 20
 3:30 - 5:00 pm
 Craft Room A
 \$96/8 Sessions

Mixed Media Arts

(7 - 12 years)
 Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums.

Instructor: Jenja MacIntyre
 Mondays
 February 16 - March 23
 6:00 - 7:30 pm
 Lewis Centre Craft Room B
 \$86/6 Sessions

Collage & Acrylic Painting

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

Instructor: Jenja MacIntyre
 Fridays
 January 16 - February 13
 6:00 - 7:30 pm
 Lewis Centre
 \$60/5 Sessions

See Gnarly Little
 Youth Craft Fair
 page 81

**Enter
 to
 Win!**

Winter CV Recreation Prizes!

One of two \$50 CV Recreation Gift Certificates and one 10 Punch Pass
Enter by December 5 by visiting:
comoxvalleyrecord.com/contests



Dance & Movement

Dance, Create & Play

(5 - 7 years)

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

Wednesdays
February 4 - March 11
3:30 - 5:00 pm
Lewis Centre
\$60/6 Sessions

Hip Hop Intro

(6 - 9 years)

Got some attitude? Combine it with funky jazz movements and your favourite tunes, and learn how to do the latest video dance routines with style.

Instructor:

Robynne Sharko-Stapely

Tuesdays
January 20 - March 24
4:45 - 5:45 pm
Lewis Centre Craft Room A
\$74/10 Sessions



Oh no, you had to cancel the class?

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

Dance Mix

(6 - 9 years)

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

Instructor:

Robynne Sharko-Stapely

Tuesdays
January 20 - March 24
3:30 - 4:30 pm
Lewis Centre
\$74/10 Sessions

Hip Hop Dance

(6 - 9 years)

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

Instructor: Kelsi Fair

Wednesdays
February 4 - March 25
5:30 - 6:30 pm
Lewis Centre Activity Room A
\$58/8 Sessions

Hula Hoopla Club

(5 - 12 years)

There's 1001 uses for a hula hoop and we'll be busy trying them all! from playful silly games to circus-style tricks, to graceful dance sequences, to fierce ninja moves you will give this well rounded toy a creative spin. Hula Hoops provided.

Instructor: Tracey Mantha

Fridays
February 13 - March 20
3:30 - 4:30 pm
Lewis Centre MP Hall
\$50/6 Sessions

Budding Ballerinas

(5 - 7 years)

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

Instructor:

Maggie Scoffield-Ried

Wednesdays
January 7 - March 11
3:30 - 4:30 pm
Lewis Centre Activity Room A
\$79/10 Sessions

See page 65
for Gymnastics Open
Training & Routine Making
program





Aerial Arts The Basics

(10 years & over)

Discover the basics of aerial fabric. This class is for students new to aerial fabric. With a focus on skill & strength building you'll start close to the ground and then, gain height as your confidence and abilities increase. Eventually, you will be dancing in the air! Find out more about us at www.7storycircus.com & find us on facebook. **No class** March 13.

Instructor: Kaya Kehl

Fridays

January 9 - March 27

3:30 - 4:30 pm

\$154/11 Sessions*

Aerial Arts Intermediate - Advanced

(10 years & over)

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

No class March 13.

Wednesdays

January 7 - March 25

6:30 - 7:30 pm

\$168/12 Sessions

or

Fridays

January 9 - March 27

4:30 - 5:30 pm

or

5:30 - 6:30 pm

Lewis Centre Gym

\$154/11 Sessions*

**A separate \$21 once/year 7 STORY CIRCUS membership fee must be paid to the instructor at the first class.*

Community Circus 1

(6 - 12 years)

Join 7 Story Circus! Discover the magical & inspiring world of circus arts. Climb aerial fabric & hang from aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, flower-sticks & plates. Become a master of balance with stilts & rola-bola. Learn to do hand-stands, increase flexibility & experience the fun of partner acrobatics. Have fun exploring ensemble & solo work with improvisation & performance games. Be inspired & amazed by your own abilities! And for your grand finale, perform in a circus show! This class is appropriate for beginners, younger students, and those with less than two seasons of circus experience. Find out more about us at www.7storycircus.com & find us on facebook. **No class** February 9.

Mondays

January 5 - March 23

3:30 - 5:30 pm

Lewis Centre Gym

\$220/11 Sessions*

New! Circus Birthday Parties available!
See page 66

Community Circus 2

(12 - 112 years of age!)

Join 7 Story Circus and discover your circus super powers! Climb aerial fabric & hang from aerial hoop. Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, hoops, flower-sticks & plates. Become a master of balance with stilts, rola-bola, chair balance & unicycle. Learn to do hand-stands, increase strength and flexibility & experience the fun of partner acrobatics. Explore ensemble & solo work with improvisation & performance games. Be inspired & amazed by your own abilities! This mixed age troupe, of beginner to pre-professional levels, is for those 12-112 years of age with a strong interest in Circus Arts! (Or for those 10 years of age with 2 seasons of CIRCUS experience & permission by the teacher) **No class** February 9.

Instructor: Kaya Kehl

Mondays

January 5 - March 23

6:00 - 8:00 pm

Lewis Centre Gym

\$220/11 Sessions*

Open Training
See page 91

Martial Arts

Karate Kids

(6 - 7 years)

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

Instructors: Todd Robertson & Brenda Bombini

Mondays & Thursdays
January 5 - March 12
6:00 - 6:45 pm
Lewis Centre MP Hall
\$95/19 Sessions

Level 2 &3 Advanced Beginner Kung Fu

(5 - 9 years)

This group will be building on the foundation of their basic skills with more advanced techniques. A more in depth look at what it takes to develop a 'Gold Sash Attitude', or become a Kung Fu Master are studied. Students will learn staff and stick techniques from Traditional Wing Chun.

Instructor: Corny Martens

Mondays & Wednesdays
January 5 - March 25
4:00 - 5:00 pm
Lewis Centre MP Hall
\$165/23 Sessions

More Martial Arts
on page 74

Junior Karate

(7 - 14 years)

A fun and focused way for fitness, flexibility and personal development. Learn self defence, improve concentration, confidence, self-discipline and sportmanship with blocks, kicks, punches and evasive moves! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction sanctioned by Karate Canada and Karate BC ensuring the highest quality of expertise and safety. (an annual fee will be collected in class)

Instructor: Todd Robertson & Brenda Bombini

Mondays & Thursdays
January 5 - March 26
6:00 - 7:20 pm
Lewis Centre MP Hall
\$125/23 Sessions

Level 4 + Intermediate Kung Fu

(7 - 12 years)

Begin to explore the 'Cham Kui' or bridging form as well as working on 'Chi Sao' or sensitivity training. Learn how to stay physically centered during confrontation and aware of your emotional state in highly charged stressful situations. Further training with staff, long pole, butterfly swords and broadswords will be continued. A wide variety of disadvantaged fighting scenarios will be explored from ground fighting to having multiple attackers.

Instructor: Corny Martens

Mondays & Wednesdays
January 5 - March 25
4:00 - 5:30 pm
Lewis Centre MP Hall
\$165/23 Sessions

Beginner Kung Fu

(5 - 9 years)

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

Instructor: Corny Martens

Mondays & Wednesdays
January 5 - March 25
3:15 - 4:00 pm
Lewis Centre MP Hall
\$155/23 Sessions

Please note: No classes on
February 9 due to
Family day.
See page 67 for special
activities.





Woo Kim Taekwondo Intro

(5 - 10 years)

For those new to taekwondo this is an introductory class designed to teach kids the basics before starting a full on class. Students learn the foundation of Martial Arts: Kicking, Blocking, and Punching as well as life skills such as confidence, courtesy and perseverance. Kids over 10 can enter the Junior class right away. Woo Kim Taekwonso is a fully sanctioned WTF Taekwonso School and a member of the B.C.

Instructor: Richard Dobbs

Fridays
January 16 - March 20
4:00 - 4:30 pm
Lewis Centre Activity Room
\$75/10 Sessions

Ninjutsu

(5 - 14 years)

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

Mondays (5 - 8 years)	or	Wednesday (9 - 14 years)
January 26 - March 23		January 28 - March 18
4:00 - 5:00 pm		4:00 - 5:00 pm
Lewis Park Salish Building		\$55/8 Sessions

Woo Kim Taekwondo Tigers

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot.' Students learn Taekwondo basics with an emphasis on fun, coordination and cooperation. In addition to learning kicking and self-defense techniques, students will learn the Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, an Indomitable Spirit. Sanctioned by the Woo Kim Taekwondo Assoc. as well as the B.C. Canadian, and World Taekwondo Federations.

Instructor: Richard Dobbs

Tuesdays & Thursdays
January 6 - March 26
4:00 - 4:45 pm
Lewis Centre
\$156/24 Sessions

Woo Kim Taekwondo Juniors Lower Level

(8 - 13 years)

Known for its dynamic kicking, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Assoc., we are a certified member of Provincial, National and World Taekwondo organizations.

Instructor: Richard Dobbs

Tuesdays & Thursdays
January 6 - March 26
4:50 - 5:50 pm
Lewis Centre
\$180/24 Sessions

Woo Kim Taekwondo Juniors Higher Level

(8 - 13 years)

Known for its dynamic kicking, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Assoc., we are a certified member of Provincial, National and World Taekwondo organizations.

Instructor: Richard Dobbs

Tuesdays & Thursdays
January 6 - March 26
6:00 - 7:00 pm
Lewis Centre
\$180/24 Sessions



Gymnastics

Join our knowledgeable, playful, skilled and friendly, qualified instructors who will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program, with pictorial report cards and participation certificates.

No classes March 14 due to CV Championships.

Lewis Centre Gym
 \$126/12 Sessions (Tuesdays)
 \$115/11 Sessions (Saturdays)
 \$220 /Both days

Girls & Boys Mixed

(5½ - 8 years)
 Tuesdays
 January 6 - March 24
 3:30 - 5:00 pm

&/or
 Saturdays
 January 10 - March 21
 10:00 - 11:30 am

Girls Gymnastics

(8 years & over)
 Tuesdays
 January 6 - March 24
 5:00 - 6:30 pm

&/or
 Saturdays
 January 10 - March 21
 12:30 - 2:00 pm

Girls Pre Advanced

Athletes progress into these programs once base skills are strong and when you are physically and mentally ready to advance. We recommend 2 classes per week to develop and maintain your skill level.

Tuesdays
 January 6 - March 24
 6:30 - 8:00 pm

&/or
 Saturdays
 January 10 - March 21
 2:00 - 3:30 pm

Girls Advanced

(8 years & over)
 Tuesdays
 January 6 - March 24
 6:30 - 8:00 pm

&/or
 Saturdays
 January 10 - March 21
 2:00 - 3:30 pm

Boys Gymnastics

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

Tuesdays
 January 6 - March 24
 5:00 - 6:30 pm

&/or
 Saturdays
 January 10 - March 21
 12:30 - 2:00 pm

Boys Advanced

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

Tuesdays
 January 6 - March 24
 6:30 - 8:00 pm

&/or
 Saturdays
 January 10 - March 21
 2:00 - 3:30 pm

Please note: Participants must meet Pre-requisites to register into Pre-Advanced & Advanced levels



CV Gymnastics Championships

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

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

Ribbons Trophies Friends Concession



Trampoline

(6 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, social and school activities. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence.

Instructor: Vern Nichols, Sheri Roffey & Breanne Hague

Wednesdays

January 7 - March 25

3:30 - 4:30 pm

or

4:30 - 5:30 pm

Lewis Centre Gym

\$90/12 Sessions

Intro to Field Hockey

(8 - 12 years)

Come learn to play Field Hockey! The Comox Valley Field Hockey League will provide fun developmental activities and games to improve your field hockey skills.

Instructor: Katie Leith-Mills

Thursdays

January 15 - February 5

5:00 - 6:00 pm

Lewis Centre MP Hall

\$25/4 Sessions

Sports

Soccer Kids

(6 - 9 years)

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

Fridays

February 6 - March 27

3:30 - 4:30 pm

Lewis Centre MP Hall

\$55/8 Sessions

Children's Beginners Archery

(7 - 12 years)

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

Thursdays

January 29 - February 19

3:30 - 4:30 pm

Lewis Centre MP Hall

\$50/4 Sessions

JamCan Curling Bonspiel 2015

(6 - 12 years)

2 fun filled days of playing curling on ice! No experience is necessary! Learn about the game of curling in a fun, non-competitive way! All you need is clean shoes, a helmet and warm clothes! Don't miss out on the fun! Register as an individual OR as a team of 4. Registration deadline is March 20th. PICK UP YOUR REGISTRATION PACKAGE AT THE LEWIS CENTRE.

Saturday - Sunday

March 28 & 29

Comox Valley Curling Club

\$25 (includes lunch both days)



Get Out! Get Active!

Skateboard FUNdamentals

(6 - 12 years)
Build confidence while learning the basics of skateboarding. Practice dropping in to the bowl, use the ramps and learn a trick or two. **No class** February 8 & 9.

Instructor: Jonah Armstrong

Sundays
January 11 - March 8
10:30 - 11:30 am

or

Mondays
January 12 - March 9
5:30 - 6:30 pm

LINC Skatepark
\$83/8 Sessions
\$10/Skateboard Rental



Birthday Parties at The LINC

(8 years & over)
Are you looking for an original birthday party package? Let us do the planning! We'll organize games, provide supervision and even do the clean-up so that you can enjoy the special day too. Choose from a variety of themes: Dodgeball, Pizza, Skatepark, Karaoke, All About Girls, Gaming, or just having The LINC all to yourself! Host parent must be present. Maximum 12 participants. Please note: No Birthdays February 7 or 8.

Saturdays
12:30 - 2:30 pm

or

Sundays
12:30 - 2:30 pm
\$110
\$150/pizza party
(includes 3 large pizzas)

Tween Fit and Fun

(9 - 12 years)
Join us for this PLC program and take part in a new activity each session. This program promises to keep you moving while making new friends and having fun along the way. Try new sports, fitness activities, skating and more! Small snack provided each day.

Wednesdays (PLC Days)
January 14 & 28, February 11 & 25, March 11 & 25
1:30 - 3:00 pm
LINC Games Room
\$80/6 Sessions

Scooter Tricks 101

(6 - 11 years)
Get in on the latest craze on wheels! This class will get you going with the basics, and help you progress through to tricks in the skatepark. Here's your chance to get rolling! Helmets mandatory. **No class** February 8.

Instructor: Jonah Armstrong

Sundays
January 11 - March 8
9:15 - 10:15 am
LINC Skatepark
\$83/8 Sessions

Yoga for Youth

(12 - 17 years)
Classic Hatha style yoga. Breathing techniques, asanas (physical poses), and guided relaxation, with an emphasis on positive body image and self care.

Instructor: Luna

Tuesdays
January 20 - March 10
5:00 - 6:00 pm
LINC Multipurpose Room
\$72/8 Sessions

Wing Chun Kung Fu

(10 - 14 years)
Learn practical and effective self defence techniques. Learn how to kick butt in a non-intimidating environment. We will be covering striking defences, grabbing defences and more. No previous experience required.

Instructor: Corny Martens

Tuesdays
January 6 - March 24
4:00 - 5:00 pm
Native Sons Hall
\$99/12 Sessions

Adult's Only Skateboard Night

Dust off your skateboard and come out for it's 'just for adults' skate night at the Indoor Park. Purchase a Punch Pass for \$40 or drop in for \$4. Please note this drop-in is based on regular participation, and may be cancelled if numbers are low. Helmets are mandatory. No drop-in February 9.

Monday
January 12 - March 16
7:00 - 9:00 pm
LINC Skatepark
\$40/punch card
\$4/Drop-in





Youth Stained Glass

(12 - 18 years)
A more in depth class where the teens will learn to cut, grind, foil and solder making two projects. A 12" Mosaic Stepping Stone and a mini Stained Glass Window with Graffiti graphic designs. Please note a \$30 material fee will be due to the instructor the first night.

Instructor: Nancy Morrison

Tuesday
February 3 - March 10
4:00 - 5:30 pm
Lewis Centre Craft Room A
\$90/6 Sessions

Creative Writing

(13 - 18 years)
Flex your creative writing muscle in a fun and supportive environment with the guidance of a published writer! Create poetry, postcard stories, one-act plays and more. Bring your own writing device and your imagination. No experience necessary.

No class February 7.

Instructor: Jennifer Spruit

Saturdays
January 17 - February 28
4:30 - 6:00 pm
LINC Multipurpose Room
\$64/6 Sessions

Natural Bath and Body

(12 - 18 years)
Say no to chemicals and learn to make your own natural bath and beauty products then take them home! Makes for great gifts, or just a great way to spoil yourself!
No class February 9.

Instructor: Charlotte Conley

Monday
January 19 - February 16
5:30 - 6:30 pm
The LINC Games Room
\$63/4 Sessions

Youth Piano Adventures

Explore the world of music using a wide range of musical styles. We'll use a step-by-step approach with expressive, appealing pieces. Suitable for teen beginners. Please note a book fee of \$50 will be due to the instructor at the first lesson. A piano/keyboard is recommended at home for practise.

Instructor: Debbie Ross

Thursdays
January 8 - March 26
5:00 - 6:00 pm
Lewis Park Tsolum Building
\$144/12 Sessions

Mastering Ingredients

(12 - 16 years)

The mastering of basic ingredients is the most important skill for a chef or cooks. In this series we will work with simple ingredients to understand how to build a fast nutritious and delicious meal. Eggs, flour, rice and onions are the four basics we often have around our home. How many meals can you make with such a simple grocery list? You may be surprised at what's possible!

Instructor: Robin Burch

Thursdays
January 8 - 29

&
February 5 - 26
4:30 - 7:00 pm
Lewis Centre Craft Room B
\$124/4 Sessions

Cooking Christmas Brunch

Winter Break

(11 - 16 years)

Give the gift of food this season. Facilitated by a trained chef, learn how to prepare a delicious Christmas Brunch just in time for Christmas!

Instructor: Robin Burch

Tuesday December 23
10:00 am - 2:00 pm
The LINC Games Room
\$63

KickStart is a partially subsidized low-cost music workshop series facilitated by local musicians. The goal is to break down financial barriers associated with music lessons. Space is limited so register early!



Music

Vocal Workshop



This workshop is open to all singers regardless of ability, level or experience. Over a series of weeks, we will explore how to use your voice with confidence and support using healthy vocal technique.

Instructor: Wendy Nixon

Dates and times TBA
call 250-334-8138
for more info

Beginners Guitar



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

Instructor: Bobby Heron

Wednesdays
January 21 - February 11
6:30 - 7:30 pm
LINC Multipurpose Room
\$20/4 Sessions

Guitar Picking



(12 - 16 years)
This 4 week workshop series will get you on the road to playing like the pros. Learn fingerpicking techniques and a song or two. Guitar experience required.

Instructor: Alan Jossul

Dates and times TBA
call 250-334-8138
for more info

An Intro to Songwriting



(12 - 16 years)
Learn basic vocal rhythms and rhyming schemes. Bring your own instrument or come and work acapella. This is a group workshop where youth will work together to build songs. A great opportunity for youth to bring in short stories, poems or any sort of writing and put it to music.

Instructor: Corwin Fox

Dates and times TBA
call 250-334-8138
for more info

Beginner Music Recording

(13 - 19 years)
Join us for a chance to learn how you can record and produce music or podcasts on your own home computer all taught by a professional recording engineer and sound designer. Learn how signal flow works, how to EQ sounds, to use plug-ins, and how to record sounds into your computer and manipulate them. All students will receive a CD of free music programs and sound samples, a pair of DJ headphones, and a small USB interface to start recording at home. Please bring a lunch. Please note: a \$40 material fee is due in the morning to the instructor.

Instructor: Eli Hason - a.k.a DJ Eliazar

Saturday January 31
9:30 am - 4:30 pm
LINC Multipurpose Room
\$78

Introduction to DJing

(13 - 19 years)
Do you love music? Have you ever wanted to DJ? Bring your love of music to the forefront as you learn the ins and outs of the DJ world all facilitated by a professional DJ. Learn firsthand how to DJ with turntables, CDJs, and music mixing programs on your home computer. Learn basic essential skills like how to source new music, categorize your tracks for easier set layouts, essentials of the mixer, signal flow, and acoustics, BPM detection & beat-matching, playing songs in key for smoother mixes, an intro to scratching, and more. Students will leave with a CD of music to practice with, a pair of headphones to take home, copies of the free mixing programs and will have tried to mix on 3 different DJ systems. Please note a \$30 material fee is due to the instructor in the morning.

Instructor: Eli Hason
AKA DJ Eliazar

Saturday February 28
9:30 am - 4:30 pm
LINC Multipurpose Room
\$78



© www.triphotography.ca
Taran Matharu

DJ Eliazar in action!



Beth Campbell Duke, B.Sc., B.Ed. - 'The Career Tutor' - is a former biotech and high school teacher who is now focussed on helping youth define and build on their strengths. Her last formal teaching 'gig' was helping to redesign and deliver the 'Career and Academic Readiness Program' for at-risk youth transitioning from elementary school into Saskatoon's alternative high school. Since then she's worked with adult job hunters and now focusses on helping youth develop the critical missing piece of the career puzzle she's seen with the majority of students and job hunters she's worked with: Understanding and building on strength! When we know our strengths, skills and values it's a lot easier to make positive decisions about school, work and life. Learn more about what Beth does, and get connected with her online at <http://PersonalBrand.Academy>.

Skill Development

Food Safe Level 1

(14 - 19 years)

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

Instructor: Keir Cordner

Saturday January 10

9:00 am - 4:30 pm

LINC Multipurpose Room

\$95

Online Etiquette for Youth

Learn the in's and out's of appropriate online behaviour. In the high tech fast paced world we live in, navigating social media, email, twitter and other online avenues can be a challenge, especially for youth. This 3 hour workshop will give youth insight into what is appropriate online behaviour and what is not.

Monday January 26

5:00 - 8:00 pm

\$15

Job Preparation Program

(14 - 18 years)

Want to make your own money? Well your first job is key to making this happen. Learn the basics in cash handling, food handling, customer service, telephone etiquette, workplace safety, resume building/writing and interview skills. On the last day you will go out into the community to do job tours at local businesses. Upon successful completion of the program, receive a reference, resume and certificate of completion.

Saturdays

February 14 - March 21

1:30 - 4:00 pm

LINC Multipurpose Room

\$70/6 Sessions

#Build on Strength: Find Your SuperPower

Knowing your strengths, skills and values is critical for knowing what directions you want to explore in life - and believe it or not, most of us have trouble putting our strengths into words. Nip that problem in the bud with this fun and interactive workshop. We'll explore everyone's personality type and help you identify your strengths and work on a visionboard. Workshop participants will leave with a better understanding of their own strengths and how these can be used to help them create success in school, work and life. This is a great workshop to take in before the Job Preparation Program. Please bring a lunch.

Instructor:

Beth Campbell Duke

Saturday January 24

11:00 am - 2:00 pm

The LINC Multipurpose Room

\$77

Still accepting applications for The LINC Youth Council. Ask us how to apply.

LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



Drop-in Hours

- Mon.** Adult Skate *
7 - 9 pm
- Tues.** Tween Night *
3 - 7 pm
- Wed.** 3 - 8 pm
- Thurs.** 3 - 8 pm
- Fri.** 3 - 11 pm
- Sat.** 3 - 11 pm
- Sun.** 3 - 8 pm

what we offer

- Indoor Skatepark
- Karaoke
- Concession
- Open Mic Nights
- Youth Access
- Nintendo
- Computers
- Wii
- Youth Programs
- X Box 360
- Digital Arts
- Nightly Events
- Pool Table
- Outdoor Basketball Courts
- Ping Pong
- Birthday Parties
- Foosball
- and more . . .
- Air Hockey

fees

- Youth:** \$2.50 Drop-In or \$15 Month
- Adult:** \$4 Drop-In *Skatepark only*
- punch card also available
- *Ask us about other membership options

*Tuesday Tween Nights

Join us for this special night just for tweens ages 8-11 years! Take part in special events, dances, dodgeball and more every Tuesday from 3-7pm!

*Adult Skate - see page 77

Family Day open 12 - 3 pm

HOLIDAY HOURS	Tues	Wed	Thurs	Fri	Sat	Sun
	Dec. 23 Families Welcome 12 - 6 pm	Dec. 24 CLOSED	Dec. 25 CLOSED	Dec. 26 CLOSED	Dec. 27 2 - 10 pm	Dec. 28 3 - 8 pm
	Dec. 30 Families Welcome 12 - 6 pm	Dec. 31 CLOSED	Jan. 1 CLOSED	Jan. 2 2 - 10 pm	Jan. 3 2 - 10 pm	Jan. 4 3 - 8 pm

Stuff Your Stockings

LINC Memberships and punchcards make great stocking stuffers for that special youth/skateboarder in your life. Purchase one at The Lewis Centre or LINC Youth Centre.

Youth

- Month Membership \$15
- Year Membership \$80
- 11 Punch Pass \$25

Adult

- Month Membership \$20
- 11 Punch Pass \$40



6th Annual

Gnarly Little Christmas Craft Fair

Register your table now!

Saturday, December 6
11:00 - 3:00 pm
Lewis Centre

Only \$10/table for youth crafters 10 - 19 years to sell homemade crafts and baked goods.



Courtenay Recreation

www.courtenay.ca Lewis Centre • 250-338-5371 The LINC • 250-334-8138

Courtenay Recreation Youth



Ignite your Creativity

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

Instructor: Sharon Jutila

Thursdays
January 8 - February 12 **Part 1**

or
February 19 - March 26 **Part 2**
1:45 - 4:15 pm

or
5:00 - 7:30 pm
Filberg Centre
\$78/6 Sessions

Drawing 101

You will be able to draw after taking this fun class even if you couldn't manage a straight line before. Teresa will help you develop your 'eye' and master several strategies and short-cuts to 'getting it right'. Skills learned will include learning to 'play it by eye'; using a modified grid, contour drawings, line drawing, use of viewfinders, introduction to several drawing materials, and how to blend and get depth.

Instructor: Teresa Knight

Tuesdays
January 20 - March 10
6:30 - 8:30 pm
Filberg Centre
\$80/8 Sessions

Photography Basics

Do you love to take photos? This class is for people with little to no photography experience but would like to get more artistic with their photos. In this class we will cover the basics of manual photography. Topics covered will be aperture/depth of field, shutter speed, composition and movement within photography. From here students will look at creative ways to use photography in an artistic ways: such as drawing with light/making photos without a camera, image transfer, tableaux, still life, and much more. Come discover that photography can be so much more than just point and shoot. Please bring you camera and camera manuals if on hand.

Instructor: Jenja McIntyre

Tuesdays
January 20 - March 10
7:00 - 9:00 pm
Lewis Centre
\$100/8 Sessions

Mixed Media Arts *New!*

This art class is for people who don't like to keep the art disciplines apart. We will combine painting, sculpture, drawing, photography and graffiti. We use all different kinds of materials from ink, paint, clay wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a fun free way. **No-class** February 9.

Instructor: Jenja McIntyre

Mondays
January 26 - March 23
7:30 - 9:00 pm
Lewis Centre
\$100/8 Sessions

Recreation Access

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

How do I apply?

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

Painting with Watercolours

Bringing order to complexity is the key to painting, particularly to water colour painting. In a step by step demonstration driven teaching process this is exactly what you will learn to do with personal coaching in an enjoyable atmosphere. The program will involve a variety of techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. **No class** February 9.

Instructor: Bill Kerr

Mondays
January 19 - March 16
6:30 - 9:30 pm
Lewis Centre
\$120/8 Sessions

Painting for Beginners

Learn every basic you'll need to have a solid foundation in painting in oils or acrylics. You'll learn how to draw, mix colours, recognise and get accurate tone, create great compositions and more! All in easy steps with a great atmosphere! **No class** February 9.

Instructor: Teresa Knight

Mondays
January 19 - March 16
6:30 - 8:30 pm
Lewis Park Tsolum Building
\$80/8 Sessions

Test the Waters - Watercolours that is!

Do you know if you would enjoy painting? Find Out! With a small investment of time and money, this class will allow you to try painting. Warning, you could get hooked! Come along to this session where the artists' materials are supplied and you are only asked to bring things you likely have around the house. Participants will play a bit and then paint some simple things like bananas and finish up with a winter landscape'. A supply fee of \$16 will be collected by the instructor. Deadline to register is February 20.

Instructor: Bill Kerr

Saturdays & Sundays
February 28 & March 1
10:00 am - 3:30 pm
Lewis Centre
\$50/2 Sessions

Egg Tempera Painting Experience

No paint handles as nicely on the brush as egg tempera. It is as transparent or opaque as you wish. It dries quickly allowing glazing opportunities you have only dreamed of! In Florence the perfectly preserved egg tempera work in the cathedral are a few hundred years older than the aged oils and are still perfect today! A \$17 supply fee will be collected by the instructor. Deadline to register March 2.

Instructor: Bill Kerr

Saturdays & Sundays
March 21 & 22
10:00 am - 3:30 pm
Lewis Centre
\$50/2 Sessions

"Wet in Wet" Watercolours New!

This workshop will introduce painters to 'wet in wet' watercolour through guided exercises and simple works. The emphasis is on gaining a degree of control and working with some precision. The best results are realized by timely interaction with the drying of the work. Appreciation of the state of the work and the degree of haste required is gained through experimentation and repetition. Some colours are more mobile than others under varying degrees of moisture. There are a few more tricky elements and of course some tarting up at the end is a useful trick. This workshop is not suitable for those with no painting experience.

Instructor: Bill Kerr

Saturday & Sunday
March 28 & 29
10:00 am - 3:30 pm
Lewis Centre
\$50/2 Sessions





Creative Pursuits

Intro to Stained Glass

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

Instructor: Nancy Morrison

Tuesday January 13
6:30 - 9:30 pm
Lewis Centre
\$25

Stained Glass Stepping Stones

Turn your garden into a tropical paradise with our colorful 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

Tuesdays
March 17 - 31
7:00 - 9:00 pm
Lewis Centre
\$39/3 Sessions

Stained Glass 101

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

Instructor: Nancy Morrison

Tuesdays
January 20 - March 10
7:00 - 9:00 pm
Lewis Centre
\$100/8 Sessions

Fun with Fusing *New!*

Using simple cuts and colour on colour layering techniques create a dichroic glass necklace, a funky set of coasters and a beautiful Starfish Seashore or Flower Garden decorative wall plaque. Fusing each project as we go you'll have fun as your creativity unfolds. A \$50 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

Wednesdays
January 14 - February 18
7:00 - 9:00 pm
Lewis Centre
\$78/6 Sessions

Mosaic Mirror or Picture Frame

Create a beautiful modern or traditional mirror (12 x 24) with several designs and colours to choose from. Learn the simple techniques of mosaic. Beautiful textures and shading are revealed in this creative process. A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

Wednesdays
February 25 - April 1
7:00 - 9:00 pm
Lewis Centre
\$78/6 Sessions

Metalsmithing – Bracelets and Rings

Bring your creative energy to this Metalsmithing - bracelet' class and spend the day taking in all you can from Jewellery Designer Cheryl Jacobs. You will create 2 different bracelets while learning advanced sawing skills and how to texture metal with a rolling mill. You will work with brass and copper, embellishments like semi-precious stones and freshwater pearls allowing endless variations of colour, texture and form. Each student will have the opportunity to complete 1 bracelet and 1 ring depending on skill level. Good hand dexterity would be beneficial in taking this class. A supply fee of \$50 will be collected by the instructor.

Instructor: Cheryl Jacobs

Saturday March 21
9:30 am - 4:30 pm
Filberg Centre
\$85

Clay Works

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

Instructor: Jenja McIntyre

Thursdays
January 29 - March 19
8:00 - 9:30 pm
Lewis Centre
\$100/8 Sessions

Your Go Team! *New!*

You have dreams, you have goals - but life is so distracting! If you struggle to stay motivated and focused on moving towards the changes you want to create, you need a Go Team. A weekly commitment that offers accountability, clarity, and uplifting energy, Your Go Team can help you consistently move forward along the path you want to travel.

Instructor: Ann Marie Lisch

Tuesdays
January 27 - March 17
5:15 - 6:30 pm
Filberg Centre
\$65/8 Sessions

GST is not included in your program fees

Kick Start your Health with Raw Food

Let RawRose show you how EASY it is to prepare tasty raw recipes . . . Gluten-Free, Dairy-Free, Guilt-Free. She'll prepare Super Carrot Soup and Crackers, Curried Veggies, Apple Pie/Cobbler. You'll enjoy samples, get recipes and lots of info.

Instructor: Rose Vasilie

Wednesday January 21
6:00 - 8:30 pm *New!*
Filberg Centre
\$35

Reading the Tarot

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

Instructor: Kara Foreman

Saturday February 7
9:00 am - 4:00 pm
\$45

Sew Much Fun for Beginners

Got a machine at home, but never learned how to use it? Learn the basics of sewing on a machine and create some simple projects. Patterns and some fabric provided. Some machines available. **No class** February 9.

Instructor: Christine Moore

Mondays
January 19 - February 16
6:30 - 8:30 pm
Filberg Centre
\$65/4 Sessions

Introduction to Numerology

Numerology is the study of the vibrational significance of the numbers found in your name and birth date. Using numerology, you can discover your strengths and weaknesses, deep inner needs, emotional reactions, talents and the way you deal with others. You can also determine the types of stress or the access to energy that currently exists in your life and give you tools to make decisions about things like the best times to marry, change jobs, move, speculate on investments or take a trip. In this one day workshop you will learn how to perform all the basic calculations to build your 'personality and life map'.

Instructor: Kara Foreman

Saturday March 7
10:00 am - 3:00 pm
Lewis Park Tsolum Building
\$40

Please read your receipt carefully for important program information.





ZUMBA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this class while experiencing Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!!

Instructor: Jessica Anderson

Tuesdays
January 13 - March 24
5:30 - 6:30 pm
Filberg Centre
\$83/11 Sessions

Nia

Nia is a movement practice that combines dance, martial arts, and yoga for a workout that focuses on the body/mind connection while building strength, endurance, and flexibility at your personal fitness level. The music and the moves create the magic for body and soul. **No class** February 9.

Instructor: Ann Marie Lisch

Mondays
January 19 - March 30
5:30 - 6:45 pm
Filberg Centre
\$75/10 Sessions

Free class January 12

Dancing Freedom

Come alive dancing! This guided free-form dance practice is a wonderful way to release tension and awaken your natural state of freedom and joy. Open to adults of all ages, shapes, sizes and fitness levels. Move at your own pace, let go of self-consciousness and come alive dancing. No dance experience necessary. There's one rule: You can't get it wrong.

Instructor: Helen Pattinson

Thursdays
6:30 - 8:00 pm
January 22 - February 26
\$80/6 Sessions

or

March 5 - April 9
\$80/6 Sessions
Native Sons Hall

Reasons to Dance

- Dance keeps both the body and the brain active, vital for people of every age
- Dance offers a way to improve strength and flexibility, which helps keeps muscles and joints healthy

So kick up those heels, start dancing today!

Belly Dance Basics

Curious about belly dance and how those beautiful moves are done? Learn this oriental dance with an experienced teacher providing detailed movement breakdown and personalised feedback. Experience improved posture, confidence and an appreciation for your feminine shape. NO dance experience required! Wear fitted exercise clothing, indoor shoes or barefeet, hip scarf optional but encouraged.

Instructor: Carla Barriga

Wednesdays
February 25 - April 1
5:00 - 6:00 pm
Lewis Centre
\$52/6 Sessions

Free class February 18

Belly Dance Fundamentals New!

In this follow up to Belly Dance Basics, participants will build on the basics learning more complicated moves, incorporating travel steps and the use of veils. Combinations of dance steps will also be taught. This is a multi-level class and suitable for participants who have some belly dance experience but not necessarily Belly Dance Basics. The focus is on technique and use of core development. Experience improved posture and abdominal control while learning new exotic moves.

Instructor: Carla Barriga

Wednesdays
January 7 - February 11
5:00 - 6:00 pm
Lewis Centre
\$52/6 Sessions



Qigong

Qigong is an ancient healing art that combines flowing movements and breath aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment.

Instructor: Corny Martens

Tuesdays
January 6 - March 31
3:00 - 3:45 pm
Native Sons Hall
\$120/13 Sessions

African Hand Drumming & Rhythm

Learn basic hand drumming techniques, become comfortable jamming in a supportive circle of friends, and reap the benefits of 'getting into the groove'. **No class** February 9.

Instructor: Monica Hofer

Mondays **Intermediate**
February 2 - March 16
11:45 am - 12:45 pm

or

Wednesdays **Beginners**
February 4 - March 11
5:30 - 6:30 pm
Native Sons Hall
\$75/6 Sessions

DrumsAlive!

Using rhythm as the source of inspiration to discover a new group fitness experience, Drums Alive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm. This program, which has participants drumming on large exercise balls while getting aerobic exercise, fosters a healthy balance physically, mentally, emotionally and socially! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training, which stimulates the cardiovascular system. It's a great combination of movement-therapy with music, sound and dance therapy which

Instructor: Monica Hofer

Wednesdays
February 4 - March 11
7:00 - 8:00 pm
Native Sons Hall
\$42/6 Sessions

Finger Picking Guitar

Have you ever wished you could pick out melodies on the guitar? Well, here's your chance. In this session, you'll be introduced to the alternating thumb style of finger picking guitar.

Instructor: Larry Ayre

Wednesdays
January 8 - March 4
7:15 - 8:30 pm
Lewis Park Tsolum Building
\$83/6 Sessions

Tai Chi

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

Instructor: Albert Balbon

Thursdays
January 15 - March 19
7:00 - 8:00 pm

or

Saturdays
January 17 - March 21
10:00 - 11:00 am

Lewis Centre
\$75/10 Sessions

More Blues Harmonica

New!

This class is perfect for those who have taken our previous harmonica courses! We will cover more challenging music and have all new songs to dive into.

Instructor: Larry Ayre

Wednesdays
January 28 - March 4
6:00 - 7:00 pm
Lewis Park Tsolum Building
\$66/6 Sessions



Courtenay Recreation
Adult

Enter to Win!

Winter CV Recreation Prizes!

One of two \$50 CV Recreation Gift Certificates and one 10 Punch Pass

Enter by December 5 by visiting:
comoxvalleyrecord.com/contests

Gentle Movement



Good Morning Yoga

Start your day with this invigorating class. Stretch, strengthen and balance your body and mind.

Instructor: Akiko Shima

Fridays
January 9 - March 27
9:15 - 10:45 am
Lewis Centre
\$108/12 Sessions

Prenatal Yoga

A calming yoga practice to help prepare you physically, emotionally and spiritually for childbirth. This is a great way to develop connection between the body, mother and baby while preparing for childbirth. **No class** February 9.

Instructor: Akiko Shima

Mondays
January 12 - March 23
9:30 - 10:45 am
Lewis Park Salish Building
\$80/10 Sessions

or

Wednesdays
January 14 - March 18
6:30 - 7:45 pm
Lewis Park Salish Building
\$80/10 Sessions

Restorative Yoga

Explore gentle yoga postures that ease tension, free joints and balance body and mind. This class is suitable for those recovering from injury or illness or who have limited range of motion. All levels welcome.

Instructor: Akiko Shima

Fridays
January 9 - March 27
11:00 am - 12:15 pm
Lewis Centre
\$96/12 Sessions

ZenGa

ZenGa is the newest mind-body exercise modality from Stott Pilates. This innovative program fuses Pilates, yoga, and basic dance choreography to achieve fascia release as well as traditional muscular strengthening and stretching. Various props are used to support the body, direct focus, and create fluidity and flow in each movement. **No class** February 9.

Instructor: Elizabeth White

Mondays
January 12 - March 23
6:00 - 7:00 pm
Native Sons Hall
\$75/10 Sessions

Intro to Vinyasa

Vinyasa yoga is similar to Ashtanga, but plays with a variety of posture sequences. We will begin with sun salutations, breath work and basic closing/relaxation postures and gradually add more strengthening, dynamic and complex postures as students become more comfortable with vinyasa (flowing from posture to posture). This class is for those who are reasonably healthy and without serious injury.

Instructor: Sky Hellyar

Tuesdays
January 13 - March 17
6:00 - 7:15 pm
Lewis Centre
\$80/10 Sessions

Mixed Level Vinyasa

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

Instructor: Sky Hellyar

Tuesdays
January 13 - March 17
7:30 - 9:00 pm
Lewis Centre
\$90/10 Sessions

Yoga, Can I do it?

If you are completely new to yoga and not sure about committing to a series of classes, come out and try the basics to see if this ancient practice appeals to you. We will also dispel the myth that only flexible people can do yoga.

Instructor: Catherine Reid

Tuesday January 6
6:00 - 8:30 pm
Lewis Park
Tsolum Building
\$15



Hatha Yoga

This class will introduce you to the basics of yoga postures and breathing practices and is paced to allow you to explore postures at your own comfort and safety level while leaving you refreshed and more flexible. **No class** February 9.

Instructor: Catherine Reid

Mondays

January 12 - March 30

6:00 - 7:00 pm **Level 1**

\$83/11 Sessions

or

7:15 - 8:45 pm **Level 2**

\$99/11 Sessions

Lewis Centre

Yoga for the 5 Senses

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

Instructor: Sheron Jutila

Fridays

January 16 - March 27

2:30 - 3:45 pm

Lewis Centre

\$88/11 Sessions

New!

Mom & Baby Yoga

This class provides an opportunity to bond with your baby while regaining strength and flexibility. Connect with other moms and share your experience. Open to babies four weeks until mobile.

Instructor: Akiko Shima

Wednesdays

January 14 - March 18

9:30 - 10:30 am

Lewis Park Salish Building

\$75/10 Sessions

Pilates Yoga Fusion Flow

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

Instructor: Jessica Anderson

Tuesdays

January 13 - March 24

6:45 - 7:45 pm

Filberg Centre

\$83/11 Sessions

Yin Yoga

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

No class February 9.

Instructor: Helen Pattinson

Mondays

January 19 - March 30

9:00 - 10:30 am

Lewis Centre

\$90/10 Sessions

or

Wednesdays

January 21 - March 25

12:30 - 2:00 pm

Lewis Centre

\$90/10 Sessions

Gentle Flow Yoga

Find grace, balance and strength in fluidity with this gentle flow yoga class. Linking breath with movement, we move through a dynamic yet gentle practice, releasing tension to bring peace, health and wholeness to body, mind and spirit. Move at your own pace. Postures can be adapted to suit all fitness and flexibility levels.

Instructor: Helen Pattinson

Tuesdays

January 20 - March 24

5:30 - 7:00 pm

Lewis Park Tsolum Building

\$90/10 Sessions

Real Yoga for Real Men

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

Instructor: Catherine Reid

Tuesdays

January 13 - March 31

5:15 - 6:15 pm

Lewis Park Salish Building

\$75/10 Sessions





Badminton

If your concept of badminton is a quiet backyard barbecue game, you've never really played the sport! Join us for fast competitive games!

Facilitator: Al Jenkins

Mondays
January 12 - April 20
8:00 - 10:00 pm
Lewis Centre
\$41/11 Sessions

or

Wednesdays
January 7 - March 11
7:30 - 9:30 pm
Queeneesh Elementary School
\$38/10 Sessions

Pickleball

Join in and have fun playing this exciting paddle game! Like a mini tennis game Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided. **No games** January 15, 29, February 12 & 26.

Tuesdays & Thursdays
January 6 - March 31
2:30 - 4:30 pm
Native Sons Hall
\$2.50/Drop-in

Road Runners Clinic and 5 K Run

Celebrate a New Year in style - A new life style! Take advantage of the 28th annual 5K Running and Run/Walk Clinic and rev up your fitness. Learn to run 5K, whether you've run before or not. If you already run, then learn to train to race. Are you a walker who wants to run? We have a group for you too. We have a structured walk only group as well. Guest speakers from the community will be presenting information each week on footwear, apparel, nutrition, injury prevention, stretching, and more. Register through the Lewis or Filberg Centres or Extreme Runners (436 - 5th St.) For more information 5kclinic@cvrr.ca. Please note: Price changes after January 10.

Saturdays
January 17 - March 21
9:00 am - 12:00 pm
\$50 before Jan 10
\$55 after Jan 10

Karate

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shitoryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). **No class** February 9.

Instructor: Todd Robertson

Mondays & Thursdays
January 5 - March 26
7:30 - 9:30 pm
Lewis Centre
\$135

Floor Hockey

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

Facilitator: Tim Chaisson

Thursdays
January 15 - March 19
8:00 - 9:30 pm
Lewis Centre
\$38/10 Sessions

\$5 Drop in

Give the gift of fitness.
Purchase a gift certificate for your loved one!



Adult Gymnastics

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

Instructor: Breanne Hague & Sheri Roffey

Tuesdays
January 6 - March 24
8:00 - 9:00 pm
Lewis Centre
\$102/12 Sessions

Circus Open Training

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills too! All aerial and circus equipment is available for practice. This is a supervised, non instructional class open to anyone with circus &/or aerial experience. A separate \$20 once/year 7 Story Circus membership must be paid to the instructor at the first class.

Instructor: Kaya Kehl

Fridays
January 9 - March 20
7:45 - 8:45 pm
Lewis Centre
\$10 Drop-in

Adult Aerial Arts

Explore the exciting world of aerial fabric and aerial hoop. With a focus on skill and strength building, start close to the ground, then gain height as your confidence and abilities increase. Soon, you will be dancing in the air. Meet others who love it too. This class is for beginner - advanced aerialists. A separate \$20 once/year 7-Story Circus membership fee must be paid to the instructor at the first class. **No class** March 13.

Instructor: Kaya Kehl

Wednesdays
January 7 - March 25
7:30 - 8:30 pm
Lewis Centre
\$168/12 Sessions

or

Thursdays
January 8 - February 12

or

February 19 - March 26
9:30 - 11:00 am
Lewis Centre
\$126/6 Sessions

or

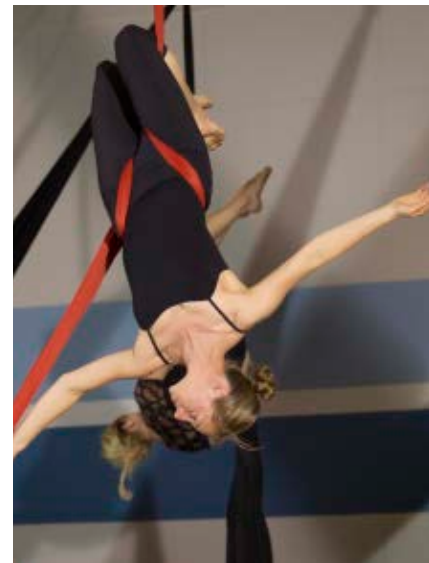
Fridays
January 9 - March 27
6:45 - 7:45 pm
Lewis Centre
\$154/11 Sessions
www.7storycircus.com

Community Circus 2

Join 7 Story Circus and discover your circus super powers! Climb aerial fabric and hang from aerial hoops. Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, hoops, flower-sticks and plates. Become a master of balance with stilts, rolabola, chair balance and unicycle. Learn to do hand stands, increase strength and flexibility and experience the fun of partner acrobatics. Explore ensemble and solo work with improvisation and performance games. Be inspired and amazed by your own abilities! This mixed age troupe, of beginner to pre-professional levels is for those 12 - 112 years of age with a strong interest in Circus Arts! (or for those 10 years of age with 2 seasons of CIRCUS experience and permission by the instructor). A separate \$21 once a year 7 Story Circus membership fee must be paid to the instructor. **No class** February 9.

Instructor: Kaya Kehl


Mondays
January 12 - April 13
6:00 - 8:00 pm
Lewis Centre
\$220/11 Sessions



Courtenay Recreation
Adult

Family Day!

- Zumba
- Gymnastics
- Arts & Crafts
- Game & Activities
- Family Photo Booth
- Kids vs. Parents Gameshow by Drop The Needle Entertainment



FREE Drop-in Fun!

Join us
February 9
10:00 am - 4:00 pm



Piano

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

Instructor: Debbie Ross

Thursdays
January 15 - March 26
7:00 - 8:00 pm
\$182/11 Sessions

NCCP Intro to Competition Coaching Clinic – Part A

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

Instructor: Larry Street

Friday & Saturday
April 10 & 11
Friday 5:00 - 9:00 pm
Saturday 9:00 am - 5:00 pm
Vanier High School
\$90

Chan Meditation

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

Instructor: Adrian Symonds

Tuesdays
7:30 - 9:00 pm
January 20 - March 10
Lewis Park Salish Building
\$40/8 Sessions

New!

NCCP Intro to Competition Coaching Clinic – Part B

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

Instructor: Larry Street

Friday & Saturday
May 8 & 9
Friday 5:00 - 9:00 pm
Saturday 9:00 am - 5:00 pm
Vanier High School
\$90

Kayaking - Part 1/Rescue Skills

Join us in the pool to learn how to get yourself (and your paddling companions!) back into your kayak after a capsized. Take this course on its own to increase your confidence and control on the water, or take it as the first step toward a Paddle Canada Introduction to Kayaking certification.

- Monday February 23
 - Wednesday March 18
 - Monday March 30
- 7:45 - 9:30 pm
\$58

Holidays are Over, Now what?

New!

Is your health a priority for 2015? Are you wanting more energy, and fewer down days from illness? Do you want to slow the aging process? Are you ready to form some different habits that will enhance your wellbeing? Catherine Reid has been exploring these topics for 45 years, and enjoys vibrant health and vigour. You'll learn about some new choices that might fit into your life at this time.

Disclaimer: Catherine Reid is not a certified nutritionist, herbalist, aromatherapist, or Ayurvedic physician. She has explored some very basic principles of these modalities, and can recommend resources such as books and practitioners if you wish. This class is not a substitute for medical care.

Wednesday January 7
7:00 - 9:00 pm
\$15

Winter Fitness at a Glance

See following pages for class descriptions

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

② classes run 2 days per week

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

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

How to pay:

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

Personal Training

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

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

Courtenay Recreation
Older Adult



Strength Training

55+ TRX and Resistance Training

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. Either way, you will develop stability and balance along with muscle strength and joint mobility. Core activation is a constant to improve both balance maintenance and balance recovery.

Instructor: Tammy Jones

Tuesdays & Thursdays **level 1**
January 6 - February 12

or
February 17 - March 26
9:00 - 10:00 am

or
Wednesdays & Fridays **level 2**
January 7 - February 13

or
February 18 - March 27
9:00 - 10:00 am
Lewis Centre
\$78/12 Sessions

55+ Strength Training

The benefits of strength training fitness for seniors and older adults are numerous and include arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. With a qualified fitness instructor monitoring the gym floor at all times, you can rest assured that we will guide you through your fitness journey, providing support at every turn. **No class** February 9.

Instructor: Juan Blancas

Tuesdays & Thursdays
January 6 - March 31
\$125/25 Sessions

or
Mondays & Wednesdays
January 5 - March 30
10:30 - 11:30 am

or
1:30 - 2:30 pm
\$120/24 Sessions

or
Fridays
January 9 - March 27
10:00 - 11:00 am
\$60/12 Sessions

Lewis Centre

Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Participants must be able to walk unassisted for 60 feet and be able to get up and down from the floor. **No class** February 9.

Instructor: Joyce Leong & Steve Thomson

Mondays
January 5 - March 30
\$72/12 Sessions

or
Wednesdays
January 7 - March 25
\$72/12 Sessions

10:15 - 11:15 am
Native Sons Hall

Simply Strength 2

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. Class format will include a mild warm-up, a variety of circuits, controlled power drills, hand weights, tubing, steps, different types of balls and other equipment and will end with a comfortable relaxing stretch component. **No class** February 9.

Mondays
January 5 - March 30
\$72/12 Sessions

or
Wednesdays
January 7 - March 25
\$72/12 Sessions
9:00 - 10:00 am



Cardio & Strength

This class takes a modern approach to low impact aerobics, stretching and strength training. This all around balanced fitness class will work your whole body. Classes are designed to improve your fitness level by using a weights, tubing and stability balls and throwing in a 'healthy dose' of cardio! **No class** January 16 & February 13.

Instructor: Joyce Leong

Fridays

January 9 - March 27

9:00 - 10:00 am

Native Sons Hall

\$60/10 Sessions

Flex and Flexibility

Here is a safe and fun combination class for older adults that consists of flexibility and strength techniques used to target the total body. This class is designed to enhance and improve your mobility throughout your daily activities. Please Note: this class does **not** include a cardio component.

Instructor: Joyce Leong & Janet Gravouelle

Fridays

January 9 - March 27

10:15 - 11:15 am

Native Sons Hall

\$60/10 Sessions

Did you know?

The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.

55+ Beginner Strength Training

Join us for this gentle introduction to strength training. Strength training is an excellent way to improve strength, mobility, and stamina. Using a combination of cardio and resistance exercises this class provides a whole body workout!

Instructor: Cathy Riopelle

Tuesdays & Thursdays

January 13 - March 31

3:00 - 4:00 pm

Lewis Centre Activity Room

\$115/23 Sessions

Chair Fit

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs – with no floor work. **No class** February 13 & March 27.

Instructor: Janet Gravouelle

Tuesdays & Fridays

January 13 - March 31

9:15 - 10:15 am

Filberg Centre

\$105/21 Sessions

55+ Circuit Fit

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

Instructor: Cathy Riopelle

Tuesdays & Thursdays

January 13 - March 31

2:00 - 3:00 pm

Lewis Centre Activity Room

\$115/23 Sessions

Chair Yoga

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

Instructor: Helen Pattinson

Tuesday

January 27 - March 24

11:00 am - 12:00 pm

Native Sons Hall

\$63/9 Sessions

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 classes** January 29, February 9 & 12.

Instructor: Janice Bradford

Mondays & Thursdays

January 12 - March 30

9:00 - 10:00 am

Filberg Centre

\$100/20 Sessions



Movement



Yoga

Designed to enhance vitality and a sense of well being, these classes will help participants gain improved flexibility, balance, strength and posture. They will borrow from each instructor's experience with yoga and may incorporate basic poses from various yoga styles. **No class** February 9, 12 & 13.

Instructor: Sheron Jutila
 Mondays **Gentle Hatha**
 January 5 - March 30
 10:15 - 11:15 am
 Filberg Centre
 \$90/12 Sessions

or
 2:00 - 3:15 pm
 Filberg Centre
 \$96/12 Sessions

or
Instructor: Traci Skuce
 Thursdays
 January 22 - March 26
 8:30 - 10:00 am

or
 10:15 - 11:30 am
 Filberg Centre
 \$72/9 Sessions

or
Instructor: Sheron Jutila
 Fridays
 January 2 - March 27
 10:00 - 11:15 am
 Native Sons Hall
 \$96/12 Sessions

GST is not included in program fees.

ZUMBA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this one-hour fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!! **No class** February 9.

Instructor: Tammy Jones
 Mondays
 January 19 - March 16
 1:30 - 2:30 pm
 Lewis Centre
 \$68/8 Sessions

Minds in Motion

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

Wednesdays
 January 7 - February 25

or
 March 4 - April 22
 1:00 - 3:00 pm
 Native Sons Hall
 \$54/8 Sessions

Chair Dance

Come move and get the blood circulating in a fun safe environment with a mix of stimulating tunes including some older favourites. Expect a 10 minute warm up, 30 minutes of easy fun moves, 10 minutes of easy strength and a 10 minute stretch, all done from a sitting position.

Instructor: Janet Gravouille
 Wednesdays
 January 21 - March 11
 10:15 - 11:15 am
 Filberg Centre
 \$40/8 Sessions

Yoga for Joint Health

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

Instructor: Sheron Jutila
 Thursdays
 January 8 - March 26
 10:00 - 11:30 am
 Lewis Park Salish Building
 \$108/12 Sessions

Pickleball

Join in and have fun playing this exciting paddle game! Like a mini tennis game Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided. **No games** January 15, 29, February 12 & 26.

Tuesdays & Thursdays
January 6 - March 31
2:30 - 4:30 pm
Native Sons Hall
\$2.50/Drop-in

Tai Chi

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

Instructor: Ivy Wang

Wednesdays
January 14 - March 25
9:00 - 10:00 am **Level 2**
10:00 - 11:00 am **Level 1**
11:15 am - 12:15 pm **Level 3**
Native Sons Hall
\$99/11 Sessions

Badminton

Get some exercise, meet new players and improve your game in this fast paced group sport! **No games** February 9 & March 13.

Mondays, Thursdays, Fridays
January 5 - March 30
1:00 - 3:00 pm
Lewis Centre
\$2.50/Drop-in

Yoga for the 5 Senses

New!

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

Instructor: Sheron Jutila

Fridays
January 16 - March 27
2:30 - 3:45 pm
Lewis Centre
\$88/11 Sessions

Ignite Your Creativity

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

Instructor: Sheron Jutila

Thursdays
1:45 - 4:15 pm
January 8 - February 12 **Part 1**
February 19 - March 26 **Part 2**
\$78/6 Sessions

Nordic Pole Walking - Level 1

In this program participants learn Nordic pole walking techniques, benefits and stretches, and enjoy outdoor walks lead by a certified Nordic pole walking instructor. This easy, low-impact activity is a fun way to get fit! Note: Poles will be provided for participants. **No class** April 3.

Instructor: Catherine Egan

Fridays
February 20 - April 17
11:00 am - 12:00 pm
\$60/8 Sessions

Nordic Pole Walking - Level 2

New!

If you are looking for a more challenging Nordic Walking course, this class is for you! We will take things up a notch by offering a higher fitness challenge with a faster pace, different terrain, hills, and callesthetics! Note: Poles will be provided for participants. **No class** April 3.

Instructor: Catherine Egan

Fridays
February 20 - April 17
12:30 - 1:30 pm
\$60/8 Sessions



Courtenay Recreation
Older Adult



Foot Care Clinic

Our certified Foot Care Nurses will provide you with a nursing assessment, education on preventing foot problems, general information for proper foot care as well as cut your toenails, file corns and callouses, and finish off with a luxurious massage.

Instructor: Anne Lai

Wednesdays

- January 21
- February 18
- March 18

9:00 - 11:50 am

Filberg Centre

\$45/30 minute appointment

Hearing Screenings

More than three million Canadians have some degree of hearing loss that can be attributed to many different causes and disorders of the middle or inner ear. In one way or another, and at one time or another, it is likely that each and every Canadian will be affected by hearing loss.

Thursdays

- January 15
- February 19
- March 19

9:25 - 10:35 am

Lewis Park Tsolum Building

20 minute appointment

No charge, but please pre-register

Painting with Watercolours

Bringing order to complexity is the key to painting, particularly to water colour painting. In a step by step demonstration driven teaching process this is exactly what you will learn to do. This class is characterized by personal coaching in an enjoyable atmosphere. The program will provide solutions to problems encountered by newer watercolour painters such as controlling the water. Techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more all explained. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. You will develop an understanding of paint and paper properties.

No class February 9.

Instructor: Bill Kerr

Mondays

January 19 - March 16

9:00 am - 12:00 pm

Lewis Park Tsolum Building

\$120/8 Sessions

Write your Life Story

Learn to access memories through a variety of writing exercises and story sharing. You will be encouraged to write small vignettes that recount different aspects of your life. This is a powerful and fun way to generate ideas or add another chapter to your ever evolving life story.

Instructor: Traci Skuce

Thursdays

January 22 - March 12

1:00 - 2:30 pm

Lewis Park

Tsolum Building

\$96/8 Sessions

Learn to Classic Cross Country Ski

Want to find a way to beat the winter blah's and get outdoors? Cross country skiing is a great way to meet new people, get some fresh air and exercise and enjoy it in the beauty of Strathcona Provincial Park. Paradise Meadows comes by its name honestly. Over the course of a month you will learn the basics of classic cross country skiing, including how to navigate the hills. We will work our way into confidence with a ski tour for the last class and reward ourselves with a fondue. Designed for novice skiers. Meet at Raven Lodge @ 9:30 am, please bring a lunch. Note: Fee does not include Nordic ski ticket or ski rentals.

Tuesdays

9:30 am - 1:30 pm

February 3 - 24

\$150/4 Sessions

or

March 3 - 24



Special Interest

Dance for Health

Movement class for balance and joy! Chi-gong, stretching, breathing and a series of isolated movements called the "Brain Dance" which balance the mind and spirits. Guided creative dance with silk scarves and joyful partnered activities. Come with an open mind; no experience needed. Can be done seated if required. Men and women welcome. **No class** February 13.
Instructor: Jade de Trey

Fridays
 February 6 - March 27
 2:30 - 3:30 pm
 Native Sons Hall
 \$70/7 Sessions

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.

Wednesday March 18
 2:00 - 4:00 pm
 No charge but please pre-register

**Registration makes a great gift.
 Drop in & purchase a gift certificate today!**

More Harmonica!

This class is perfect for those who have taken our previous harmonica courses! We will cover more challenging music and have all new songs to dive into while still keeping that "bluesy" touch!

Instructor: Larry Ayre

Thursdays
 January 29 - March 5
 1:00 - 2:00 pm
 Lewis Park Salish Building
 \$66/6 Sessions

New!

Piano Lessons

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

Instructor: Debbie Ross

Fridays
 January 9 - March 27
 11:00 am - 12:00 pm
 Lewis Park Tsolum Building
 \$198/12 Sessions

Strum Along Guitar

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

Instructor: Larry Ayre

Thursdays
 January 20 - March 5
 2:15 - 3:15 pm
 Lewis Park Salish Building
 \$66/6 Sessions

Beginner Recorder

New!

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

Instructor: Debbie Ross

Fridays
 January 9 - March 27
 10:00 - 11:00 am
 Lewis Park Tsolum Building
 \$132/12 Sessions

Current Evergreen members receive a 25% discount on Older Adult Programs. Have you renewed?



Courtenay Recreation
Older Adult



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.

For more information, call 250-338-1000 or visit website @ www.evergreenseniorsclub.org

Courtenay Recreation Florence Filberg Centre operates as a Community Centre for those 55 years and over during the daytime, Monday through Friday, with some specified evening times. The Club Food Service also operates Monday to Friday, 8:00 am to 3:30 pm, September to June. Hours of operation are adjusted for July & August and are published in the monthly newsletter and on the Club's website.

The remainder of the time, the facility is a Community Centre used for a variety of leisure programs offered for a variety of age groups, as well as numerous facility rentals.

Club Membership Benefits include

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

Evergreen Club Activities

Computer Lab

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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

Shake off the Winter Blues and Volunteer at the 55 or better Evergreen Club!



Discover your path to meeting new people, learning new things, and engaging with your community!



Contact: Deanne McRae, Volunteer Coordinator, Courtenay Recreational Association, Evergreen Club
Email: d.mcrae@courtenay.ca or call 250-338-1000 ext 232

Evergreen Food Service

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

Salads, soups, sandwiches & sweets are available.

Look for monthly specials.



Food Service hours:

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

Location:

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



Travel Opportunities

Check out the Evergreen Club trips upcoming for 2015:

- South Pacific Cruise
- Hawaii Celebrity Solstice Cruise
- The Book of Mormon (Musical), Queen Elizabeth Theatre, Vancouver
- Chemainus Theatre Performances
- Tulalip Resort & Casino Getaway

And much, much more!

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



Evergreen Club presents...

Friday Night Dances



Great music by local bands!

7:30 to 10:30 pm Rotary Hall, Florence Filberg Centre.
Evergreen Club members \$5.00, non-members. \$7.00
Refreshments will be available.

Dance dates :

January 2,9 & 30 • February 20 & 27



Evergreen Club 2015

ANNUAL GENERAL MEETING



Wednesday, February 11, 2015

1:00 pm

Florence Filberg Centre,
Rotary Hall

Year-end reports, and
election of new Executive
members.

*Refreshments served
following the meeting.*



EVERGREEN

TRASH & TREASURES

*A giant indoor
market, can it
get any better?*

SATURDAY JANUARY 25, 2015

9:00 am to 2:00 pm, Florence Filberg Centre
411 Anderton Avenue, Courtenay

Tables are only \$25: We encourage individuals, organizations,
and non-profit groups to come sell anything!



Florence Filberg Centre • 250-338-1000 • evergreenseniorsclub.org

See page 128 for the

January 1st Pancake Breakfast

*presented by the Evergreen
Club and the Courtenay
Centennial Committee*

Fitness Schedule

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX Hybrid ☆	30/30 Spin TRX Hybrid ☆	30/30 Spin TRX Hybrid ☆	30/30 Spin TRX Hybrid ☆	30/30 Spin TRX Hybrid ☆	
9:00 am	Kick & Core (Jan. 5)	Zumba, Core & More + (Jan. 6)	Ballet Barre (Jan. 21)	BootCamp Blast+ (Jan. 8)	Muscle Mania (Jan. 9)	Sizzling Saturday+ (Jan. 10)
10:30 am		BootCamp Blast+ (Jan. 6)			Core N Cuts (Jan. 9)	
12:00 pm	Spin, Stretch & Strength (Jan. 12)	HIIT 12:10 (Jan. 6) ☆	Spin, Stretch & Strength (Jan. 14)	HIIT 12:10 (Jan. 8) ☆		
5:15 pm	Spin & Abs (Jan. 5)	Power Spin & Beyond (Jan. 6)	Muscle Mania (Jan. 7)	Bosu Blast 5:30 (Jan. 8)		Class Levels Beginner Intermediate Int/challenging Challenging +75 minute class
6:30 pm		Ballet Barre + (Jan. 20)				

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

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

Drop in & Punch Card Fees including GST

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

* Senior rate applies to Evergreen Club members only.
 For information on how to become a member, ask at office.
 See **page 93** for a listing of Evergreen fitness activities.

Childminding

If you're participating in our fitness programs, playing squash or using our weightroom, you're invited to use this service.
 See **page 59** for more info.

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

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

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



Spin & Abs

Mondays 5:15 - 6:15 pm
 This indoor cycling workout is guaranteed to burn lots of calories and strengthen and tone your lower body too. The ride that is set to music will take you up and down hills and flats and get your endorphins flowing. The class will finish with a 15 minute intense abdominal routine and stretch. Limited to 17 participants.

Power Spin & Beyond

Tuesdays 5:15 - 6:15 pm
 A high intensity, low impact class that will blast away the fat, be ready to workout through a variety of phases: warm-up, steady cadences, speed sprints, hill climbs, and cool-downs as well as body work done off the bike. This class will keep you guessing and coming back for more! **Limited to 17 participants.**

Zumba Core and More+

Tuesdays 9:00 - 10:15 am
 This class has easy to follow dance based movements inspired by Bollywood, Hip Hop, Rock and Roll, Swing and more. We will complete the class with a strength and core workout plus a long relaxing stretch.

Kick and Core

Monday 9:00 - 10:00 am
 A high energy mixed impact workout with a combination of boxing and kick boxing moves modified for safety and enjoyment mixed with targeted core training using a variety of equipment.

Ballet Barre Fitness

Wednesdays 9:00 - 10:15 am & Tuesdays 6:30 - 7:45 pm
 High energy fitness class fusing dance, Pilates, Yoga and sculpting. You'll firm, tighten and tone your whole body without adding bulk, best of all burning calories while having fun!

Boot Camp Blast+

*Tuesdays 10:30 - 11:45 am
 Thursdays 9:00 - 10:15 am*
 You can command power, strength and agility with this boot camp class that will push you to your limits. As you maneuver your way through each workout station, you'll lunge, crunch, box and more for a full body workout.

See following page for pre-registered classes

Core N Cuts



Thursdays 10:30 - 11:30 am
 A Core based exercise class intermixed with HITS Cardio using balls, Bosus, Bikes, bands and Body weight to carve curves tighten butts, sculpt abs, and melt body fat.

Spin, Stretch & Strength

Mondays & Wednesdays 12:00 - 1:00 pm
 New to spin or prefer a change of routine? This class will offer a mix of spinning followed by core exercises culminating with a good overall stretch! **Limited to 17 participants.**

Muscle Mania

Wednesdays 5:15 - 6:15 pm & Fridays 9:00 - 10:00 am
 A total body workout. All muscle groups are targeted using a variety of equipment. Possible side effects include fat loss, toning & increased bone density.

Bosu Blast

Thursdays 5:30 - 6:30 pm
 This class incorporates the BOSU Balance Trainer into the entire workout session! The focus is on the whole body, cardio endurance, strength, balance, agility and core stability.

Sizzling Saturday +

Saturdays 9:00 - 10:15 am
 Join us for a fun class guaranteed to make you sizzle! Kick things off with 50 minutes of low impact aerobics combined with some super stylish dance moves. Finish with a 20 minute segment of core strength and soothing stretches.



Stroller Fit

High energy, fat burning, full body workout with your Baby! This class caters to all fitness levels. This session will increase your overall fitness through cardio & endurance drills, strength & interval training. **No class** February 9.

Instructor: Robynne Sharko-Stapley of the Vertical Gym

Mondays
January 19 - March 9
9:00 - 10:15 am
Lewis Centre
\$58/7 Sessions
\$10/Drop-in

Pilates with Props

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

Instructor: Elizabeth White

Wednesdays
January 14 - March 18
6:00 - 7:00 pm
Lewis Centre
\$75/10 Sessions

TRX Body Blast

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program. Register early as class size is limited to 9. **No class** February 9.

Instructor: Tammy Jones

Mondays
January 12 - March 23
5:15 - 6:15 pm
Lewis Centre
\$80/10 Sessions

30/30 Spin TRX Hybrid

Get the best of both worlds Spinning 30 minutes to crank up the heart rate - then train 30 minutes with equipment designed for Navy Seals. The TRX is a suspension training method using leveraged bodyweight exercises designed to build power, strength, flexibility balance and mobility. Guaranteed to make you sweat, bring a towel and some water for this full body workout! **No class** February 9.

Instructor: Tammy Jones

Mondays
January 5 - March 30
6:30 - 7:30 am
\$78/12 Sessions

or

Tuesdays & Thursdays
• January 6 - February 12
• February 17 - March 26

or

Wednesdays & Fridays
• January 7 - February 13
• February 18 - March 27
6:30 - 7:30 am
Lewis Centre
\$78/12 Sessions

ZenGa

ZenGa is the newest mind-body exercise modality from Stott Pilates. This innovative program fuses Pilates, yoga, and basic dance choreography to achieve fascia release as well as traditional muscular strengthening and stretching. Various props are used to support the body, direct focus, and create fluidity and flow in each movement. **No class** February 9.

Instructor: Liz White

Mondays
January 12 - March 23
6:00 - 7:00 pm
Filberg Centre
\$75/10 Sessions

HIIT - High Intensity Interval Training

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

Instructor: Tammy Jones

Tuesdays
January 6 - March 31
12:10 - 12:45 pm
\$52/13 Session

or

Thursday
January 8 - March 26
12:10 - 12:45 pm
Lewis Centre
\$48/12 Sessions

\$5 Drop-in





Pole Fitness - Level 1

Designed for newcomers and those wanting to brush up their skills - Level 1 is the start of the progressive series of pole fitness! Not only will you learn spins, climbs and combos but you will also strengthen your arms, shoulders, back and core to prepare you for all the fun moves in this class and levels to come.

Instructor:

Robynne Sharko-Stapley of the Vertical Gym

Thursdays
January 22 - March 12
6:30 - 7:30 pm
\$98/8 Sessions
Filberg Centre

Pole Fitness - Level 2/3

Now that you've got the bug for pole dancing lets get started learning sequences and moves that will challenge your strength. This class will cover a variety of new spins, climbs, floor work and your first inversions!

Instructor:

Robynne Sharko-Stapley of the Vertical Gym

Thursdays
January 22 - March 12
7:45 - 8:45 pm
Filberg Centre
\$98/8 Sessions

Deep Core Strength

This free 30 minute class will bring an intense core workout during your lunch break! Increasing the strength and endurance of deep core muscles has been proven in research to prevent low-back pain. Taught through a series of specific low-impact exercises, this program is designed to target the key abdominal stabilizing muscles to help you prevent injury and build those wash-board abdominals.

Instructor: Dr. Derek Vinge

Wednesdays
January 14 - March 18
1:00 - 1:30 pm
Lewis Centre
10 Sessions

*No charge, registration recommended.
Drop-ins available space permitting.*

Classes that Fit Everyone!

We have classes for every level of fitness, from first time real beginners right through the most advanced levels of fitness – and everything in-between.

Variety!

To keep it interesting, we offer a variety of different class types, including Yoga, Pilates, Cycling, Zumba, Pole Fitness and more! You name it, we've probably got it (or we soon will!)

Great Instructors

Ask anyone – our instructors are, quite simply, the best. Many have been with us for 8, 10, 15 years (or more!). They're experienced, energizing, caring professionals that make every workout safe, fun, and effective!

Convenience!

Our class schedule mean there's always a class that fits YOUR schedule!

Courtenay Recreation
Fitness

Give the gift of recreation. Purchase a gift certificate for your loved one!



Wellness Centre

Great new weightroom with same Great service!

Ages 13 & Over

(13 - 15 years with supervision)

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



Hours

Monday - Friday

5:00 am - 10:00 pm

Saturday

8:30 am - 4:00 pm

Sunday

8:30 am - 8:00 pm

Equipment

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

See page 111 for personal training options.

NOTE:

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

Classes & Attendant Hours

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

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



Attention New Student Members!

Teen Tune Up

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

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

Tune-Up Schedule:

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

Wellness Centre & Fitness Pass Suspension

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

**Would you like a personal tour around our new Wellness Centre?
See page 111 for details.**

Wellness Centre Fees

Drop-in & Punch Cards

(includes 5% GST)

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

Memberships (includes 5% GST)

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

*Senior rates apply to Evergreen Club members only

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

Childminding

(All ages)

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

Mondays - Saturdays

9:00 - 11:00 am

Drop-in:

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

Punch Cards

\$35/10 x 1¼ hr drop-ins
\$40/10 x 1½ hr drop-ins

Circuit Training

Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. It is a completely balanced workout that can be done at any age or fitness level and is a great calorie burner while toning your body! **No class** February 9.

Instructor: Juan Blancas
Tuesdays & Thursdays
January 6 - March 31
7:00 - 8:00 pm
Lewis Centre
\$125/25 Sessions

or

Instructor: Cathy Riopelle
Mondays & Wednesdays
January 5 - March 30
7:00 - 8:00 pm
Lewis Centre Activity Room
\$120/24 Sessions

55+ Beginner Strength Training

Join us for this gentle introduction to strength training. Strength training is an excellent way to improve strength, mobility, and stamina. Using a combination of cardio and resistance exercises this class provides a whole body workout!

Instructor: Cathy Riopelle
Tuesdays & Thursdays
January 13 - March 31
3:00 - 4:00 pm
Lewis Centre Activity Room
\$115/23 Sessions

Look for our Family Day options advertised in the local papers

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
Tuesdays & Thursdays
January 6 - March 31
1:30 - 2:30 pm
Lewis Centre
\$125/25 Sessions

55+ TRX and Resistance Training

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. Either way, you will develop stability and balance along with muscle strength and joint mobility. Core activation is a constant to improve both balance maintenance and balance recovery.

Instructor: Tammy Jones
Tuesdays & Thursdays **Level 1**
January 6 - February 12
or
February 17 - March 26
9:00 - 10:00 am
or
Wednesdays & Fridays **Level 2**
January 7 - February 13
or
February 18 - March 27
9:00 - 10:00 am
Lewis Centre
\$78/12 Sessions

55+ Strength Training

The benefits of strength training fitness for seniors and older adults are numerous and include arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. With a qualified fitness instructor monitoring the gym floor at all times, you can rest assured that we will guide you through your fitness journey, providing support at every turn. **No class** February 9.

Instructor: Juan Blancas
Tuesdays & Thursdays
January 6 - March 31
10:30 - 11:30 am
\$125/25 Sessions

or

Mondays & Wednesdays
January 5 - March 30
10:30 - 11:30 am

or

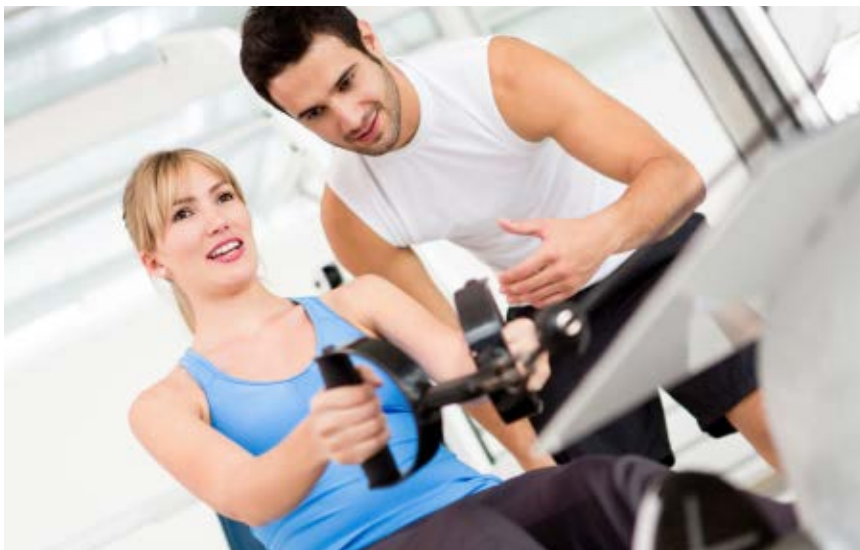
1:30 - 2:30 pm
\$120/24 Sessions

or

Fridays
January 9 - March 27
10:00 - 11:00 am
\$60/12 Sessions

Lewis Centre





TRX Body Blast

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

Instructor: Tammy Jones

Mondays
 March 16 - April 20
 5:15 - 6:15 pm
 Lewis Centre
 \$64/10 Sessions

Small Group Personal Training

Share the cost of a Personal Trainer in this individualized group training class. Our personal trainers will help you develop and implement a training program based on your personal goals. Sports specific requests welcome! Pre-registration is required. Will resume in March, please call 250-338-5371 for details.

Instructor: Kim Hamilton

55+ Circuit Fit

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

Instructor: Cathy Riopelle

Tuesdays & Thursdays
 January 13 - March 31
 2:00 - 3:00 pm
 Lewis Centre Activity Room
 \$115/23 Sessions

Recreation is Essential to Personal Health

- Recreation helps people live longer
- Recreation prolongs independent living for seniors - keeping seniors vital and involved in community life
- Recreation and fitness significantly reduces the risk of coronary heart disease and stroke
- Recreation and fitness combat osteoporosis
- Recreation and fitness combat diabetes
- Recreation and fitness help in preventing specific types of cancers - particularly in the colon, breast and lungs
- Recreation and fitness help prevent and rehabilitate back problems
- Recreation and arts/culture contribute to mental health
- Recreation and arts/culture enhance overall health and well-being
- Recreation is a proven therapeutic tool - helping to restore physical, mental and social capacities and abilities (Excerpt: Benefits of Recreation Catalogue)

Wellness Centre Orientations

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

- | | |
|--|---|
| • Wednesday January 7
3:30 - 4:10 pm | • Thursday February 12
6:00 - 6:40 pm |
| • Thursday January 8
9:00 - 9:40 am | • Tuesday February 17
12:00 - 12:40 pm |
| • Wednesday January 14
5:30 - 6:10 pm | • Monday February 23
5:30 - 6:10 pm |
| • Saturday January 24
9:00 - 9:40 am | |



Personal Training Team



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



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



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



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

Personal Training Prices

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

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

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

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 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?

Courtenay Recreation
 Wellness Centre



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 59)

Prime Time:

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

Non-Prime Time:

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

Saturday 9:00 am - 3:45 pm

Sunday 9:00 am - 7:45 pm

Special Hours:

Family Day, Monday February 9

Open 10:00 am - 4:30 pm

Why Play Squash?

Playing squash gives you many health benefits:

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

For Squash Club and Squash League info, contact:

Dan Lindsay 250-338-0746

www.cvsquashclub.com

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

Shower Passes

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



Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

Check our website & newsletter for current information.

www.courtenay.ca
click on the Recreation link,
then choose Special Needs

Volunteers

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

Remember, YOU make a difference!

Volunteers particularly wanted for:

- Art Cards
- Bowling
- Sewing
- Special Events

Join a great team!

Phone 250-338-5371

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



Comox Valley Accessibility Committee



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

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

More Information:

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

Sign me Up!

Fall Program Registration begins **Wednesday November 19** at 8:30 am

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

Use your Visa or Mastercard

By Fax

250-338-8600 Lewis Centre
250-338-0303 Filberg Centre
Fax registration form (page 115)
Use your Visa or Mastercard

By Mail

Mail registration form (page 115) with payment to:
Lewis Centre, 489 Old Island Hwy Courtenay, B.C. V9N 3P5
Filberg Centre, 411 Anderton Ave Courtenay, B.C. V9N 6C6



Registration Policy

- All registrations are processed on a first come first serve basis.
- Pre-registration is required for all classes except when specified as a drop-in class.
- Fees are to be paid in full at the time of registration by cash, cheque, Visa, Mastercard or Debit Card. Please make cheques payable to the City of Courtenay.
- Registration is limited to the immediate family plus members from one other family only, some restrictions may apply.
- Courtenay Recreation reserves the right to cancel any programs.
- G.S.T. will be charged on all programs with participants over the age of 14 and on all field and facility rentals. Programs for participants 14 years and under are not subject to the 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.

Refunds

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

Recreation ACCESS

Recreation Access coupon books

have been designed to provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds.

What is in the coupon books?

Discounts on programs for:

- children, teens, adults & older adults.
- coupons for the Wellness Centre, squash, fitness classes and the outdoor pool.

How do I apply?

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

What do I need to bring?

- Proof of City of Courtenay residency (i.e. driver's license, utility bill)
- B.C. Care cards for yourself and each of your dependents.

To register by FAX or MAIL, complete this form & send it in.
Please call to confirm that your registration has been received.
FAX: Lewis Centre, 250-338-8600

MAIL:
Lewis Centre, 489 Old Island Hwy
Courtenay, B.C. V9N 3P5
Filberg Centre, 411 Anderton Ave
Courtenay, B.C. V9N 6C6

Main Contact Information

Name: _____ Birthdate: _____

BC Care Card #: _____ Allergies/Medical Conditions: _____

Mailing Address: _____ City: _____

Postal Code: _____ Home Phone #: _____ Work #: _____

EMAIL _____ Family Doctor/phone #: _____

Family Members

Name: _____ Birthdate: _____

BC Care Card #: _____ Allergies/Medical Conditions: _____

Name: _____ Birthdate: _____

BC Care Card #: _____ Allergies/Medical Conditions: _____

Name: _____ Birthdate: _____

BC Care Card #: _____ Allergies/Medical Conditions: _____

Registration Information

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Program Fee: \$ _____

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

Payment: (Must be included with your registration) () Cheque () Visa () MC

Credit Card #: _____ Expiry Date: _____

Cardholder's Name: _____

Phone #: _____



Lewis Centre



Services

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

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



Free WiFi available.

Ask at the front desk for the password.



Hours

Facility Hours:

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

Office Hours:

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

Facility Closures:

Thursday December 25
Christmas Day
 Friday December 26
Boxing Day
 Thursday January 1
New Year's Day

Special Hours:

Monday February 9
Family Day
 10:00 am - 5:00 pm
see page 67 for details

Call for special Facility Hours, Wellness Centre Hours and the Fitness schedule during the Holiday Season!

Hours subject to change

Phone **250-338-5371** Fax 250-338-8600 Email lewis@courtenay.ca
 489 Old Island Highway Courtenay, BC V9N 3P5
www.courtenay.ca click on the Recreation Reporter Link



Facility Rentals

Lewis Park



Lewis Centre

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



MP Hall/Gym

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

Valley View Park



Clubhouse

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



Tsolum Building

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



Salish Building

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

Bill Moore Park



Lawn Bowling Building

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

Call the Lewis Centre at 250-338-5371

Choose the facility that best suits your needs!

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

Hourly Rates start at:

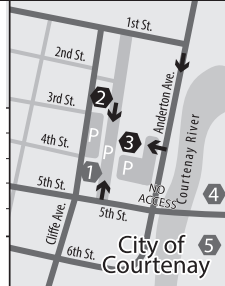
- \$15.00 Community Groups
- \$22.75 Private Groups
- \$33.25 Commercial Groups

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

Florence Filberg Centre & Native Sons Hall

Book your Special Event with us!

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



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



Filberg Centre Conference Hall 5940 square feet

Where the Comox Valley Meets!
Florence Filberg Centre
 411 Anderton Avenue, Courtenay, BC
 V9N 6C6
 Tel. **250-338-1000** Fax. 250-338-0303
 Email: filberg@courtenay.ca

Evergreen Lounge 1786 square feet

Craft Room 450 square feet

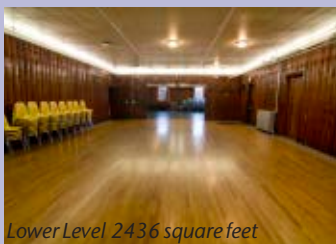


The most unique Meeting Place in the Valley!

Native Sons Hall

360 Cliffe Avenue, Courtenay, BC V9N 2H9
 Tel. **250-338-1000** Fax. 250-338-0303
 Email: filberg@courtenay.ca

Native Sons Hall



Lower Level 2436 square feet



Upper Level 4350 square feet



Courtenay Recreation
Facilities

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



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	*									*					*				*				*		

Courtenay Recreation Parks

New murals brighten Courtenay Parks Buildings



Woodcote Park



Puntledge Park

Two formerly plain, nondescript park buildings are now “must-see” local attractions and showpieces for the local cultural community. The buildings at Woodcote and Puntledge Park have been covered with new murals, painted in September by local artists with help from youth volunteers.

The Woodcote Park mural, designed and painted by artist Tracy Kobus, features a soccer and neighbourhood theme. This design wraps around the whole washroom building and adds colour and visual interest to the park.

Tracy Kobus said there were many highlights while working on the mural. “I enjoyed the process of working outside in the beautiful weather, figuring out the logistics of a big project and seeing the different people who use the park” said Kobus. “We also received an overwhelmingly positive response from the public.”

The Puntledge Park washroom building mural features a distinctive nature theme with sky, clouds, and trees, designed and painted by artist Helen Utsal. The artwork is designed to fit with the natural landscape of Puntledge Park.

The City of Courtenay and the Comox Valley Community Arts Council worked together on this project as part of the city’s Mural Initiative Program. This program includes mural development on city buildings, utility boxes, and partnerships with local businesses, community organizations, and BC Hydro.

For more information on murals within the City of Courtenay please contact communityservices@courtenay.ca or call 250-334-4441

Visit the Comox Valley Art Council’s website for project details: www.comoxvalleyarts.com

The Rotary Trail Expands!

The Rotary Trail is a hard-surface gravel “rail with trail” along the E & N rail corridor in Courtenay. The first three phases connect 5th to 21 Street - a distance of over one kilometre.

A fourth phase has just been completed connecting 21st to 26th Street. This part of the trail goes through the scenic Bill Moore Park.

The Rotary Trail is a partnership between the Island Corridor Foundation, Courtenay Rotary Club, and the City of Courtenay.

The Island Corridor Foundation’s goal is to expand multi- purpose use of the rail corridor. Their long-term goal is a trail along the entire length of the rail corridor.



The Rotary Trail at Bill Moore Park

Courtenay Park Bookings

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

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

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

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

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

Each year, more than 10,000 children are injured at playgrounds in Canada. Children using Courtenay parks and playgrounds should be appropriately supervised based on their age, development and abilities.

Depending on the park, playground equipment is intended for children aged 18 months to 12 years.

If you see any unsafe conditions in our parks and playgrounds, **please report them.**

Call 250-338-1525 or 250-338-5371. Thank you!

Safety Rules:

- Wait your turn.
- Go down slides feet-first.
- Don’t go up a slide ladder until the slide is empty.
- Hold on to railings.
- Sit down on swings & slides.
- Keep away from moving swings and the bottom of slides.
- Remove helmets, scarves and drawstrings.



CVAG comoxvalleyartgallery.com
580 DUNCAN AVE COURTENAY BC V9N2M7

Gift Shop: Mon to Sat Gallery: Tues to Sat
From 10am to 5pm ★ Call (250) 338 6211

Great Art

Visit our Website or Facebook Page



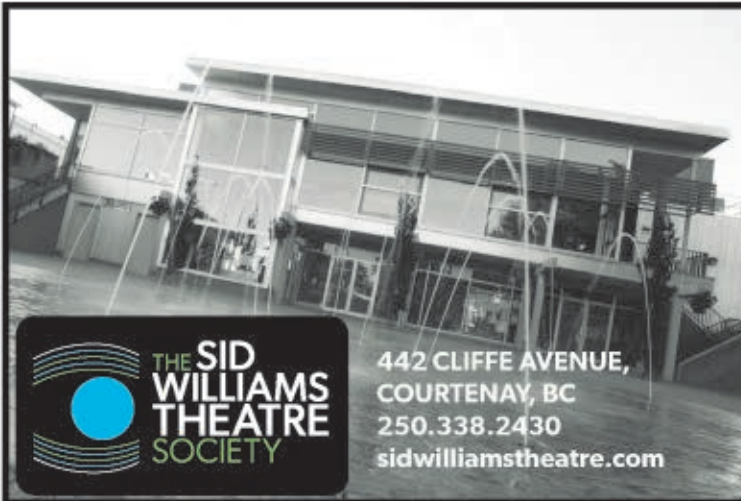
View our programing schedules, including exhibitions, events and films. Our 2015 Winter Film Series, featuring films from the Toronto International Film Festival, begins in January 2015.

Great Gifts

40th Annual Christmas Craft Fair: Nov 14 to Dec 27



We sell great local gifts year-round, but there's even more when we host one of the largest Christmas Craft Fairs in Comox Valley. We have something for everyone on your Christmas list and for every budget.



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME&SEE

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

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

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

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

Low Cost Recreation

Courtenay Riverside Fit Park!

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

For info **250-338-1000**.

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*.

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 August Sea Cadets

(12 - 18 years) Would you like to experience Fun, Friendship & Challenges? Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more? (funded & delivered in partnership with Navy League of Canada and DND) FMI: commandingofficer@portaugusta.ca or Phone: **250-339-8211** ext.3606 www.189portaugusta.ca

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 is available to qualified applicants to offset registration fees, equipment, and transportation costs. Canadian Tire JumpStart believes that no child should be denied the life benefits of organized sports and recreation. For info call The Lewis Centre 250-338-5371.

Father Involvement Network

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

KidSport™ Comox Valley provides support to children to remove the financial barriers of playing organized sport.

For application forms and guidelines visit:

kidsportcanada.ca

phone 250-334-9294

email comoxvalleykidsport@kidsportcanada.ca

New Discoveries Parent and Child Learning Centre

Discover our programs for parents and children under 5. Parenting programs include: Home with a Heart, Boundaries and Triple P. Parent and Child weekly programs include Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info or email: shanda@cvsalarmy.ca

Prenatal Classes

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



Volunteer Opportunities

The latest Stats Canada Survey of Giving & Volunteering reports:

Almost 1 in 3 British Columbians over the age of 15 volunteers an average of 169 hours per year!



**Hats off to the
17,000 +
people of the
Comox Valley**
who donate over
3,200,000 hours to
our community
every year!



Volunteer Comox Valley

ValleyLinks home of Volunteer Comox Valley is dedicated to enhancing community volunteerism through the delivery of information, training, services & programs. Not sure where to volunteer? Drop by **Unit C - 450 Eighth Street**, Courtenay. Mon - Fri, 1-3; or call **250-334-8063** to arrange a time to meet with one of our Volunteer Advisors.

Or visit our Volunteer Directory & register online.

www.volunteercomoxvalley.ca



Special Needs Recreation

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

250-338-5371 **hcrites@courtenay.ca** or
www.courtenay.ca/recreation/special-needs/asp

The Gardens on Anderton

Experience all the joys and benefits of gardening at The Gardens on Anderton! At this wheelchair accessible garden volunteer opportunities abound, so whether you already love to garden but don't have one, want a chance to learn from experts, or you just want to make new friends and get exercise, there are lots of ways to get involved in this very special garden.

Joan 250-334-3089
www.gardensonanderton.org



Salvation Army

We have dozens of volunteer positions to consider! From short term special events to regular weekly opportunities we have a place for you. We offer a comprehensive orientation and a recognition program. This helps to ensure that our volunteers are valued for their contribution and that their needs are met. The Salvation Army would love to hear from you!

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

Volunteer Opportunities



Mountainaire Avian Rescue Society

MARS HELPING WILDLIFE RECOVER - we need YOUR help working with the public. We are seeking volunteers interested in helping us fund-raise, run events, prepare communications material and assist with educational outreach.

MARS volunteers must be 18 years or over.

Call **250-337-2021** or visit **www.wingtips.org**



Comox Valley Accessibility Committee

We are a group of individuals in the community who are passionate about advocating for better access for people with disabilities. We meet once a month at the Lewis Centre for an hour at lunch. Help us make the Comox Valley barrier free!

FMI Heather **250-338-5371**

hcrites@courtenay.ca



Therapeutic Riding

Volunteers needed to assist people with disabilities: side walkers, horse leaders, barn help etc. No experience necessary, training provided. A desire to help people, work with horses, & enjoy a fun social atmosphere is required! Positions require some physical ability, e.g. walking on trails and in the indoor arena. Committing to one hour a week for an 8 - 10 week session is ideal. Sessions run Mon-Sat, 8:30 am - 6:00 pm. Riders are aged 5 and up.

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



Courtenay Recreation

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

Call **250-338-5371** or 250-334-8130 or **www.courtenay.ca**



grow community!

Who can volunteer?

Anyone!

seniors, students, moms, dads, men, women...

What can volunteers do?

Anything!

childcare, walking, driving, office support, directors, community activities...

When can volunteers work?

Anytime!

an hour here, a few hours there - work it into your own schedule.

Why volunteer?

All reasons!

meet people! learn! work experience! fun!!

Where volunteer?

Everywhere!

Check us out!



Village of Cumberland



The Hub of Outdoor Recreation in the Comox Valley

With year round access to Comox Lake, a vast network of trails for mountain biking, hiking and running, Cumberland is your hub for outdoor recreation!

Cumberland Recreation Institute

Supporting recreation in Cumberland since 1936!

Programs and Services at the CRI:

Weight Room	Birthday Parties
Squash Courts	Pro D Day Programs
Drop in Gym	Personal Training
Climbing Wall	Special Events
Kids Play	Parent and Tot
Fitness Classes	Cooking Classes
Bootcamp	Youth Sports



Recreation Centre Hours

Monday – Friday: 7:00am - 9:00pm
Saturday & Sunday: 9:00 am – 4:30pm
Closed Statutory Holidays

Check out all of our winter programs at Cumberland.ca
or find us on Facebook – Cumberland Parks and Recreation



Visit cumberland.ca for more info

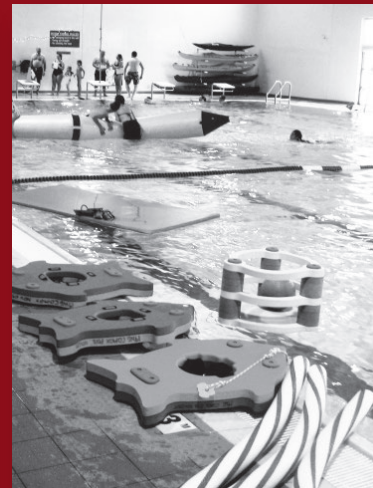
Cumberland Recreation Institute

2665 Dunsmuir Avenue

250-336-2231

19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



Membership Rates

	Regular	Ordinary	Associate
Single 1year	\$120	\$222	\$440
Family 1year	\$185	\$307	\$600 Plus gst

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

Enjoy high quality
Cardio Equipment
Weightroom
25 Metre Ozone Pool
Hot Tub

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

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





Celebrate Courtenay's 2015 Centennial

Memories are Made of This

December 31
Florence
Filberg Centre



Celebrate and be part of the party of the century! Featuring music & entertainment from the early 1900's to modern day.

Enjoy...

- ~Music interludes, stage show & dancing
- ~Tapas & Appetizers
- ~Complimentary midnight champagne

Tickets

\$50 per ticket
Limited tickets so do not delay
Available at the Sid Williams Theatre & www.sidwilliamstheatre.com starting November 18.

(book a full table for 8 - 10 or individual tickets sold as well)



Courtenay's 100th Birthday Launch



January 1
Florence
Filberg Centre

10 am - 12 noon

Pancake Breakfast

(in partnership with the Evergreen Club)

Admission by advanced free ticket only and with donation to the CV Food Bank. *Pick-up free tickets starting December 8 at the Courtenay Recreation Lewis Centre or Florence Filberg Centre (limit of 4 per person).*

12 - 1 pm

Official Launch Ceremonies

- ~K'omoux First Nations Blessing
- ~Light entertainment
- ~Announcement of yearly long activities
- ~Centennial proclamation
- ~Receive a free centennial souvenir
- ~Birthday cake & refreshments

(no ticket required for the official launch)

For further information: 250-334-4441
100years@courtenay.ca • www.courtenay.ca/centennial





BOYS AND GIRLS CLUBS - EXPERTS IN PLAY!



REGISTRATION ON NOW



Quality licensed Before and After School Care Programs for children ages 5 - 12.

RECREATION*NATURE*EXPLORATION*FUN

- Hours catering to working families
- Passionate qualified staff
- On site care for peace of mind and convenience
- NEW – programming for children age 8-12 at Aspen Park
- NEW – online registration
- Winter/Spring Break Camps

Attend at one of two convenient locations:

Aspen Park Elementary

Contact: Ann

250-650-2274

aspenpark@bgccvi.com

Brooklyn Elementary

Contact: Ann

250-650-1458

brooklyn@bgccvi.com

For more information on Comox Valley Programs visit www.bgccvi.com



Girl Guides
of Canada

Guides
du Canada

Leaders are needed throughout the Comox Valley.

Girl Guides of Canada leadership is open to all women, 19 and over. Recruiting now.

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



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

Register now at www.girlguides.ca.

No previous Guiding experience necessary for girls or adults.

For local information, contact cvdistrict.ggc@gmail.com or phone 1-800-565-8111



SPORTS LEAGUES



Register for Winter Leagues by January 5

- Dodgeball • Badminton
- Volleyball • Indoor Soccer
- Floor Hockey • Curling

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

CVAG Comox Valley Art Gallery



40th Annual

Christmas Craft Fair

November 14th to December 27th

High quality local and regional art and crafts
Opening Day specials!

Featuring

- Christmas ornaments • glass • pottery • jewelry • wood • textiles • paintings • prints • cards • specialty foods **and more**

November 14th to December 27th Mon-Sat, 10am-5pm

250 338 6211 - 580 Duncan Avenue, Courtenay
www.comoxvalleyartgallery.com



LIFELONG LEARNING
FOR SENIORS 55+

WINTER 2015

At ElderCollege, the learning process is lively, full of discussion, controversy, and humour

- Wide variety of courses being offered
- Open to anyone 55 and older

Free Course Information Forum

Saturday, January 24, 10:00 am
Stan Hagen Theatre, North Island College

Registration begins Monday, January 26 at 9:00 am

For a list of courses and to register:
www.nic.bc.ca/ec or in person at North Island College

CELEBRATING 15 YEARS

Tel: 250-334-5000 (Local 4602) Email: eldercollegeCV@nic.bc.ca Facebook: [ComoxValleyElderCollege](https://www.facebook.com/ComoxValleyElderCollege)



Winter JAM 100

JAN 1 - 31 2015

100 Events | 31 Days of Excitement
Jam your January in 2015 with WinterJam 100!

We are looking for YOUR event!

Get involved! Create or submit your event and leverage the marketing of WinterJam 100 celebrating the City of Courtenay Centennial.

This festival will be heating up the Comox Valley with multi-venue entertainment, culinary and winter sports events.

Upload your event at winterjam.ca

DISCOVER **COMOX valley**

100
COURTENAY
 1915 | 2015

NORTH ISLAND COLLEGE

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

**Comox Valley Campus
 Winter 2015**

Code	Course	Date(s)
AET 020	Emergency Medical Responder (EMR)	Dec 1 - 12
FAC 021	Standard First Aid & CPR C	Dec 6 & 7
OFA 020	OFA Level 2	Jan 5 - 9
FAC 084	Marine Advanced First Aid	Jan 12 - 16
FAC 010	Emergency Child Care	Jan 17
OFA 010	OFA Level 1	Jan 25
OFA 015	Transportation Endorsement	Jan 26
FAC 082	Marine Basic First Aid	Jan 31 - Feb 1
FAC 015	First Responder	Feb 2 - 6
OFA 010	OFA Level 1	Feb 5
OFA 033	Paramedic in Industry	Feb 11
FAC 021	Standard First Aid & CPR C	Feb 12 & 13
AET 020	Emergency Medical Responder (EMR)	Feb 16 - 27

Occupational First Aid Level 3

OFA 030	OFA Level 3 ~ Jan 19 - 30
OFA 032	OFA Level 3 Renewal ~ Jan 26 - 30
OFA 030	OFA Level 3 ~ Mar 9 - 20
OFA 032	OFA Level 3 Renewal ~ Mar 16 - 20

For a complete list of all first aid courses being offered during the Winter 2015 semester at the Comox Valley Campus or any of our other campuses visit www.nic.bc.ca/continuingeducation

Check us out on facebook at: North Island College - First Aid Training or on Twitter @NICFirstAid

NORTH ISLAND COLLEGE

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

Comox Valley Skating Club

Sessions starting dates:

CANSkate (5+ years)

Monday January 5th 5:15 pm - 6:00 pm

Wednesday January 7th 5:15 pm - 6:00 pm

Saturday January 10th 9:45 am - 10:30 am

Pre-School CANSkate (3 - 4 years)

Saturday January 10th 9:15 am - 9:45 am

Pre-Power Skate (5+ years)

Saturday January 10th 9:15 am - 9:45 am

Register for 10 or 20 sessions

10 sessions for \$100 or 20 sessions for \$180
plus a \$35 membership fee

Registration

Comox Valley Sports Centre 3001 Vanier Drive, Courtenay

Wednesday November 19th 5:00 pm - 6:15 pm

Saturday November 22nd 9:00 am - 10:45 am

Monday November 24th 5:00 pm - 6:15 pm

Monday January 5th 4:45 pm - 5:15 pm

Registration will be ongoing throughout the
season - if space is available.

To register for figure skating or for more information please contact the CVSC at
comoxvalleyskatingclub@gmail.com 250-339-9872 www.comoxvalleyskatingclub.ca



SKATE CANADA



Brigadoon
DANCE ACADEMY

"To watch us dance is to hear our hearts speak"
— Indian Proverb



HIGHLAND DANCE
Nanaimo & Comox / 2.5 Years - Adult
Diena and Charles Henry
250-756-3661
brigadoondancesacademy@shaw.ca



Remember the mosquitoes, the dirt,
and the marshmallows?
They will too.

For more info,
contact Chris Tickner
250-339-2424
scouts.ca/findagroup



SCOUTS CANADA
It starts with Scouts.

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place
to learn!*



4R's

(K - 12)

- identifying and filling gaps in basic skills
- using strengths to address challenges
- one on one, in individual classrooms
- subject-specific tutoring for higher grades
- **instruction in French available**

*Opening Doors for Learning
for over 20 years*



Little R's Pre-school

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

Promoting successful learning



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

Black Creek Community Centre

- Modern Fitness Room 6am to midnight
- Fitness programs including Bootcamp, Boxerfit, H.I.I.T., Zumba, Tai Chi, Yoga, Karate and more!
- Kids' fitness programs including Karate, Hip Hop, Dance and more
- Childminding available Monday, Wednesday and Friday mornings
- Rent our Hall complete with kitchen and seating for 175 people
- Beautiful outdoor Picnic area and Deck
- Children's Playground
- Nature Trail & Disc Golf course
- Double Tennis Courts with practice wall, and now with Pickleball lines too!
- Playing Field and Softball Diamond
- Hockey and Basketball Court
- Pumpkin Patch Nursery School: 250-702-1102

Look for the BCCA's
Winter 2015 Activity Guide
for upcoming classes
and special events



For more information, please call 250-337-5190

Visit our website: www.blackcreek-cc.com

Like us on Facebook!

Community Directory

Adult Education

- Creative Employment Access
Society/Job Shop (250)334-3119
North Island College..... (250)334-5000
North Island Distance Education(250)337-5300
World Community Development
Education Society - Wayne.. (250)337-5412

Community Services

- Adult Learning Centre (CALLS)(250)338-9906
Advocacy Society - Marnie.....(250)338-4694
Amnesty International.....(250)897-1658
Canadian Mental Health Association
Courtenay Branch..... (250)338-8287
Canine Rescue and Re-Homing Society
- Larissa Whitby (250)218-0201
Chamber of Commerce
- Courtenay (250)334-3234
- Cumberland (250)336-8313
Community Based Victim's Services
Sexual Assault Services (Local 224)
Domestic Violence Services (Local 226)
..... (250)338-7575
Comox Valley Family Services .. (250)338-7575
CV Le Leche League.....Gill (250)941-6450
C.V. Pregnancy Care Centre ... (250)334-0058
C.V. Military Family Resource Centre
..... (250)339-8290
C.V. Multicultural & Immigrant Support
Society.....(250)898-9567
C.V. Project Watershed (250)703-2871
C.V. Transition Society..... (250)897-0511
Vancouver Island Crisis Line
- Crisis Line 1-888-494-3888
- Office 1-877-753-2495
Fanny Bay Community Hall
- Vanessa (250)335-2832
Food Security Hub..... 250-331-0152
Help Line for Children..... Zenith 1234
Immigrant Welcome Ctr (250)338-6359
Juvenile Diabetes Research Foundation.....
..... www.jdrf.ca
Keystone Artists Market-Leah . (250)703-3296
Kid Start - John Howard Society NI
Wendy.....(250)338-7341 ext 335
Kitty Cat P.A.L. Society..... (250)218-7223
Lilli House 24 hr Crisis Line (250)338-1227
Meals on Wheels - Diane (250)331-8522
Mountaineer Avian Rescue.... (250)337-2021
(Pager - Wildlife Emerg)..... 1-800-304-9968
Social Planning Council
- Elizabeth Shannon (250)335-2003
St. John Ambulance (250)897-1098
St. Joseph's Hospital Volunteer
Services - Pat (250)339-1548
The Salvation Army
- Family Services (250)338-5133
- Thrift Stores..... (250)338-8151
Today n' Tomorrow Young
Parent Program (250)338-8445
Therapeutic Riding Association (250)338-1968
Transition Town Comox Valley
..... www.transitiontowncv.org
United Way (Comox Valley).... (250)338-1151
V.I.Regional Library Courtenay
Branch..... (250)334-3369
V.I. Visitor Centre. info@investcomoxvalley.com
Welcome Wagon - Mary Lynn (250)338-8024

Clubs & Organizations

Church Groups

- C.V. Aglow - Debra..... (250)871-7678
C.V. Community Church The Salvation Army
..... (250)338-8221
C.V. Presbyterian Church..... (250)339-2882
C.V. Unitarian Society (250)890-9262
Comox Community Baptist ... (250)339-0224
Shepherd of the Valley
Lutheran ELCIC..... (250)339-3933
Unity Comox Valley 1-866-853-9866

Dog Clubs

- Cape Lazo Dog Training Club
- Kay (250)339-3440
CV Kennel Club (1990) - Frank ... (250)331-0185
Forbidden Plateau Obedience &
Tracking Club -Margot..... (250)338-4792
N.I. Schutzhund Dog Club
- Doug Wilson..... (250)337-8253

Horticulture

- CV Growers & Seed Savers Society
- Susan..... (250)334-4008
CV Horticultural Society
-Lesley Cox duchessofdirtdirt@telus.net

Public Speaking

- Comox Toastmasters - Marion (250)339-5432
CV Toastmasters - Sylvain (250)338-1431
60 Minute Toastmasters
- Gaynor (250)334-3664

Other

- Association Francophone de la
Vallée de Comox-Pauline Tardif(250)334-8884
Beekeepers Association - Urs ... (250)337-8858
Beta Sigma Phi - Gerrie (250)338-8557
Telus Community Ambassadors
- Shirley (250)339-5917
Camera Club - Lin Auerbach ... (250)703-2850
C.V. Classic Cruisers - Richard . (250)338-9540
C.V. Family History Research Group
- Courtenay Museum (250)334-0686
Newcomers Club newcomers.net
Orca Probus Club - Patrick..... (250)338-8728
Radio Control Aeronautics Assoc.
- Frank (250)337-5320
Raw & Living Foods Vegan Potlucks
- Rose..... (250)334-2251
Taoist Tai Chi Society - Arlene .(250)890-3671
Ukrainian Society - Nelly (250)334-2653
University Women's Club.....
..... comoxvalleycfuw@gmail.com
Vancouver Island Paleontology
- Betty..... (250)339-7372

Seniors

- Comox Senior Centre.....(250)339-5133
C.V. Eldercollege -Aksel Porsild.(250)334-5247
Evergreen Senior's Club.....(250)338-1000
Senior Peer Counselling Society.....
..... seniorpeercounselling@shaw.ca

Health & Wellness

- Adult & Teen Day Therapy (250)339-1496
Al-Anon - Rene..... (250)334-2392
- Jan..... (250)338-2947
Alcoholics Anonymous..... (250)338-8042
Anderton Therapeutic Garden Society
Joan..... (250)334-3089
Canadian Cancer Society (250)338-5454
C.V. Mental Health & Addictions Services
..... (250)331-8524
C.V. Hospice Society
(Info. & bereavement support)(250)339-5533
CV Nursing Centre(250)331-8502
C.V. Stroke Recovery Branch... (250)890-0711
Cumberland Health Centre & Lodge
Recreation Department. (250)336-8531(ext1271)
CV Head Injury Society (250)334-9225
CV Ostomy Support Group (250)871-4778
Heart&Stroke Foundation-Ollie(250)339-4009
On the Move Fitness Service ... (250)923-8291
Overeaters Anonymous..... (250)703-2960
Options for Sexual Health
(Ext. 2117) (250)898-2200
Red Cross (Health
Equipment Loans)..... (250)334-1557
St. Joseph's General Hospital
Auxiliary Society - Pat..... (250)339-1407
AIDS Vancouver Island - Sarah (250)338-7400
Therapeutic Riding Association (250)338-1968
Public Health Nursing (250)338-1711
Wheels for Wellness Society (250)338-0196

Service Clubs

- Amateur Radio Club- Glen (250)336-8205
Comox Legion - Br.160 - Cyndy(250)339-2022
Courtenay Legion - Branch 17 (250)334-4322
Cumberland Legion - Br. 28.... (250)336-2361
C.V. Kinsmen Club - Jim Lilac . (250)334-9444
C.V. Monarch Lions Club (250)338-9602
Elks Club #60..... (250)334-2512
Harmony Rebekahs Lodge #22
- Carol Briggs..... (250)336-8373
Kiwans Club of Comox - John (250)334-2190
Kiwans Club - Courtenay - Bill (250)703-2222
Knights of Columbus - Rodger (250)339-1176
Baynes Sound Lions - John (250)335-0365
IODE Laura Gordon Chapter.....
- Louisa..... (250)338-1162
Order of the Royal Purple - Irene (250)334-4740
Pythian Sisters - Diana Harris... (250)335-2451
Rotary Club of Comox - Victor (250)338-3740
Soroptomist Club of Courtenay
- Barbara Lewis (250)898-8510
Strathcona Sunrise Rotary Club
- Keith..... 250-897-5055

Fairs & Festivals

- Empire Days - Leslie Baird (250)336-2718
C.V. Exhibition..... (250)338-8177
Filberg Festival - Sylvia (250)334-9242
- www.filbergfestival.com
C.V. Highland Games Society
- Laurie (250)897-8885

This directory is provided as a community service.

Groups listed are responsible for updating their own information by contacting us at 250-338-5371 with any changes.

New listings will be added space permitting.

Sports

Adult Leagues

CV Sports & Social Club - Scott(250)898-7286

Aquatics

C.V. Aquatic Club (Sharks)Kris ... (250)650-1680

C.V. Orcas Synchronized

Swim Club (250)941-2021

Baseball/Softball

C.V. Minor Baseball - Steve (250)339-9152

C.V. Minor Softball - Aislyn (250)218-3103

C.V. Slo Pitch League - Mike ... (250)792-1807

C.V. Ladies Fastball - Michele.. (250)702-3916

C.V. Ladies Slo Pitch - Jennifer. (250)898-1371

Softball B.C. Rep - Gord..... (250)338-7935

Basketball

C.V. Men's Masters Basketball - James

..... (250)941-1204

C.V. Youth Basketball Assoc.

- Anthony Edwards (250)898-9973

Ladies Recreational Basketball

- Iris Churchill (250)338-5409

Steve Nash Basketball Youth Programs

..... isfeldlockquell@gmail.com

Ice Hockey/Skating

C.V. Glacier Kings Jr. Hockey

- Iris (250)338-5409

C.V. Minor Hockey - Dale (250)334-0567

Skating Club C.V. (250)339-9872

Women's Ice Hockey

Pam - Breakers (250)897-1253

Kelly - Whalers (250)338-9786

CV Ringette Association

- Haley Humphrey.....(250)890-0818

- Ed Harding.....(250)338-4677

Martial Arts

V.I. Karate Society - Jacquie (250)338-4718

Courtenay Shito-Ryu Karate

- Todd..... (250)338-9722

C.V. Karate Club - Brenda (250)338-9722

C.V. Kung Fu Academy(250) 702-3780

Pacific Coast Karate School (250)335-1079

Russian Martial Arts - Vali..... (250)335-2781

The Academy of Martial Arts & Fitness.....

.....(250)465-9073

Warriors Realm (250)703-0092

Racquet Sports

C.V. Tennis Club - Pat McGrath

..... mcgrathpm@shaw.ca

Courtenay Sr. Badminton Club

- Daryl Bissell..... (250)339-3383

C.V. Squash Club

- Dan Lindsay..... (250)338-0746

Skiing

Mt Washington Ski Club

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

Mt Washington Volunteer Ski Patrol

- Tim Baker..... (250)334-0609

Strathcona Nordics Cross Country

- Barb Kelly.....(250)339-1904

Vancouver Island Society for

Adaptive Snowsports.....www.visasweb.ca

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

Soccer

CV Masters - Phil (250)338-4907

Men's Soccer - Andy (250)339-7309

Soccer cont.

Women's Soccer - Lisa (250)331-0281

Youth Soccer - Cheri (250)334-0422

Other

Chimo Gymnastics (250)339-2255

Comox Valley Tri-K - Rick (250)334-3124

Courtenay Knights Floor Hockey

- Tim.....(250)792-3332

Courtenay Lawnbowling Club

- Pete Harding (250)871-4145

C.V. Cougars Track & Field Club.....

(250)338-4191..... www.comoxcougars.org

CV Curling Centre (250)334-4712

CV Ringette Association

- Helen Oliphant..... (250)890-0818

Field HockeyCV www.comoxvalleyfieldhockey.ca

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

Killerwhale/Lake Trail Olympic

Weightlifting - Ed Lafleur.... (250)338-9657

Minor Lacrosse Association, C.V. Wild

.....www.comoxlacrosse.ca

Raiders Youth Football

- Chris Sutton (250)338-3815

Road Runners CV - Jim (250)338-2402

Rugby - Kicker's Club

- Aimee Eurlay.....(250)703-6677

Rugby - Saratoga Beach Over 40

- John Gotto..... (250)338-8142

Special Olympics, C.V. - Randy(250)897-1828

Outdoor Groups

Boating

Canadian Power & Sail Squadron

- Curt..... (250)339-1964

CV Dinghy Sailing School and

Comox Bay Sailing Club..comoxvaysailingclub.ca

Compass Adventures.www.compassadventure.ca

Dragon Boat Society (Blazing Paddles)

- Erica Roy..... (250)703-0707

Dragon Boat Team-Hope Afloat (Women

Cancer Survivors).... Glenda Wilson(250)339-3598

Dragon Boat Team (Dragonflies)

- Christine..... (250)338-7149

Dragon Boat Team (Prevailing Wins)

- Leon (250)339-5772

C. V. Rowing Club - Geoff..... (250)218-8223

C. V. Yacht Clubwww.cvyachtclub.com

Comox Valley Paddlers Club

- Monica (250)339-2950

Outrigger Canoe Club - Annie (250)339-1978

Other

Coal Hills BMX..... (250)336-2699

Comox District Mountaineering (Hiking)

Club - Ken Rodonets (250)871-1245

Comox Glacier Wanderers

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

C.V. Ground Search & Rescue (250)334-3211

C.V. Gowers & Seed Savers..... www.cvgss.org

C.V. Naturalists Society -Robin (250)339-4754

C.V. Land Trust - Jack (250)331-0670

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

Courtenay Fish & Game Protective

Association (250)338-9122

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

Fanny Bay Salmonid Enhancement Society

..... (250)335-1575

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

Horne Lake.....(250)248-7829

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

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

Dance Groups

Ocean Waves Square Dance Club

- Cathy and Guy Moreau (250)338-7942

Scottish Country Dance

- Heather (250)338-9060

Ukrainian Dancing Culture Society

- Nellie Choquette (250)334-2653

- Eva Prioy (250)339-7355

Visual/Performing Arts

Comox Valley Art Gallery (250)338-6211

Comox District Concert Band

- Pat Jackson (250)339-5091

C.V. Clown Club - Dolores VanderMaaten

..... (250)334-4255

C.V. Potters Club - Laurie..... (250)339-4229

Courtenay Little Theatre - Gail (250)334-3494

C.V. Community Arts Council

..... (250)338-4417 (ext.2)

C.V. Pipe Band Society - Bill ... (250)339-6444

Co-Val Chorister - Beryl Regier 339-4429

CYMC/CV Youth Music Centre(250)338-7463

Fiddlejam - Ann Freeman (250)339-4249

Filberg Lodge & Park Association

- Glen & Lynn..... (250)339-2715

Just in Time Jazz Choir

- Wendy (250)338-0244

Les Harmonies Francos

- Pauline Tardif..... (250)334-8884

Letz Sing Community Choir

-Tina..... (250)923-7709

Needlearts Guild - Kathy (250)338-6639

North Island Choral Soc.- Vivian (250)334-2092

North Island Music Teachers Association

- Ginny Lawrie (250)338-9464

NOVA Firespinners - Tracey (250)331-0880

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

Rainbow Youth Theatre

..... www.rainbowtheatre.com

Strathcona Symphony Orchestra

..... (250)331-0158

Theatreworks - Kim..... (250)792-2031

Island Phoenix Acapella Chorus

- Sandy (250)923-0101

Vancouver Island Music Fest

- Megan..... (250)336-7981

Youth

Scouting

C.V. Girl Guides cvdistrict.ggc@gmail.com

Scouting Inquiries - Chris (250)339-2424

Cadets

Air Cadets - 386 Squadron..... (250)339-9198

Army Cadets - (250)339-8211 ext 7995

Sea Cadets - Mike Smith (250)335-3407

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

St John Ambulance -Cadet Brigade(250)897-1098

Other

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

Dragon Boating Youth Team

(Dragon Riders) - Carol (250)871-4229

CV Girls Group - Wendy (250)897-5568

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

CV Young Naturalist Club - Lisa

..... YNCComox@gmail.com