

# COMOX VALLEY RECREATION GUIDE | SUMMER 2016



2



60



86



110

# What's Inside...




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Courtenay  
Recreation

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Recreation



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Recreation



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Summer Registration starts  
**May 9**

Look for the Summer Recreation  
Guide **May 6**

### Green Commitment

The Comox Valley Recreation  
Guide is made with paper that is  
80% post-consumer waste.

*When you are finished with this  
guide, please recycle it or pass it  
on to a friend.*

*Cover photo by Sara Kerr*





# Welcome!

With summer comes the much-anticipated annual opening of the Courtenay & District Memorial Outdoor Pool at Lewis Park. Water safety is an important skill. If you're interested in improving your abilities in the water, whether for personal swimming, or to become a lifeguard yourself, a wide range of classes are available for all ages. Swimming is a skill that pays many dividends. It builds confidence, improves health and stamina, and it might even save a life; yours or someone else's. Find out more about lessons and swim times starting on page 4.



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

## Courtenay Recreation

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### Program Registration

250-338-5371 or  
250-338-1000

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

click on the Recreation  
Guide link



# Lewis Centre

## Facility Hours:

Mon - Fri 5 am - 10 pm  
Saturday 8:30 am - 4 pm  
*until May 15:*  
Sunday 8:30 am - 8 pm  
*effective May 16:*  
Sunday 8:30 am - 4 pm

## Office Hours:

Mon - Fri 7:15 am - 8:45 pm  
Saturday 8:30 am - 12 pm & 1:15 pm - 4 pm  
*until May 15:*  
Sunday 8:30 am - 12 pm & 1:15 - 8 pm  
*effective May 16*  
Sunday 8:30 am - 12 pm & 1:15 - 4 pm

## Facility Closures:

Monday May 23  
*Victoria Day*  
Friday July 1  
*Canada Day*  
Monday August 1  
*BC Day*  
Monday September 5  
*Labour Day*



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

# Florence Filberg Centre

## Office Hours:

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

## Facility Closures:

Monday May 23 *Victoria Day*  
Friday July 1 *Canada Day*  
Monday August 1 *BC Day*  
Monday September 5 *Labour Day*



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

# The LINC Youth Centre & Indoor Skatepark

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

## Facility Hours:

Mondays CLOSED  
Tuesdays 3:00 - 8:00 pm (*Tween night 8 - 11 years*)  
Wednesdays 3:00 - 8:00 pm  
Thursdays 3:00 - 8:00 pm  
Fridays 3:00 - 11:00 pm  
Saturdays 3:00 - 11:00 pm *Hours subject to change*



Phone **250-334-8138**  
300 Old Island Highway Courtenay, BC V9N 3P5 [www.courtenay.ca/linc](http://www.courtenay.ca/linc)





Courtenay &  
District Memorial

# Outdoor Swimming Pool

in Lewis Park, Courtenay



## 30 metre Swimming Pool - Opens May 30

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

## Wading Pool open June 27 - September 2

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

## Courtenay Rotary Water Park in Lewis Park beside the outdoor pool

Opens May 21

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

## Special Pool Hours

**June 25 - 26**

**Saturday & Sunday**

Pool **CLOSED** for swim meet

**Free Fridays!**

Open Swim • 1:30 - 4:30 pm

**July 15 & 29, August 12 & 26**

**Friday July 1** Canada Day

**FREE Open Swim**

1:30 - 4:30 pm

**Monday August 1** BC Day

**Open Swim ONLY**

1:30 - 4:30 pm

## Birthday Parties

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

\$65/hour

(maximum 30 people)

\$120/hour

(full pool 30 - 60 people)

## Pool Rentals

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

**Bring Your School  
to the Pool!**

Call for details.



# May 30 - June 30

# Pool Schedules

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

# July 4 - August 28

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

### Evening OPEN Swim (one lane available)

- June 27 - Aug 12 Mon, Wed, Fri 7:30 - 9:00 pm
- August 15 - Sept 2 1:30 - 7:00 pm (Mon - Fri)

### Please note!

Children 6 years & under must be accompanied by an adult, 16 years or older, within arms reach.

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

# August 29 - September 2

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



## INTRO TO AQUACISE

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

Thursday June 16  
12:00 - 12:45 pm  
Free Admission

## AQUACISE

Make a splash with this deep water energizer. We emphasize invigorating cardio workouts designed to get you up and moving. Instructors will vary; however, all share an energetic and positive spirit!

**No classes July 1 or August 1.**

Mondays, Wednesdays & Fridays  
June 6 - August 26  
12:00 - 12:45 pm  
Regular admission prices

**Water-jogging** now available during weekend length swimming. Escape from the heat and enjoy resistance free training! Designated space will be available during these times! Belts and noodles will be provided.

## ADULT SWIMMING LESSONS

(15 years & over)

### BEGINNER LESSONS

Learn how to swim. It is never too late. Start with the basics; submersion, breath control, floats and glides. Work at your own pace. No previous swimming experience is required.

#41341 Wednesdays  
June 8 - July 6  
7:30 - 8:00 pm  
Outdoor Pool  
\$38/5

### INTERMEDIATE LESSONS

Develop the basics of front and back crawl, breathing, body position, continuous kick and arm placement. Build confidence, learning the progressions of diving and treading water. Meet your personal goals. Pre-requisites: completion of Beginner lessons, or the ability to swim 25 metres on front and back.

#41342 Wednesdays  
June 8 - July 6  
7:45 - 8:30 pm  
Outdoor Pool  
\$42/5

## ADVANCED LESSONS

Develop efficiency and confidence in the water. Work on front crawl, back crawl and breast stroke.

Explore progressions and stroke development, in elementary back stroke, side stroke and butterfly. Pre-requisites: successful completion of Intermediate lessons, or the ability to swim 50 metres on front and back. **No class July 1.**

#41343 Wednesdays  
June 8 - July 6  
7:45 - 8:30 pm  
Outdoor Pool  
\$42/5

## LIQUID MUSCLE

Target all muscle groups, working them to the point of liquid exhaustion. With emphasis on core/abdominal training, this dynamic, low-impact class offers a bootcamp alternative that is sure to start your weekend off right. Instructors will vary. **No class June 25.**

Saturdays  
June 4 - August 27  
8:30 - 9:30 am  
Outdoor Pool  
Regular admission prices



**Summer Send Off**  
(8 years & over)  
Say goodbye to summer at this pool party. There will be a DJ, treats and games! Pre-registration suggested.

#41508 Friday August 26  
6:00 - 8:00 pm  
Outdoor Pool  
\$10



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

**Saturday Sept 3**  
**11:00 am - 2:00 pm**  
**\$5 admission**  
dog vaccination papers must be presented

250-338-5371  
courtenay.ca/pooch



### BRONZE STAR

(12 years & over)  
Take the first step to become a lifeguard. Learn CPR, basic lifesaving skills, searches and solo and partner rescues. Stay safe in and around water with an emphasis on leadership, first aid, fitness, endurance and friendly competition. Should have the ability to swim 100 metres comfortably and have previous swimming experience.

#41335 Sundays  
July 10 & 17  
9:00 am - 2:30 pm  
Outdoor Pool  
\$78/2

### JUNIOR LIFEGUARDING CLUB (JLC)

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

Monday - Friday  
August 29 - September 2  
#41336 10:30 am - 2:30 pm  
#41337 9:00 am - 1:00 pm  
Outdoor Pool  
\$100/5

### BRONZE MEDALLION & CROSS COMBO

(13 years & over)  
Develop proficiency in lifesaving and water rescue skills. Bronze Medallion and Cross are important 'building blocks' towards further first-aid and lifeguard training. Bronze Star and strong swimming ability is recommended. Successful completion of Bronze Medallion is required for Bronze Cross. The manual supplied is used for both certifications.

#41338 Sunday - Thursday  
August 28 - September 1  
8:30 am - 4:30 pm  
Outdoor Pool  
\$280/5

### RED CROSS STANDARD FIRST AID & CPR C

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

#41503 Wednesday & Thursday  
June 8 & 9  
Valleyview Clubhouse  
#41339 Saturday & Sunday  
August 13 & 14  
8:00 am - 4:00 pm  
Lewis Tsolum Building  
\$122

### Steps to Become a Lifeguard



**You are now a Certified Lifeguard!!**  
City of Courtenay's Aquatic Team is required to hold both a valid NLS, and WSI certification

**Volunteer Opportunities**  
Add to your aquatic experience before applying to work at the Outdoor Pool. Volunteer in swimming lessons, lead games at special events, shadow a lifeguard and more! Call the Aquatic Supervisor, at 250-338-1152 or email [summerpool@courtenay.ca](mailto:summerpool@courtenay.ca) for more information.

### Private & Semi-Private Lessons

(for all ages)  
Let our qualified swim instructors provide you with one-on-one instruction. Learn to swim, assess what level is right for you, or get that extra help you need to progress. Call the Lewis Centre for more info.

Monday to Saturday  
July 4 - August 22  
Times TBA  
\$20 (½ hour) **Private**  
\$13 (½ hour) **Semi-Private**







# Lesson Schedule

## Swim Sessions

Swim lessons run Monday to Friday

- **Session 1**  
July 4 - 15  
10 lessons
- **Session 2**  
July 18 - 29  
10 lessons
- **Session 3**  
August 2 - 12  
9 lessons  
(No class August 1)
- **Session 4**  
August 15 - 26  
10 lessons

Level	Session	Time
<b>Starfish, Duck &amp; Sea Turtle</b> 4 months - 3 yrs with adult	1	9:00 - 9:30 am
	2	9:30 - 10:00 am
	3	10:00 - 10:30 am
	4	10:30 - 11:00 am
<b>Sea Otter</b>	1, 2, 4	9:00 - 9:30 am
	1, 2, 3, 4	9:30 - 10:00 am
	1, 2, 3, 4	10:00 - 10:30 am
	4	10:30 - 11:00 am
<b>Salamander</b>	1, 2, 3	9:00 - 9:30 am
	1, 2, 3, 4	10:00 - 10:30 am
	2, 3, 4	10:30 - 11:00 am
<b>Sunfish</b>	1, 2, 3, 4	9:00 - 9:30 am
	2, 3	9:30 - 10:00 am
	2, 4	10:00 - 10:30 am
	1	10:30 - 11:00 am
<b>Crocodile &amp; Whale</b>	3, 4	9:00 - 9:30 am
	2	10:00 - 10:30 am
	1	10:30 - 11:00 am



# Preschool

10 - ½ hour lessons.....\$48

9 - ½ hour lessons.....\$43.20

# 5 years & over

10 - ½ hour lessons.....\$45

9 - ½ hour lessons.....\$40.50

10 - ¾ hour lessons.....\$62.50

9 - ¾ hour lessons.....\$56.25

10 - 1 hour lessons.....\$82.50

9 - 1 hour lessons.....\$74.25

Level	Session	Time
<b>Level 1</b>	1, 4	9:30 - 10:00 am
	2, 3	10:30 - 11:00 am
<b>Level 2</b>	1, 2, 3	9:00 - 9:30 am
	9:30 - 10:00 am	
	1, 3, 4	9:30 - 10:00 am
	4	10:00 - 10:30 am
1, 2	10:30 - 11:00 am	
<b>Level 3</b>	2, 4	9:30 - 10:00 am
	1, 3, 4	10:00 - 10:30 am
	1, 3	10:30 - 11:00 am
<b>Level 4</b>	2, 3	9:00 - 9:30 am
	9:30 - 10:00 am	
	1, 3, 4	9:30 - 10:00 am
	1, 2	10:00 - 10:30 am
2, 3	10:30 - 11:00 am	
<b>Level 5</b>	1, 2	9:30 - 10:15 am
	3, 4	10:30 - 11:15 am
<b>Level 6</b>	3, 4	9:00 - 9:45 am
	1	10:15 - 11:00 am
	2	10:30 - 11:15 am
<b>Level 7 &amp; 8</b>	1, 4	9:00 - 9:45 am
	3	9:45 - 10:30 am
	2	10:15 - 11:00 am
<b>Level 9 &amp; 10</b>	2	9:00 - 10:00 am
	3	9:30 - 10:30 am
	1, 4	10:00 - 11:00 am

**Private & Semi-Private Lessons**  
~ see page 7



# Program Level Registration Guide

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



# Summer Children & Youth Programs at a GLANCE . . .

## July 4 - 8 WEEK 1

## July 11 - 15 WEEK 2

## July 18 - 22 WEEK 3

## July 25 - 29 WEEK 4

### Early Years

(up to 6 years)  
Pages 13 - 16

- 1,2,3 Come Play with Me
- Baby Talk
- Dance with Me
- Piano Adventures
- Treefrog Music Together
- Tiny Stars Tennis
- Under the Sea Adventures
- Wee Science

- Baby Talk
- Circus Circus
- Happy Feet & Tapping Toes Mini Camp
- Krayola Kids

- Baby Talk
- Dinosaur Days
- Ezra Soccer Tots
- Imagination Station
- Optimist Sailing

- Baby Talk
- Messy Art
- The Great Outdoors

### Children

(6 - 12 years)  
Pages 17 - 29

- Adventure Daycamp
- Dance & Craft Combo
- Discovery Camp
- Kung Fu Kids Kamp
- Lego Camp
- Parktime
- Piano Adventures
- Sailing
- Science Detectives
- Sk8, Scoot, Swim
- Tennis
- Tribune Bay Outdoor Education Centre Residential Camp

- 7 Story Circus Camps
- Cougars Track & Field
- C.S. Eye
- Drawing & Manga Camp
- Discovery Camp
- Fun Fridays
- Home Sense & Safety
- Kids Paddling Camp
- Kitchen Adventures
- Kid's Paddling
- Parktime
- Not Your Average Dance Camp
- Sailing Advanced

- Archery
- Arts in Motion
- Babysitter Training
- Cougars Track & Field
- Discovery Camp
- Everything You Ever Wanted To Do
- Ezra Soccer
- Parktime
- Ready, Set, Summer Daycamp
- Sailing

- Adventure Daycamp
- Cougars Track & Field
- Discovery Camp
- Diva Delights
- Flow Spin Arts Camp
- Fun Friday Kids Paddling
- Hip Hop Intro
- Kid's Paddling Camp
- Parktime
- Theatre Games & More
- Sailing - Beginner



### Youth

(10 years & over)  
Pages 30 - 34

- Chopped
- Fire Fighting Basic Training
- Laser Tag
- Skate Tours
- Sk8, Scoot & Swim!
- Teen Odyssey

- Cougars Track & Field
- Cupcake Wars
- Get Sailing
- Leaders in Training
- Skate Tours
- Teen Odyssey
- Young Cooks

- Bracelets & Braiding
- Cougars Track & Field
- Digital Film & Acting Camp
- Let's Try DIY
- Paddling Camp
- Skate Tours
- Sk8 Like a Girl
- Teen Odyssey

- Back to Basics Baking
- Cougars Track & Field
- Digital Film & Acting Camp
- Girls on the Move
- Teen Odyssey



# Registration starts Monday May 9

Aug 2 - 5 WEEK 5	Aug 8 - 12 WEEK 6	Aug 15 - 19 WEEK 7	Aug 22 - 26 WEEK 8	Aug 29 - Sept 2 WEEK 9
<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Bugs!</li> <li>• Happy Feet &amp; Tapping Toes Mini Camp</li> <li>• Sportball</li> <li>• Zoo-rific!!</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Optimist Sailing</li> <li>• Seuss on the Loose!</li> <li>• Sport n' Splash</li> <li>• Tiny Stars Tennis</li> <li>• Wacky Science Lab</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Dinosaur Days</li> <li>• Ezra Soccer Tots</li> <li>• Sunny Days Mini Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Kids in Space</li> <li>• Park Pals</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Jungle Safari</li> <li>• Kindergym Camp</li> </ul>
<ul style="list-style-type: none"> <li>• Discovery Camp</li> <li>• Hip Hop Splash</li> <li>• Lego Camp</li> <li>• Mockingjay Daycamp</li> <li>• Parktime</li> <li>• Science Detectives</li> <li>• Sk8, Scoot, Swim</li> <li>• Sportball</li> </ul>	<ul style="list-style-type: none"> <li>• C.S. Eye</li> <li>• Discovery Camp</li> <li>• Cougars Track &amp; Field</li> <li>• Exploration Art Camp</li> <li>• Kids Paddling Camp</li> <li>• Kung Fu Kids Camp</li> <li>• Fun Paddling Camp</li> <li>• Horse &amp; Pony Camp</li> <li>• Musical Theatre Camp</li> <li>• Parktime</li> <li>• Sailing</li> <li>• Tennis</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure Daycamp</li> <li>• Cougars Track &amp; Field</li> <li>• Discovery Camp</li> <li>• Ezra Soccer</li> <li>• Horse &amp; Pony Camp</li> <li>• Horse &amp; Pony Camp 2</li> <li>• Not Your Average Dance Camp</li> <li>• Parktime</li> <li>• Sailing</li> </ul>	<ul style="list-style-type: none"> <li>• Clayworks Camp</li> <li>• Discovery Camp</li> <li>• Everything You Ever Wanted To Do</li> <li>• Fun Friday Kids Paddling</li> <li>• Girls Sport &amp; Craft Combo</li> <li>• Home Sense &amp; Safety</li> <li>• It's Fun to Sew!!</li> <li>• Kid's Paddling Camp</li> <li>• Parktime</li> <li>• Sailing - Advanced</li> <li>• Trampoline Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Cooks &amp; Crafts</li> <li>• Gymnastics Camp</li> <li>• Gym &amp; Swim</li> <li>• Mixed Media Arts Camp</li> <li>• Parktime Round-Up</li> <li>• Summer Sunset</li> </ul>
<ul style="list-style-type: none"> <li>• Leaders in Training</li> <li>• Sk8, Scoot &amp; Swim!</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Chopped</li> <li>• Summer Saturdays</li> <li>• Teen Odyssey</li> <li>• Tween Fit &amp; Fun</li> <li>• Ultimate Adventure Daycamp</li> <li>• Water Tag</li> </ul>	<ul style="list-style-type: none"> <li>• Divergent Daycamp</li> <li>• Exploration Art Camp</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced Sailing</li> <li>• Girls on the Move</li> <li>• Summer Saturdays</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Back to School Baking</li> </ul>



**Pooch-A-Poolooza**  
September 3

**Tween & Teen \$2.50 Drop-in at  
The LINC Youth Centre All Summer Long**  
(see page 34 for hours)





# COZY CORNER Preschool

at the Lewis Centre  
Ages 3 - 5 years



## Register now!

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

Play  
Create  
Socialize  
Celebrate

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

Child and Family Research and Development program

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

Mashedor, 1994

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

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

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

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

**Monday, Wednesday & Friday**

**9:00 - 11:30 am OR  
Tuesday & Thursday**

**9:00 - 11:30 am**

*Interested in afternoons?*

*Leave your name on our interest list.*

## Monthly Fees

**\$125 - 2 days/week**

**\$165 - 3 days/week**

**\$25 - annual family registration fee**

489 Old Island Highway, Courtenay  
250-338-5371 [www.courtenay.ca](http://www.courtenay.ca)



# Parent Participation

## **BABY TALK**

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

**Facilitator:** Andrea Postal

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

## **THE WACKY SCIENCE LAB**

(2½ years - 4 with adult)  
Let it ooze, move, and change as you and your tot explore science. Easy experiments that are sure to entertain you.

**#41266** Mondays  
August 8 - 29  
9:30 - 11:00 am  
Lewis Centre Craft Room A  
\$35/4

## **Summer Special Events:**

*Father's Day KiteFly, page 26*  
*Nickle Carnival, page 17*

## **TREEFROG MUSIC**

### **TOGETHER PRESCHOOL**

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

**Instructor:** Kazimea Sokil  
**#41269** Tuesdays & Thursdays  
July 5 - August 4  
9:15 - 10:00 am  
Simms Millenium Park  
\$110/10

### **DANCE WITH ME**

(2 - 3 years with adult)  
Explore movement and music together in this fun introduction to dance. Scarves, rhythm sticks and more will be used to keep you grooving!

**#41270** Wednesdays  
July 6 - 27  
10:30 - 11:15 am  
Activity Room A  
\$20/4

## **CHILDMINDING**

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


Monday - Friday  
Effective June 27  
9:00 - 10:30 am  
Lewis Centre  
\$4/Drop-in

## **1,2,3 COME PLAY WITH ME**

(2½ - 4 years with adult)  
Play the morning away with hula hoops, bean bags, balls and more! Finish the class with stories, songs and games.

**#41265** Mondays  
July 4 - 25  
9:30 - 11:00 am  
Lewis Centre Gym  
\$35/4

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






### UNDER THE SEA ADVENTURES

(3 - 5 years)

Take a deep breath. You're in for a week full of adventure! Did you know that the ocean has a floor? Discover a whole new world, as we look at marine life: fish, sharks, crabs, whales and more. We've got crafts, stories, a shore walk and lots of fun on our hook.

**Instructor:** Sheri Roffey & Breanne Hague

**#41129** Monday - Friday  
July 4 - 8  
1:00 - 3:00 pm  
Craft Room B  
\$80/5

### IMAGINATION STATION

(3 - 5 years)

All aboard the train destined for the land of imagination. Create puppets, play dress up, and turn boxes into magical lands, as you let your imagination loose. Please bring a snack each day.

**Instructor:** Sheri Roffey & Breanne Hague

**#41136** Monday - Friday  
July 18 - 22  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

### MESSY ART

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41137** Monday - Friday  
July 25 - 29  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

### KRAYOLA KIDS

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41062** Monday - Friday  
July 11 - 15  
10:00 am - 12:00 pm  
Lewis Salish Building  
\$80/5

### WEE SCIENCE

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41128** Monday - Friday  
July 4 - 8  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

### CIRCUS CIRCUS

(3 - 6 years)

Run away with the circus! Lions, tigers and elephants you will explore. Face painting, clowns and balloon art. Complete with a Nickel Carnival finale. Don't miss the train to fun.

**Instructor:** Sheri Roffey & Breanne Hague

**#41131** Monday - Friday  
July 11 - 15  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

### DINOSAUR DAYS

(4 - 6 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

Monday - Friday  
**#41132** July 18 - 22  
**#41133** August 15 - 19  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$90/5



*Slip, Slap, Slop on some sunscreen!*

**THE GREAT OUTDOORS**

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41061** Monday - Friday  
July 25 - 29  
1:00 - 3:00 pm  
Lewis MP Hall  
\$80/5

**SEUSS ON THE LOOSE!**

(3 - 5 years)  
Gather round for some Dr. Seuss classics. Create a theme related craft, and then get loose in a Dr. Seuss way as you shake out your sillies in active play.

**Instructor:** Sheri Roffey & Breanne Hague

**#41140** Monday - Friday  
August 8 - 12  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

**PARK PALS**

(3 - 5 years)  
Explore nature on our fun-filled treks, as we examine everything from bugs to birds. Crafts and games round out the fun. Please bring your lunch and a bathing suit/towel.

**Instructor:** Lisa Beaulieu

**#41143** Monday - Friday  
August 22 - 26  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

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

**BUGS!!**

(3 - 5 years)  
Learn about a different bug each day! Make crafts that look like your favourite bugs, and explore outside to look for their hiding places. Come dressed for the weather and get ready to have some fun!

**Instructor:** Sheri Roffey & Breanne Hague

**#41138** Tuesday - Friday  
August 2 - 5  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$70/4

**SUNNY DAYS MINI CAMP**

(3 - 5 years)  
Capture the best parts of summer! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories. Bring a snack each day.

**Instructor:** Sheri Roffey & Breanne Hague

**#41142** Monday - Friday  
August 15 - 19  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

**ZOO-RIFIC!!**

(3 - 5 years)  
Lions, tigers and bears - Oh MY! Get in on all the action as you roar like a tiger, hop like a kangaroo, and play like a monkey. Finish with a trip to the petting zoo!

**Instructor:** Sheri Roffey & Breanne Hague

**#41139** Tuesday - Friday  
August 2 - 5  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$70/4

**KIDS IN SPACE**

(3 - 5 years)  
Blast off on a journey of discovery as we explore Space. Learn about the solar system, astronomy, rockets and the Space Station. Hands on experiments, crafts, stories and astronaut missions provide fun and learning. Bring a snack each day.

**Instructor:** Lisa Beaulieu

**#41144** Monday - Friday  
August 22 - 26  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5







## Sports & Movement

### SPORT N' SPLASH

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41141** Monday - Friday  
August 8 - 12  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

### TINY STARS TENNIS

(5 - 6 years)

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

**Instructor:** In Your Court Tennis Academy

Monday - Friday  
**#41420** July 4 - 8  
**#41421** August 8 - 12  
9:00 - 10:00 am  
\$50/5

### KINDERGYM CAMP

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41060** Monday - Friday  
August 29 - September 2  
9:00 - 10:00 am  
Lewis Centre Gym  
\$65/5

### SPORTBALL

(3 - 5 years)

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

**#41282** Tuesday - Friday  
August 2 - 5  
9:00 am - 12:00 pm  
Lewis Centre  
\$112/4

### JUNGLE SAFARI

(3 - 5 years)

Join us as we learn about the animal kingdom. Mini-safaris, encounters with wild (imaginary) creatures, and long lost tribes are ours to discover through crafts, games, and hands-on activities. Bring your swimsuit and towel each day, for a dip in our wading pool. **Instructor:** Lisa Beaulieu

**#41145** Monday - Friday  
August 29 - September 2  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

### HAPPY FEET &

### TAPPING TOES MINI CAMP

(3 - 5 years)

Explore creativity, imagination, and movement in this fun filled environment. Get exposed to Jazz, Rhythm, and Musical Theatre techniques. Arts and crafts will be included in the fun. Dancers will learn choreography which will be presented at the end of the last class.

**Instructor:** Kennedy Ledingham

**#41271** Monday - Friday  
July 11 - 15  
10:00 am - 12:00 pm  
\$65/5  
**#41272** Tuesday - Friday  
August 2 - 5  
1:00 - 3:00 pm  
Lewis Centre  
\$55/4

### EZRA SOCCER TOTS

(3 - 5 years)

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

**Instructors:** Ezra Soccer Academy  
Monday - Friday  
**#41187** July 18 - 22  
**#41188** August 15 - 19  
10:30 - 11:30 am  
Lewis Park  
\$65/5



# Special Interest

## HORSE & PONY CAMP

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

- Instructor:** Claudia Harper  
Monday - Friday  
August 8 - 12
- #41189 9:00 am - 12:00 pm
  - #41190 3:00 - 6:00 pm  
August 15 - 19
  - #41191 9:00 am - 12:00 pm  
\$280/5

**7 Story Circus Camps**  
*see page 22*

**Leadership Development**  
*see page 27*

**Paddling Camps**  
*see page 24*

**Sailing**  
*see page 25*

## HORSE & PONY CAMP 2

(8 - 14 years)  
In this next level, you'll be involved with more hands-on care, handling and riding of horses. You must already have completed one week of introductory camp, and have a current membership with the Horse Council of B.C. The final day will be held at Saddlebags Tack Store in Merville.

- Instructor:** Claudia Harper  
#41192 Monday - Friday  
August 15 - 19  
3:00 - 6:00 pm  
\$280/5

## C.S. EYE

(6 - 9 years)  
Focus your eye on the clues as we use our super-sleuth skills to solve the mystery of the day. Compare fingerprints, analyse handwriting, learn about identities and more. Add in arts, crafts and games to keep you active on the scene.

- #41178 Thursday July 14
- #41179 Monday August 8  
12:00 - 4:00 pm  
Lewis Salish Building  
\$28

## EVERYTHING YOU EVER WANTED TO DO

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

- #41172 Friday July 22
- #41173 Wednesday August 24  
12:30 - 3:30 pm  
Lewis Salish Building  
\$28

## SCIENCE DETECTIVES

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

- Monday - Thursday
- #41174 July 4 - 7  
Tuesday - Friday
- #41177 August 2 - 5  
12:30 - 3:30 pm  
Lewis Centre  
\$75/4

# NICKEL CARNIVAL

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

**Friday, July 15**  
1:30 - 3:30 pm Lewis Centre

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

489 Old Island Highway, Courtenay 250-338-5371 [courtenay.ca/rec](http://courtenay.ca/rec) *follow us*





### KUNG FU KIDS KAMP

(6 - 12 years)

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

**Instructor:** Corny Martens  
Monday - Friday

#41181 July 4 - 8

#41182 August 8 - 12  
8:45 am - 3:00 pm  
Lewis MP Hall  
\$195/5

### DIVA DELIGHTS

(6 - 9 years)

Delight your diva senses as you create all things girly; lip gloss, bath bombs, jewellery and hair accessories, just to name a few. You will even make a nutritious snack.

#41419 Monday - Friday  
July 25 - 29  
12:00 - 4:00 pm  
Lewis Salish Building  
\$90/5

### 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.

#41164 Saturday July 16

#41166 Saturday August 27  
1:00 - 3:30 pm  
Lewis Craft Room A  
\$25

### PIANO ADVENTURES

(5 - 11 years)

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

**Instructor:** Debbie Ross

Tuesdays & Thursdays  
July 5 - August 11

#41302 4:30 - 5:30 pm (5 - 7 years)

#41303 5:30 - 6:30 pm (8 - 11 years)  
Lewis Tsolum Building  
\$144/12

### ST JOHN BABYSITTER TRAINING

(11 - 18 years)

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

Saturday

#41321 July 23

#41323 August 20  
9:00 - 4:30 pm  
Lewis Centre  
\$69

### KITCHEN ADVENTURES

(7 - 11 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. Finish off with a swim in the outdoor pool.

#41408 Monday - Friday

July 11 - 15  
9:00 am - 3:30 pm  
Lewis Centre  
\$100/5

### COOKS & CRAFTS

(6 - 9 years)

Spend the last week of summer tantalizing your taste buds and satisfying your creativity as you create savory dishes and craft the afternoon away.

#41411 Monday - Friday

August 29 - September 2  
12:00 - 4:00 pm  
Lewis Centre  
\$90/5

### Recreation Access

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

Ask us how to apply!



# Arts & Crafts

## ARTS IN MOTION

(8 - 12 years)

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

**Instructor:** Jenja McIntyre

**#41395** Monday - Friday  
July 18 - 22  
9:00 am - 3:30 pm  
Lewis Tsolum Building  
\$200/5

## LEGO CAMP

(7 - 11 years)

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

**Instructor:** Jenja McIntyre

**#41392** Monday - Friday  
July 4 - 8  
9:30 am - 3:30 pm  
\$160/5  
**#41395** Tuesday - Friday  
August 2 - 5  
9:30 am - 3:30 pm  
\$130/4  
Lewis Salish Building

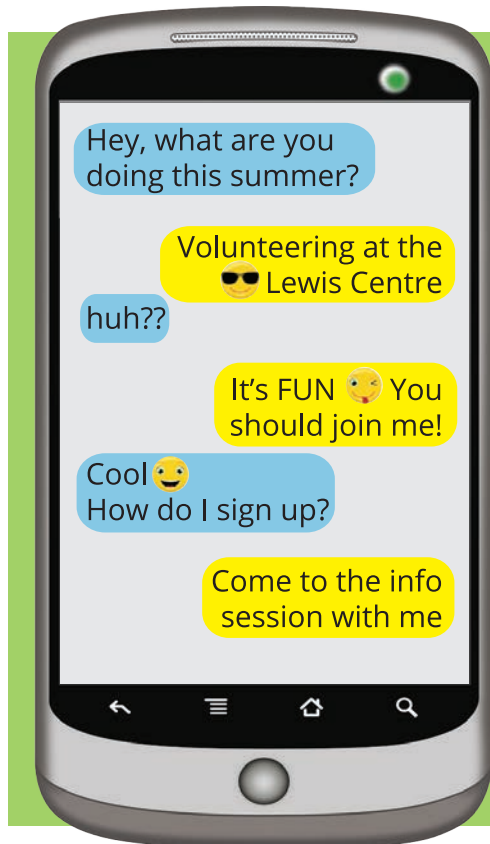
## DRAWING & MANGA CAMP

(8 - 12 years)

Do you love video games, pixel craft and comics? At this camp we will incorporate video game themes into our art and learn how to draw your own manga characters. You will also sculpt your own 3D version and make mini movies. Each student will receive a drawing kit and their own sketch book to keep.

**Instructor:** Jenja McIntyre

**#41396** Monday - Friday  
July 11 - 15  
9:00 am - 3:30 pm  
Lewis Tsolum Building  
\$165/5



# SUMMER 2016

Keep busy this summer!  
Volunteers (14 years & older) needed.

## Volunteer Information Meeting

Thursday June 2, 2016  
4:00 - 5:00 pm  
Lewis Centre

## Volunteer Training

Thursday June 30, 2016  
1:00 - 4:00 pm  
Lewis Centre

For more information call Lewis Centre at  
**250-338-5371** or text **250-650-9930**





## Exploration Art Camp

### CREATIVE KIDS

(8 - 12 years)

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

Please bring a bag lunch each day.

**Instructor:** Jenja McIntyre

**#40810** Monday - Friday

August 8 - 12

9:00 am - 4:30 pm

NI College Fine Arts Studios

\$270/5

### YOUNG ARTISTS

(12 - 16 years)

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

**Instructor:** Jenja MacIntyre

**#40811** Monday - Friday

August 15 - 19

9:00 am - 4:30 pm

NI College Fine Arts Studios

\$295/5

### IT'S FUN TO SEW!

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

**Instructor:** Jean Morgan

**#41412** Monday - Friday

August 22 - 26

10:00 am - 12:00 pm

Lewis Centre Craft Room B

\$80/5

### CLAYWORKS CAMP

(7 - 12 years)

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

**Instructor:** Jenja McIntyre

**#41397** Monday - Friday

August 22 - 26

10:00 am - 3:00 pm

Lewis Centre Craft Room B

\$165/5

### MIXED MEDIA ARTS CAMP

(7 - 11 years)

Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a carefree way.

**Instructor:** Jenja McIntyre

**#41398** Monday - Friday

August 29 - September 2

9:00 am - 3:00 pm

Lewis Centre

\$165/5

*We are dedicated to providing a stimulating arts education for young people in the Comox Valley. Bursary applications are available at the Lewis Centre. Deadline for Bursary application is July 3.*



# Dance & Movement

## FLOW ARTS SPIN CAMP

(6 - 13 years)

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

**Instructor:** Tracey Clarke

**#41180** Monday - Friday

July 25 - 29

9:00 am - 12:00 pm

Lewis Centre MP Hall

\$110/5

## HIP HOP SPLASH

(7 - 11 years)

Spend the first half of the day learning hip hop moves and choreographed dances, then cool off the last half in the outdoor pool or splash park! Please bring a lunch and swimsuit each day.

**Instructor:** Kennedy Ledingham

Tuesday - Friday

August 2 - 5

**#41314** 12:00 - 4:00 pm (7 - 11 years)

**#41315** 8:30 - 11:30 am (6 - 9 years)

Lewis Centre

\$75/4

## DANCE & CRAFT COMBO

(6 - 9 years)

Dance, play, and crafting! What more could you want? Spend the morning moving and grooving as you try out a variety of dance styles. Finish off the day with crafts.

**Instructor:** Kennedy Ledingham

**#41320** Monday - Friday

July 4 - 8

9:00 am - 12:00 pm

Lewis Centre

\$65/5

## NOT YOUR AVERAGE DANCE CAMP

(7 - 11 years)

Get in on the latest moves as you try out a variety of dance styles. Then play games and take a swim in the outdoor pool! Please bring a lunch each day.

**Instructor:** Kennedy Ledingham

Monday - Friday

**#41312** July 11 - 15

**#41313** August 15 - 19

10:00 am - 3:30 pm

Lewis Centre Craft Room A

\$100/5

## THEATRE GAMES AND MORE

(8 - 12 years)

Learn fun and silly theatre games, practice basic singing techniques and sing along to your favourite songs and more in a friendly, relaxed and non-competitive environment.

**Instructor:** Kennedy Ledingham

**#41319** Monday - Friday

July 25 - 29

12:00 - 2:00 pm

Lewis Centre

\$50/5

## MUSICAL THEATRE CAMP

(7 - 10 years)

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

**Instructor:** Kennedy Ledingham

**#41316** Monday-Friday

August 8 - 12

9:00 am - 3:00 pm

Lewis Centre

\$100/5

## HIP HOP INTRO

(7 - 11 years)

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

**Instructor:** Kennedy Ledingham

**#41318** Monday - Friday

July 25 - 29

9:00 - 11:00 am

Lewis Centre

\$50/5





### EZRA SOCCER SCHOOL HALF DAY

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

**Instructor:** Ezra Soccer School  
Monday - Friday  
#41185 July 18 - 22  
#41186 August 15 - 19  
9:00 am - 12:00 pm  
Lewis Park  
\$99/5

### EZRA SOCCER TOTS

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

**Instructors:** Ezra Soccer School  
Monday - Friday  
#41187 July 18 - 22  
#41188 August 15 - 19  
10:30 - 11:30 am  
Lewis park  
\$65/5

### EZRA SOCCER SCHOOL FULL DAY

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

**Instructor:** Ezra Soccer School  
Monday - Friday  
#41183 July 18 - 22  
#41184 August 15 - 19  
9:00 am - 3:30 pm  
Lewis Park  
\$189/5

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

### 7 STORY CIRCUS SUMMER CAMP

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

**Instructor:** Kaya Kehl  
#41375 Monday - Wednesday  
July 11 - 13  
1:00 - 4:00 pm  
Lewis Centre Gym  
\$116/3

### AERIAL ARTS CAMP

(10 years & over)  
Explore the exciting art of aerial fabric and aerial hoop. With focus on skill and strength building, you'll start close to the ground then gain height as your confidence and abilities increase. Eventually, you will be dancing in the air! Meet others who love it too! A separate \$5 Circus membership fee must be paid to the instructor at the first class.

**Instructor:** Kaya Kehl  
#41376 Monday - Wednesday  
July 11 - 13  
10:30 am - 12:00 pm  
Lewis Centre Gym  
\$75/3



## JUNIOR BRONZE TENNIS

(7 - 10 years)

Develop your ground strokes, volley, serve and learn a game based approach to rallying. Perfect for beginners. Racquets provided.

**Instructor:** In Your Court Tennis Academy

Monday - Friday

#41377 July 4 - 8

#41378 August 8 - 12

10:00 - 11:30 am

Lewis Park Tennis Courts

\$75/5

## GIRLS SPORT & CRAFT COMBO

(7 - 12 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

#41379 Monday - Friday

August 22 - 26

1:00 - 4:30 pm

Lewis Centre

\$90/5

## TRAMPOLINE CAMP

(6 years & over)

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

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

Monday - Friday

August 22 - 26

#41380 9:30 - 11:00 am

#41381 11:00 am - 12:30 pm

Lewis Centre Gym

\$70/5

## TINY STARS TENNIS

(5 - 6 years)

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

Monday - Friday

#41420 July 4 - 8

#41421 August 8 - 12

9:00 - 10:00 am

\$50/5

## GYMNASTICS CAMP

(6 years & over)

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

**Instructor:** Sheri Roffey & Breanne Hague

#41382 Monday - Friday

August 29 - September 2

10:00 am - 12:00 pm

Lewis Centre Gym

\$95/5

## CHILDREN'S ARCHERY CAMP

(7 - 11 years)

Test your skills with bow & arrow and join the league of Robin Hood for an exciting week of archery instruction, games, and skills.

Tuesday - Thursday

July 19 - 21

#41416 10:30 am - 12:30 pm

#41418 12:45 - 2:45 pm

Lewis Centre MP Hall

\$45/3

## GYM & SWIM

(8 years & Over)

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

**Instructor:** Sheri Roffey & Breanne Hague

#41383 Monday - Friday

12:30 - 3:30 pm

August 29 - September 2

Lewis Centre Gym

\$105/5







### SPORTBALL MULTI-SPORT CAMP CHILDREN

(6 - 9 years)

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

**Instructor:** Sportball

**#41274** Tuesday – Friday  
August 2 - 5  
1:00 - 4:00 pm  
Lewis Centre MP Hall  
\$112/4



### KIDS PADDLING CAMP 2016

Get on the water this summer! Join us to explore our coastal area in a kayak, canoe, and on a stand-up paddleboard. This camp shows you how to be safe and have tons of fun on the water no matter what you're paddling! Participants will learn the basics of kayaking, canoeing, and SUP, and finish off the week with a day of swimming and paddling at Comox Lake.

**Instructor:** Comox Valley Kayaks  
Monday - Thursday

**#41384** July 11 - 14  
**#41385** July 25 - 28  
**#41386** August 8 - 11  
9:00 am - 12:00 pm  
**(Thursday 10am-2pm  
at Comox Lake)**  
**#41387** August 22 - 25  
1:00 - 4:00 pm  
**(Thursday 10am-2pm  
at Comox Lake)**  
\$130/4

*Please look @ your receipts  
as they contain important  
program information*

### COUGARS TRACK & FIELD CAMP

(9 - 14 years)

Join us for some track & field fun this Summer! Learn to hurdle, throw a javelin, reach new heights in High Jump, and much more. We cover most track & field events during this 5-day camp, always with a focus on skills, fitness, & fun. Sessions are taught by former Canadian team members.

**Instructor:** Cougars Track & Field  
Monday - Friday

**#41231** July 11 - 15  
**#41232** July 18 - July 22  
**#41233** July 25 - July 29  
**#41234** August 8 - 12  
**#41235** August 15 - 19  
9:00 am - 12:00 pm  
\$89/5 (includes BC Athletic  
Canada membership)

### FUN FRIDAY KIDS PADDLING DAY

(10 years & over)

Join us for just a Friday on the water, or add this as an additional day after a week of Kids Paddling Camp to show off your new skills! Paddling fun at the beach of Goose Spit with our enthusiastic instructors in both kayaks and canoes!

**Instructor:** Comox Valley Kayaks  
Fridays

**#41388** July 15  
**#41389** July 29  
**#41390** August 12  
**#41391** August 26  
12:00 - 4:00 pm  
\$35  
*or \$30 if adding onto Kids  
Paddling Camp  
(within same week)*



# Outdoor Adventures

## OPTIMIST SAILING WET FEET

(5 - 8 years)

A camp for little sailors designed to introduce them to salt water, sea life and sailing. Focused on creating a safe and fun environment on the water, this program aims to instill confidence as a base for further sailing programs.

**Instructor:** Comox Bay Sailing  
Monday - Friday  
July 18 - 22

#41193 9:00 - 11:30 am

#41194 12:30 - 3:00 pm

#41195 August 8 - 12  
12:30 - 3:00 pm

Comox Marina Park Gazebo  
\$155/5

## TRIBUNE BAY OUTDOOR EDUCATION CENTRE RESIDENTIAL CAMP

(10 - 13 years)

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

#41300 Monday - Friday  
July 4 - 8

8:30 am drop off at Lewis  
Centre on Monday

3:30 pick up at Lewis  
Centre on Friday

\$380+gst

## OPTI BEGINNER SAILING

(6 - 12 years)

For kids with little to no sailing experience. This program teaches students the fundamental elements of sailing in the Optimist Dinghy. Our certified Sail Canada instructor will focus on sailor development and fun. The course has opportunities to sail both with a partner or single-handed. Students can master simple sailing technique and be their own captain remarkably fast!

**Instructor:** Comox Bay Sailing  
School

Monday - Friday

#41196 July 4 - 8

#41197 July 25 - 29

#41198 August 15 - 19

9:00 am - 3:30 pm

Meet at Comox Marina  
Park Gazebo

\$285/5

## OPTI ADVANCED SAILING

(7 - 12 years)

Pre-requisite Opti Beginner. Young sailors continue to develop basic sailing skills learned in Opti Basic as well as being introduced to more advanced skills with increased independence.

**Instructor:** Comox Bay Sailing  
School

Monday - Friday

#41199 July 11 - 15

#41200 August 22 - 26

9:00 am - 3:30 pm

Meet at Comox Marina  
Park Gazebo

\$285/5

*More sailing programs for  
youth on page 30*





### SK8, SCOOT, SWIM

(7 - 12 years)

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

**Instructor:** Jordan Savard

Monday - Friday

#41204 July 5 - 11

\$145/5

Tuesday - Friday

#41205 August 2 - 5

\$116/4

10:00 am - 4:00 pm

The LINC Skatepark

### ADVANCED SAILING

(12 - 17 years)

Learn advanced sailing with experienced Sail Canada instructors. This course will focus on sailing fast by promoting the understanding of boat handling and applied sailing theory. Catered to individual development, this course provides the skills necessary to gain confidence as an independent sailor.

#41214 Monday - Friday

August 22 - 26

9:00 am - 3:30 pm

Comox Marina

\$285/5

### BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. **No Birthday party August 6.**

Saturdays starting July 9

11:30 am - 1:30 pm

The LINC

\$110

\$150/with 3 large pizzas

## FATHER'S DAY

# Annual Kite Fly

## Sunday June 19

Goose Spit Park

Registration 12:00 pm,

KiteFly 12:30 - 2:30 pm,

Awards 2:30 pm

Park & Ride

from Brooklyn Elementary School,

1290 Guthrie Road

Shuttle Bus 11:30 am - 3:30 pm

Also featuring a hot dog roast!



CITY OF  
**COURTENAY**  
Recreation

489 Old Island Highway, Courtenay  
250-338-5371 [courtenay.ca/rec](http://courtenay.ca/rec)





# Become a Leader!

## Steps to Become a Lifeguard

**1. Bronze Medallion**  
pre-requisite: Bronze Star or 13 years +

**2. Bronze Cross**  
pre-requisite: Bronze Medallion

**3. Standard First Aid & CPR-C**  
13 years+ (taken within 1 year of your NL)

**4. National Lifeguard Award (NL)**  
pre-requisite: 16 yrs+, Bronze Cross & Standard First Aid

**You are now a Certified Lifeguard!!**

City of Courtenay's Aquatic Team is required to hold both a valid NLS, and WSI certification

## LEADERSHIP SKILLS (HELPING TO MAKE THE WORLD A BETTER PLACE)

(13 - 17 years)

These workshops will help participants develop leadership skills by learning various life, counselling and conflict resolution skills, goal setting, team building, accountability and group facilitation.

Participants should expect interactive exercises and opportunities to practice their skills. **No class July 18 & 22.**

Mon, Wed & Fridays

#41510 July 4 - 27

#41511 August 3 - 19

9:00 - 3:00 pm

\$190/8

## LEADERS IN TRAINING (LIT)

(13 - 17 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers, or build on their resumes. Develop leadership skills as you learn games, and activities, behaviour management and more. Participants will also meet with the volunteer coordinator to put their skills into practice either helping with the Nickel Carnival or in children's day programs.

Tuesday - Friday

#41202 July 12 - July 15

#41203 August 2 - 5

10:00 am - 4:30 pm

LINC Games Room

\$85/4

## ST JOHN BABYSITTERS TRAINING

(11 - 18 years)

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

**Instructor:** St. John Ambulance

Saturday

#41322 July 23

#41323 August 20

9:00 - 4:30 pm

Lewis Centre

\$69

**Work with us this fall!**  
*We are looking for qualified, experienced and enthusiastic Program Instructors! Bring in a resume and cover letter to the Lewis Centre.*

## Volunteer This Summer

(14 years & over)

Ready to lend a hand? Turn your spare time into social good! Spend a few hours, days, or weeks with Courtenay Recreation this summer, and help us build a strong, happy and healthy community.



### What's in it for you?

- Meet new people
- Advance your career
- Stay physically healthy
- Make new contacts
- Learn new skills
- Increase social & relationship skills
- Help others & feel happy
- Have fun
- Develop new interests

### How do I get started?

It's easy. Call our Volunteer Coordinator at 250-338-5371 or text 250-650-9930, or drop by the Lewis Centre and fill out a volunteer application form. See page 19 for additional information.

## Volunteer Info Meeting

June 2, 2016

4:00 - 5:00 pm

Lewis Centre





# Full Time Day Camps



## PARENT INFORMATION

**What to Expect:** We are dedicated to providing a safe, happy and supervised program. Please sign participants in and out and relay any important information. Pick up an information package for each program when you register.

**What to Bring:** Bring a bag lunch with snacks, water bottle, swim gear, sunscreen, a hat and proper footwear each day. NO PEANUT PRODUCTS are permitted.

**Staff:** Our camps are run by dynamic, qualified staff who are equipped with First Aid and CPR, trained for a minimum of 70 hours and have completed a criminal record check. Our staff bring an impressive variety of talent and experience in the arts, sports, adventure activities, out-tripping, and leadership. We are committed to making your child's camp experience one to remember!

**Special Needs Programs:** We make it fun and easy for children and teens with special needs to attend our camps. Contact our Inclusion Coordinator at 250-338-5371 for details on support for Parktime, Discovery Camp, Daycamp and Teen Odyssey programs.

**Volunteers:** see page 19.

## PARKTIME

(6 - 8 years)

Spend your summer having fun, while making new friends. Play games, make crafts, explore the beach and stay cool with a variety of water activities. **No program August 1.**

Monday - Friday

#40845 July 4 - 8

#40846 July 11 - 15

#40847 July 18 - 22

#40848 July 25 - 29

#40850 August 8 - 12

#40851 August 15 - 19

#40852 August 22 - 26

\$115/5

Tuesday - Friday

#40849 August 2 - 5

\$92/4

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$37/day

## Kidsplay

Our childminding service offers you a safe, unstructured, but supervised playtime before and after our programs. Pre-registration is required. Call the Lewis Centre for daily and weekly rates.

### Parktime & Discovery

Monday - Friday

8:00 - 10:00 am or

9:00 - 10:00 am &/or

4:00 - 5:00 pm

### Adventure Daycamp

Monday - Friday

8:00 - 9:00 am &/or

4:00 - 5:00 pm

### Specialty Daycamps

Monday - Friday

8:00 - 9:30 am &/or

4:30 - 5:00 pm

## DISCOVERY CAMP

(8 - 12 years)

Experience adventures galore! Your summer full of never ending discoveries, excursions and games awaits. Venture to new places in our weekly outings, swim every day, explore the beach, make crafts, and enjoy interactive fun.

**No program August 1.**

Monday - Friday

#40837 July 4 - 8

#40838 July 11 - 15

#40839 July 18 - 22

#40840 July 25 - 29

#40842 August 8 - 12

#40843 August 15 - 19

#40844 August 22 - 26

\$115/5

Tuesday to Friday

#40841 August 2 - 5

\$92/4

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$37/day

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



## PARKTIME ROUND-UP

(6 - 12 years)

Wrap up a super awesome summer with water activities, games, crafts, swimming, cool outings and lots of laughs.

Monday - Friday

#40835 August 29 - September 2

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$135/5

## ADVENTURE DAYCAMP

(7 - 12 years)  
Get on board in this interactive, action packed camp. Explore nature, swim, hike local trails, learn basic wilderness skills, camp out under the stars, and discover what else the island has to offer. Our overnight campout is during the second week at exceptional campsites.

- Tuesday - Friday & Monday - Friday
- #40828** July 5 - 15
- #40830** August 16 - 26  
Monday - Friday & Tuesday - Friday
- #40829** July 25 - August 5  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$241/9

## ULTIMATE ADVENTURE DAYCAMP

(10 - 14 years)  
Experience thrilling adventures and the life of a true explorer as we hike, canoe, go caving and experience what it is like to sleep beneath the stars.

- #41345** Tuesday - Friday  
August 9 - 12  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$185/4

## SUMMER SUNSET

(7 - 12 years)  
Summer may be coming to an end but the fun doesn't have to. Explore, swim, play golf, and take a journey on a fun-filled field trip.

- #40832** Monday - Friday  
August 29 - September 2  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$175/5

## READY, SET, SUMMER DAYCAMP

*New!*

(8 - 12 years)  
Swing into summer with style! Have a blast in this one stop shop for fun as we climb our way around the high ropes course at Wildplay, swim, make new friends and participate in team challenges during a team building campout.

- #41346** Monday - Friday  
July 18 - 22  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$190/5



## TEEN ODYSSEY

(12 - 18 years)  
We do it all! Teens with special needs team up with friends for fun in the sun. Games, crafts, music, drama, outdoor adventures and daily swims make for an exciting summer. Contact our Summer Inclusion Coordinator for details.

- Monday - Friday
- #40820** July 4 - 8
- #40821** July 11 - 15
- #40822** July 18 - 22
- #40824** July 25 - 29
- #40827** August 8 - 12
- #40825** August 15 - 19
- #40823** August 22 - 26  
\$70/5  
Tuesday - Friday
- #40826** August 2 - 5  
\$56/4  
10:00 am - 4:00 pm  
Lewis Centre

## MOCKINGJAY DAYCAMP (Hunger Games Sequel)

(9 - 13 years)  
Test yourself through action, survival skills, and ultimate games based on the Hunger Games trilogy. Steady your aim in archery, defend yourself with martial arts, swim and gather round for the overnight campfire campout.

- #40854** Tuesday - Friday  
August 2 - 5  
9:30 am - 4:30 pm  
Lewis Park Tsolum Building  
\$180/4

## DIVERGENT DAYCAMP

(10 - 14 years)  
Based on the popular Divergent trilogy, this unique camp offers you swimming, hiking, individual challenges, teambuilding, and an overnight adventure to find your bravest selves.

- #41344** Tuesday - Friday  
August 16 - 19  
9:30 am - 4:30 pm  
Lewis Park Tsolum Building  
\$180/4





## BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. **No Birthday party July 30.**

Saturdays starting July 9

11:30 am - 1:30 pm

The LINC

\$110

\$150/with 3 large pizzas

## Get Active

### GET SAILING

(12 - 17 years)

This introductory sailing course is geared to new sailors, or those with limited experience and is aimed to get you out on the water and having fun in the sun! Learn the basics of sailing with Sail Canada instructors. We'll cover terminology, points of sail, knots, rigging, sail trim, tacking & gybing and righting a capsized boat. Gain real sailing experience in a fun and relaxed environment out on the water.

**#41213** Monday - Friday

July 11 - 15

9:00 am - 3:30 pm

Comox Marina

\$285/5

### ADVANCED SAILING

(12 - 17 years)

Learn advanced sailing with experienced Sail Canada instructors. This course will focus on sailing fast by promoting the understanding of boat handling and applied sailing theory. Catered for individual development, this course provides the skills necessary to gain confidence as an independent sailor.

**#41214** Monday - Friday

August 22 - 26

9:00 am - 3:30 pm

Comox Marina

\$285/5

### TWEEN FIT AND FUN

(8 - 12 years)

Take part in new activities each day. This program promises to keep you moving while making new friends and having fun along the way. Try new sports, fitness activities, outings and more! Healthy snack included.

**#41210** Monday - Friday

August 8 - 12

10:00 am - 4:00 pm

LINC Games Room

\$165/5

### GIRLS ON THE MOVE

(10 - 16 years)

Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying activities like yoga, weight-training, geo-caching, Zumba, racquet sports and of course swimming! Healthy snack included.

Tuesday - Friday

**#41208** July 26 - 29

**#41209** August 23 - 26

10:00 am - 4:00 pm

LINC Games Room

\$132/4

### Recreation Access

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

Ask us how to apply!

## LEADERS IN TRAINING (LIT)

(13 - 17 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers and build their resumes. Develop leadership skills as you learn games and activities, behaviour management and more. Participants will also meet with the volunteer coordinator to put their skills into practice helping with the Nickel Carnival or children's programs.

Tuesday - Friday

#41202 July 12 - 15

#41203 August 2 - 5

10:00 am - 4:30 pm

LINC Games Room

\$85/4

## DIGITAL FILM & ACTING CAMP

(11 - 18 years)

Hitchcock, Cameron, Tarantino. Young filmmakers begin their journey to learn the art of cinematic story telling during this digital film and acting camp. Experiment with acting, improv games and hands on experience with an award-winning film maker and digital film making equipment including HD cameras, microphones, lights & editing software. The final day of camp will include a screening of the film created by, and starring the youth.

**Instructor:** Jennifer Pickford

#41222 Monday - Friday

July 18 - 29

10:00 am - 4:00 pm

LINC Games Room

\$320/10

*Ask us about our Stay & Play options for before and after camps at The LINC.*

## BRACELETS & BRAIDING

(8 - 12 years)

Would you like to learn how to braid and make awesome bracelets? Sign up with a friend and learn on each other's hair the art of braiding. With practice, you will master single corn rows and french braids. We'll also experiment with parting techniques to create Mohawks, buns, ponytails, and more! Then we'll learn a variety of different weaving techniques that will allow you to create beautiful friendship bracelets!

#41218 Monday July 18

12:30 - 4:00 pm

LINC Games Room

\$21

## LET'S TRY D.I.Y.

(10 - 15 years)

Let's get crafty. We'll upcycle, recreate and create awesome take home projects guaranteed to keep your creative juices flowing.

#41219 Tuesday - Thursday

July 19 - 21

10:00 am - 4:00 pm

LINC Games Room

\$105/3

## THE EPOCHS OF OUR UNIVERSE

(10 - 15 years)

This 'Big History' camp begins with the Big Bang and ends with the Big Crunch. We'll touch on several branches of science including the elements, the life cycle of stars and planets, evolution of life on earth, futurology and more! **No class July 19 & 21.**

**Instructor:** Martin Pariseau

#41513 Tuesdays & Thursdays

July 5 - September 1

8:30 am - 12:00 pm **10-14 yrs**

1:00 - 4:30 pm **15-18 yrs**

LINC Games Room

\$260/18

## FATHER'S DAY BUNGEE PLANE ADVENTURE

(8 - 18 years)

Calling all pilots! Come try out the newest craze in the Comox Valley - bungee planes! Bring your dad, grandpa, or a fellow pilot and get ready to launch your plane!

**Instructor:** Don Cropley

#41201 Saturday June 18

1:00 - 3:00 pm

LINC Multipurpose Room

\$22/person **or**

\$36/2 people

## ART ATTACK & SPLASH

(10 - 14 years)

Explore your creative side experimenting with different mediums, art projects and activities in the morning and swimming each afternoon!

#41171 Tuesday - Friday

August 16 - 19

10:00 am - 4:00 pm

LINC Games Room

\$130/4







# Culinary Pursuits

## FOOD SAFE LEVEL 1

(14 - 18)

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

**Instructor:** Gaetane Palardy

#41175 Thursday June 30

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

## BACK TO SCHOOL

### BAKING

(9 - 14 years)

Get ready for back to school! We'll help you create a variety of recipes for your lunches - cookies, bars and treats. Leave with a sampler pack of all the treats and a recipe book to keep you baking all year!

#41221 Tuesday - Thursday

August 30 - September 1

11:30 am - 3:30 pm

LINC Multipurpose Room

\$70/3

## CHOPPED

(9 - 15 years)

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

Tuesday - Thursday

#41206 July 5 - 7

#41207 August 9 - 11

10:00 am - 3:00 pm

LINC Multipurpose Room

\$130/3

## CUPCAKE WARS

(11 - 15 years)

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

#41226 Tuesday - Thursday

July 12 - 14

11:30 am - 3:30 pm

LINC Games Room

\$66/3

## BACK TO BASICS

### BAKING

(9 - 14 years)

Ever wanted to make a great batch of cookies or wonder how come your cake didn't turn out quite right? We'll teach you the basics to make sure your next baking project is delicious!

#41221 Monday - Friday

July 25 - 29

12:15 - 4:00 pm

LINC Multipurpose Room

\$115/5

## BACK TO BASICS

### COOKING

(10 - 15 years)

Let's get comfortable in the kitchen! We'll show you the ropes and teach you what kinds of ingredients you can use to create a variety of simple and tasty meals!

#41223 Monday - Friday

August 15 - 19

12:15 - 4:00 pm

LINC Multipurpose Room

\$115/5

## YOUNG COOKS

(10 - 14 years)

Learn basic kitchen skills including planning, safety, prep and cooking. Experience the joys of harvesting and preparing fresh, local food from our community garden. Visit local farms, farmer's markets and go on foraging walks. Participants will eat what they've prepared and may even take some leftovers home to sample!

**Instructor:** Lush Valley

#41217 Monday - Friday

July 11 - 15

10:00 am - 3:00 pm

Filberg Conference Hall

Kitchen

\$45/5

*Funding provided by Community Food Centres Canada. Fees may be waived if need is communicated to LUSH Valley prior to registration - admin@lushvalley.com or 250-331-0152*



### SK8 LIKE A GIRL

(7 - 12 years)

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

**Instructor:** Emma Twidale

**#41215** Tuesday - Friday  
July 19 - July 22  
9:30 am - 12:00 pm  
The LINC Skatepark  
\$41/4 **or**  
\$51 with rental

### SK8, SCOOT, SWIM

(7 - 12 years)

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

**Instructor:** Jordan Savard  
Monday - Friday

**#41204** July 4 - 8  
\$145/5 **or**  
\$155 with rental

**#41205** Tuesday - Friday  
August 2 - 5  
\$116/4 **or**  
\$126 with rental  
10:00 am - 4:00 pm  
The LINC Skatepark

### SUMMER SATURDAYS

(11 - 15 years)

Let's get out and enjoy the summer! Join us for different outtrips every Saturday. We'll check out the local beaches, swimming holes and take you on cool outtrip adventures, like go karting & laser tag and make sure your summer ends on a high note.

**#41220** Saturdays  
August 13 - 27  
10:00 am - 4:00 pm  
LINC Games Room  
\$120/3 **or** \$45/day

### SKATEPARK TOURS

(8 - 18 years)

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

July 9 - Chemainus  
July 16 - Ladysmith & Cedar  
July 23 - Nanaimo & Parksville  
**#41216** Saturdays  
July 9 - 23  
10:00 am - 4:00 pm  
The LINC Skatepark  
\$49/3 **or** \$18/day

### FIRE FIGHTING BASIC TRAINING

(13 - 18 years)

Challenge yourself to a day of training with the Courtenay Fire Department. Physically and mentally, test your abilities discovering the life of a firefighter. This fun and informative day will educate you about the volunteer and career possibilities in fire fighting. Please bring a lunch.

**#41237** Friday July 8  
10:00 am - 3:00 pm  
The LINC Skatepark  
\$33

### FRIDAY FUN

(8 years & over)

Join us each week for a special night of fun and a BBQ.

- #41505** July 8 **Laser Tag** *Find out if you're the hottest shot!*
- #41506** July 22 **Slopsticle** *Get ready to get messy as you participate in the craziest event in town.*
- #41507** August 12 **Water Tag** *Just in time for the hot weather - try out the most fun way to cool off!*
- #41508** August 26 **Summer Send-off** *Pool, party, DJ, summer treats, we'll end summer with a bang!*  
6:00 - 8:00 pm  
Meet at The LINC  
\$10/1 **or** \$35/4 **Register early to avoid disappointment**





# THE LINC

## youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay  
250-334-8138



### WHAT WE OFFER

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

### SUMMER HOURS

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

### FEES

- Youth** (8 - 18 years):  
\$2.50 Drop-In  
\$20/summer passport  
June 1 - September 5  
\$25/11 punch pass
- Adult** (Skatepark ONLY):  
\$4 Drop-In  
\$20/month membership  
\$40/11 punch pass
- Family** \$5/family

*\*skatepark is all ages Wed - Sat*

## THE LINC: SUMMERSIDE

in partnership with Youth Unlimited & LUSH Valley Food Action Society

July 5 - September 1 3:00 - 6:00 pm

Tuesdays - **Lewis Park (Riverside)**

Wednesdays - **Martin Park (Westside)**

Thursdays - **Lerwick Skatepark (Skateside/Eastside)**

Join us for sports, activities, crafts, snacks and more!

**FREE!**



# Arts & Crafts

## PAINTING OUTDOORS

### (Oil or Acrylics)

Enjoy the beautiful summer weather while painting. Each week starts with a demonstration followed by painting time, a relaxing break, then finish your piece! Come to some or all of the classes to fit with your summer schedule. Eight classes for the price of 6!

**No class August 1.**

**Instructor:** Teresa Knight

**#41102** Mondays

July 4 - August 29

6:30 - 8:30 pm

Filberg Craft Room

\$90/8

## LANDSCAPE PAINTING

### (Oils or Acrylics)

The stunning beauty of our world here makes us long to paint it! It's not so hard to learn how - it's fun, challenging and very gratifying. Teresa will show you how to approach subject matter in a way which simplifies it and will demonstrate steps to completion of a pleasing painting. We will work from photos and then graduate to an outside (plein air) painting from life. Lots of fun, please join us!

**Instructor:** Teresa Knight

Tuesdays

July 5 - 26

**#41106** 9:00 am - 12:00 pm

\$75/4

**#41101** 6:30 - 8:30 pm

Filberg Centre Craft Room

\$60/4

*Check receipts carefully for important program information.*

## STAINED GLASS STEPPING STONES

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

**Instructor:** Nancy Morrison

**#41008** Tuesdays

July 5 - 19

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3

## PAINTING SEASCAPES (Oil or Acrylics)

Seascapes are so rewarding to paint! You can capture the feeling of the waves, the sun and the ocean! This class will teach you how, step by step, to get it all down on canvas. You will learn how to make the colours of the sea, use brush strokes and techniques for adding depth and feeling, and match tones for creating distance or atmospheric perspective. You will learn how to best approach your painting, find a pleasing composition, and how and when to put on finishing touches which make it come to life! The first 2 classes will take place indoors after which, we will paint more outside.

**Instructor:** Teresa Knight

**#41005** Tuesdays

August 2 - 23

9:00 am - 12:00 pm

Filberg Centre Craft Room

\$75/4

## GLASS STARFISH WINDCHIMES

Using simple glass cutting and gluing techniques, create a beautiful windchime with several colours to choose from. Option to incorporate found shells and driftwood into the design. Assembly on the 3rd class. Materials fee of \$30 due to instructor.

**Instructor:** Nancy Morrison

**#41007** Wednesdays

July 13 - 27

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3

## STAINED GLASS BUTTERFLY SUNCATCHER

Learn to cut and grind glass and then solder together using hobby lead in this easy and enjoyable class. A beautiful piece for the window, patio or garden. A \$30 supply fee will be collected by the instructor.

**Instructor:** Nancy Morrison

**#41009** Tuesdays

August 2 - 16

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3





### FALL PROOF BALANCE AND MOBILITY TRAINING

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class August 1.**

**Instructor:** Kim Hamilton  
#40957 Mondays & Thursdays  
July 11 - August 15  
1:00 - 2:00 pm  
Native Sons Grand Hall  
\$100/10

### MINI SCRAPBOOK ALBUM

You will create a 6x6 mini album that will hold over 2 dozen photos. You will also learn how to make paper feathers. The album will be embellished with flowers, ribbons, lace & sequins. Supplies included.

**Instructor:** Phyllis Perry  
#41429 Saturdays  
July 16 - 30  
10:00 am - 1:00 pm  
Lewis Craft Room B  
\$100/3

### READING THE TAROT

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

**Instructor:** Kara Foreman  
#41105 Saturday June 25  
1:00 - 4:00 pm  
Filberg Soroptomist Lounge  
\$45

### INTRODUCTION TO NUMEROLOGY

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

**Instructor:** Kara Foreman  
#41106 Saturday June 18  
1:00 - 4:00 pm  
Filberg Soroptomist Lounge  
\$45

### CARD MAKING

#### WORKSHOPS

Tired of giving your friends and family store bought cards? Create your own cards in one of our workshops!

**Instructor:** Phyllis Perry

#### 1 Stamp 3 Ways

You will create 3 cards using one stamp with three different techniques.

#41430 Saturday Aug 13  
11:00 am - 2:00 pm  
Lewis Craft Room B  
\$40

#### Shabby Chic Cards & Tags

Learn how to make paper roses and feathers. They will be used to make 2 shabby chic cards and 1 tag.

#41431 Wednesday August 17  
5:00 - 8:00 pm  
Lewis Craft Room B  
\$40

#### Just Cards

What to do with that pretty scrapbook paper! You will make 3 cards using scrapbook paper and a few embellishments.

#41432 Saturday August 27  
11:00 am - 2:00 pm  
Lewis Craft Room B  
\$40

### MINDS IN MOTION

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

#40974 Wednesdays  
August 10 - September 7  
Native Sons Lower Level  
\$45/5



# Dance & Music

## ZUMBA TONE

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class August 1.**

**Instructor:** Milena Spratt

**#41100** Mondays  
June 27 - August 15  
5:30 - 6:30 pm  
Lewis Centre MP Hall  
\$54/7

## ZUMBA

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

**Instructor:** Gloria Grieve

**#41127** Wednesdays  
June 29 - July 27  
5:30 - 6:30 pm  
Lewis Centre MP Hall  
\$30/5  
\$6.50/Drop-in

## SILVER SWANS

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

**Instructor:** Jenna Flint

**#41424** Fridays  
July 8 - September 2  
2:00 - 3:00 pm  
\$50/8

## MAITRI IN MOTION

### (formerly Nia)

A fitness/movement practice incorporating dance, martial arts and healing arts. Moving together to music that invigorates and inspires, this practice focuses on the natural intelligence of the body as it moves towards health. Every body welcome.

**Instructor:** Ann Marie Lisch

**#41107** Mondays  
June 27 - July 25  
5:30 - 6:45 pm  
Filberg Rotary Hall  
\$45/5

## RECORDER

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

**Instructor:** Debbie Ross

**#40982** Tuesdays & Thursdays  
July 5 - August 11  
12:15 - 1:15 pm  
Native Sons Hall & Filberg Soroptomist Lounge  
\$192/12

## 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 \$30 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

**#40984** Tuesdays & Thursdays  
July 5 - August 11  
11:00 am - 12:00 pm  
Native Sons Hall & Filberg Soroptomist Lounge  
\$192/12

*Check receipts carefully for important program information.*





### BEGINNER AFRICAN HAND DRUMMING

Drumming in a group setting has been scientifically proven to enhance your physical, mental, spiritual and social well-being! This class explores the basics of hand drumming, using djembe and bass drums. Emphasis will be on technique and developing confidence playing in a supportive group setting. This class is intended for those with little to no experience. **No class August 17.**

**Instructor:** Monica Hofer  
Wednesdays

#41407 July 6 - 27

#41406 August 3 - 31

5:00 - 6:00 pm

Native Sons Grand Hall

\$58/4

### DUNDUN (AFRICAN BASS DRUM) CLASS

African Bass Drums, or Dunduns, typically are played with one hand playing a bell pattern, while the other hits the drum skin. We will explore the bass drum playing technique and will learn simple patterns which, when put together, will surprise us with their power and intensity. Participants must provide their own "drum"; please contact Monica for details on how to assemble one before the first class. **No class August 18. Instructor:** Monica Hofer

Thursdays

#41317 July 7 - August 25

3:45 - 4:30 pm

Native Sons Grand Hall

\$70/7

### GOLDEN BEATS DRUMS ALIVE

'Golden Beats' is a new Drums Alive offered especially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace. You will drum on exercise balls while combining traditional aerobic movement with the beat & rhythm of drums. **No class July 21 or August 18.**

**Instructor:** Monica Hofer  
Thursdays

#41230 July 7 - August 25

10:30 - 11:30 am

Native Sons Grand Hall

\$42/6

\$8/Drop-in *Please bring exact change*

### DRUMS ALIVE POWER BEATS & DRUMBATA

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. This summer session will include an element of "Drumbata" (high intensity sports drumming) in each class. **No class August 17.**

**Instructor:** Monica Hofer  
Wednesdays

#41405 July 6 - August 31

6:15 - 7:15 pm

Native Sons Grand Hall

\$56/8

\$8/Drop-in *Please bring exact change*

### BEYOND BEGINNER & INTERMEDIATE AFRICAN HAND DRUMMING

This class is intended for those with some familiarity to drumming who are already at the intermediate level or ready to "make the leap" after taking a few sessions of beginners. This class will be tailored to meet the needs of all levels participating, from returning intermediate students to those thinking of joining the regular intermediate class in the fall. **No class August 18.**

**Instructor:** Monica Hofer  
Thursdays

#41301 July 7 - 28

#41310 August 4 - September 1

2:30 - 3:30 pm

Native Sons Grand Hall

\$58/4

*To learn more about Drums Alive check out Drums Alive Comox Valley on Facebook. To learn more about African Hand Drumming check out <http://rhythm-spirit.blogspot.com> or contact Monica at [drumdeva@gmail.com](mailto:drumdeva@gmail.com)*



# Outdoor Pursuits

## GOLF SHORT GAME

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

**#40995** Fridays  
July 8 - 29  
1:00 - 2:00 pm  
Glacier Greens Golf Course  
\$92/4

## INTRODUCTION TO GREENLAND PADDLING

Can you paddle with a stick? The answer is YES! Come & discover the art of Greenland paddling with our skilled and passionate team of instructors. Using Greenland paddles and standard kayaks, you will learn basic Greenland strokes and come to understand more about the heritage of the sport of kayaking.

**Instructor:** C V Kayaks & Canoes  
**#41410** Sunday July 24  
9:00 am - 12:00 pm  
Goose Spit  
\$58

## SENIOR'S INTRO TO KAYAKING

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

**Instructor:** CV Kayak & Canoes  
**#41415** Monday, July 11  
10:00 am - 1:00 pm  
**#41417** Friday, August 12  
1:00 - 4:00 pm  
Comox Valley Kayaks & Canoes  
\$48

## GOLF FULL SWING

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

**#40993** Thursdays  
July 14 - August 4  
12:00 - 1:00 pm  
Glacier Greens Golf Course  
\$92/4

## ADVANCED SUP

If you already have experience stand up paddling and want to take your skills to the next level, join our Paddle Canada SUP Instructors for a fun day on the water. Learn advanced skills like bracing & pivot turns. This class will have you boarding with finesse!

**Instructor:** CV Kayaks & Canoes  
**#41409** Date TBA (3 hrs)  
Comox Valley Kayaks & Canoes  
\$58

## CANSail ADULT SAILING

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

Tuesday & Thursday  
5:30 - 8:30 pm  
Saturday 10am to 3pm  
**#41422** July 5 - 16  
**#41423** August 9 - 20  
Comox Marina Park Gazebo  
\$250/6

*Private sailing lessons tailored to your needs are available by request for \$60/hour minimum of 2 hrs, maximum of 2 students. Please contact [cbcsailingschool@gmail.com](mailto:cbcsailingschool@gmail.com)*

## PADDLE CANADA BASIC STAND UP PADDLE BOARDING

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

**Instructor:** CV Kayaks & Canoes  
**#41258** Saturday, July 2  
2:00 - 4:00 pm  
**#41259** Saturday, July 16  
2:00 - 4:00 pm  
**#41260** Sunday, July 31  
4:00 - 6:00 pm  
**#41261** Saturday, August 13  
2:00 - 4:00 pm  
**#41262** Thursday, August 18  
4:00 - 6:00 pm  
**#41263** Friday, August 26  
1:00 - 3:00 pm  
Comox Valley Kayaks & Canoes  
\$40







# Paddling with CV Kayaks & Canoes



## PADDLE CANADA BASIC KAYAKING (3 PARTS)

Our certified Paddle Canada instructors will take you out on the water to learn the skills you need to paddle safely & with finesse! Enjoy a full day on the water with us, or mix & match the dates to suit your schedule. You will come away from the course a more confident paddler - including knowledge of boats, equipment, and paddling techniques. Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills!

## PADDLING SKILLS (PART 2)

Prerequisite: Kayak Rescues Part 1

- #41245 Saturday July 9
- #41247 Saturday July 23
- #41248 Saturday August 6
- #41250 Saturday, August 20  
10:00 am - 1:00 pm  
Comox Lake
- #41246 Friday July 15
- #41249 Wednesday August 10  
5:30 - 8:30 pm  
CV Kayaks & Canoes  
\$58

## KAYAK RESCUES (PART 1)

Join Comox Valley Kayaks & Canoes 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 confidence on the water, or take it as the first step toward a Paddle Canada Basic Kayak certification.

- #41238 Tuesday July 5
- #41239 Thursday July 14
- #41240 Tuesday July 19
- #41243 Thursday July 28
- #41241 Tuesday August 2
- #41242 Thursday August 11
- #41244 Tuesday August 16  
7:45 - 9:30 pm  
Courtenay Memorial  
Outdoor Pool  
\$58

## PROGRESSIVE PADDLING (PART 3)

Prerequisite: Kayak Rescues & Paddling Skills

- #41251 Saturday July 9
- #41253 Saturday July 23
- #41254 Saturday August 6
- #41256 Saturday August 20  
2:00 - 5:00 pm  
Comox Lake
- #41252 Monday July 18
- #41255 Friday August 12  
5:30 - 8:30 pm  
CV Kayaks & Canoes  
\$58

## PADDLE CANADA SEA KAYAKING LEVEL 1

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

- #41257 Saturday & Sunday  
July 16 & 17  
Comox Valley Kayaks & Canoes  
\$260

## THE KAYAK ROLL - INTERMEDIATE

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

- # 41413 Thursday July 7  
& Tuesday July 12
- #41414 Tuesday August 9  
& Thursday August 18  
7:45 - 9:30 pm  
Courtenay Memorial  
Outdoor Pool  
\$120/2

*Boats and/or boards are provided for all courses, and wetsuits are provided for all indoor and SUP courses. Drysuit rentals for outdoor courses are available upon request for a nominal fee. Students should bring their own goggles & nose plugs to the pool if desired. The full curriculum for all of the paddling courses, as well as instructions concerning clothing and equipment requirements, can be viewed at [www.comoxvalleykayaks.com](http://www.comoxvalleykayaks.com).*



# Lewis Centre Squash Courts

## To reserve a court:

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

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

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

# 2 for 1 SQUASH all summer long!

## May 24 - September 11

Book two courts for the price of one

### Prime Time:

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

### Non-Prime Time:

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

### Hours until May 15:

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

### Summer Hours effective May 22:

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

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

[dgaudia@yahoo.com](mailto:dgaudia@yahoo.com)

## Court Fees (per person)

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

All fees include 5% GST

## Unlimited Play Passes

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

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

## Shower Passes

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





# Wellness Centre

Great new weightroom with the same great service!

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

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

## Wellness Centre Fees

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

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

### Memberships (includes 5% GST)

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

## Childminding

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

Mondays - Fridays  
9:00 - 10:30 am  
\$4.00/1¼ hour drop-in (ask about other options)

### Wellness Centre & Fitness Pass Suspensions

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.

### Wellness Centre Summer Hours (effective May 16, 2016)

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

*Hours subject to change*

### Equipment

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



We recommend you consult your physician before beginning a fitness program



## Wellness Centre Classes & Attendant Hours

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am
55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	
5:00 am - 10:30 am & 11 am - 2:30 pm Attendant on Duty	7 - 10:30 am Attendant on Duty	5:00 am - 2:00 pm Attendant on Duty	7 - 10:30 am Attendant on Duty	55+ Strength Training 10 - 11:00 am
				6 am - 12:30 pm Attendant on Duty
Mon - Thurs 55+ Strength Training 10:30 - 11:30 am				
Mon & Wed 55+ Strength Training 1:30 - 2:30 pm Tues & Thurs Easy Does it				
3 - 6:30 pm Attendant on Duty	1 - 3 pm & 5 - 7 pm Attendant on Duty	3 - 6:30 pm Attendant on Duty	3 - 7 pm Attendant on Duty	3 - 5 pm Attendant on Duty
TRX Body Blast 5:15 - 6:15 pm	55+ TRX 2:45 - 3:45 pm		55+ TRX 2:45 - 3:45 pm	<b>NOTE:</b> • Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times. • Schedule is subject to change.
8 - 9:00 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	8 - 9:00 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	

### TRX BODY BLAST

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build your strength, flexibility and core all at once! Register early as class size is limited to 9. **No class August 1.**

**Instructor:** Kim Hamilton

**#40959** Mondays

June 27 - August 29

5:15 - 6:15 pm

Lewis Wellness Centre

\$54/8

### CIRCUIT TRAINING

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

**Instructor:** Juan Blancas

**#40952** Tuesdays & Thursdays

June 28 - September 1

7:00 - 8:00 pm

Lewis Wellness Centre

\$120/20

### 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

**#40951** Tuesdays & Thursdays

June 28 - September 1

1:30 - 2:30 pm

Lewis Wellness Centre

\$120/20





### 55+ BEGINNER STRENGTH TRAINING

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

**Instructor:** Cathy Riopelle  
#40955 Tuesdays & Thursdays  
EG June 28 - September 1  
3:00 - 4:00 pm  
Lewis Activity Room  
\$120/20

### 55+ CIRCUIT FIT

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

**Instructor:** Cathy Riopelle  
#40954 Tuesdays & Thursdays  
EG June 28 - September 1  
1:45 - 2:45 pm  
Lewis Activity Room  
\$120/20

### SIMPLY STRENGTH

(55 years & over)  
Exercises will be taught with a variety of equipment to increase balance, range of motion & strength. This class will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, & maintain your balance while walking and standing. **Instructor:** Joyce Leong & Steve Thomson

EG Mondays & Wednesdays  
June 27 - August 15  
#40944 10:15 - 11:15 am level 1  
#40945 9:00 - 10:00 am level 2  
Native Sons Grand Hall  
\$90/14

### CHAIR FIT

(55 years & over)  
A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class July 1.**

**Instructor:** Janet Gravouille & Wendy Matte  
#40950 Tuesdays & Fridays  
EG June 28 - September 2  
9:15 - 10:15 am  
Filberg Rotary Hall  
\$114/19

### 55+ STRENGTH TRAINING

(55 years & over)  
Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support

**Instructor:** Juan Blancas

#40935 Fridays  
EG July 8 - September 2  
10:00 - 11:00 am  
\$48/9

#40936 Monday & Wednesday  
EG June 27 - August 31  
10:30 - 11:30 am  
\$114/19

#40937 Monday & Wednesday  
EG June 27 - August 31  
1:30 - 2:30 pm  
\$114/19

#40938 Tuesday & Thursday  
EG June 28 - September 1  
10:30 - 11:30 am  
\$120/20  
Lewis Wellness Centre

### CARDIO & STRENGTH

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

**Instructor:** Joyce Leong  
#40953 Fridays  
EG July 8 - September 2  
9:00 - 10:00 am  
Native Sons Grand Hall  
\$54/9

### 15/15/15 INTENSE

This intense, 45 minute, high energy class blends cardio and strength into one great workout! 15 minutes of cardio is followed by 15 minutes of strength and 15 minutes of core/stretching finishes it out. **No class August 1.**

**Instructor:** Wendy Matte

**#40970** Mondays  
 June 27 - August 29  
 7:00 - 7:45 pm  
 Lewis Activity Room  
 \$40.50/9  
 \$5/Drop-in

### HIIT - HIGH INTENSITY INTERVAL TRAINING

This class involves short and long bursts of plyometrics 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 complement your gym routine and lose those few extra pounds this class will be sure to bring results.

**Instructor:** Tammy Jones

**#40961** Tuesdays  
 July 12 - August 16  
 12:10 - 12:45 pm

**#40962** Thursdays  
 July 14 - August 18  
 12:10 - 12:45 pm  
 Lewis Activity Room  
 \$30/6  
 \$5/Drop-in

### 30/30 SPIN TRX HYBRID

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

**Instructor:** Kim Hamilton  
 Tuesdays & Thursdays

**#40931** June 28 - July 28  
**#40932** August 2 - September 1  
 6:30 - 7:30 am  
 Lewis Activity Room  
 \$60/10

### 30/30 CARDIO TRX COMBO


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

**Instructor:** Tammy Jones  
 Wednesdays & Fridays

**#41090** July 13 - 29  
**#41089** August 3 - 19  
 6:30 - 7:30 am  
 Lewis Activity Room  
 \$42/6

### STRETCH & STRENGTH

(55 years & over)  
 This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class July 21 or August 1 & 18.**

**Instructor:** Janice Bradford  
**#40963** Mondays & Thursdays  
 June 27 - September 1  
 9:00 - 10:00 am  
 Filberg Rotary Hall  
 \$102/17


### 55+ TRX AND RESISTANCE TRAINING

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


**Instructor:** Kim Hamilton  
 Mondays & Wednesdays

**#40943** June 27 - July 27  
 \$75/10

**#40939** August 3 - 31  
 9:00 - 10:00 am  
 \$67/50/9

 Tuesdays & Thursdays  
**#40938** June 28 - July 28

**#40940** August 2 - September 1  
 9:00 - 10:00 am  
 \$75/10

 Tuesdays & Thursdays  
**#40941** June 28 - July 28

**#40942** August 2 - September 1  
 2:45 - 3:45 pm  
 \$75/10

Lewis Wellness Centre



# Drop-in Fitness Schedule *effective June 27 - August 19 unless otherwise noted*

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	BootCamp Blast+	The Works	BootCamp Blast+	Core N' Cuts	
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm		
5:30 pm	Zumba Tone	Power Spin & Beyond 5:15pm	Tabata			
7:00 pm	15/15/15 Intense		Yin/Yang Yoga 6:45pm			Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class

Please note: This schedule is subject to change

Pay & sign in at the office

## Drop in & Punch Card Fees including GST

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

## Childminding

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

Monday - Friday  
9:00 - 10:30 am  
Lewis Centre  
\$4/1¼ hours  
\$4.50/1½ hours  
\$5/1¾ hours

*punch cards also available*

### Children in fitness classes:

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

# Drop-in Fitness

## CARDIO CHAOS+

Monday 9:00 - 10:15 am

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

**Instructor:** Tammy Jones

## SPIN, STRETCH & STRENGTH

Mondays & Wednesdays

12:00 - 1:00 pm

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

Limited to 17 participants.

**Instructor:** Steve Thomson

## POWER SPIN & BEYOND

Tuesdays 5:15 - 6:15 pm

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

**Instructor:** Kim Hamilton

See page 45 for pre-registered programs which may have drop-in options

## BOOTCAMP BLAST+

Tuesdays & Thursdays

9:00 - 10:15 am

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

**Instructor:** Steve Thomson

## TABATA

Wednesdays 5:30 - 6:30 pm

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

**Instructor:** Wendie Matte

## CORE N' CUTS

Fridays 9:00 - 10:00 am

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

**Instructor:** Steve Thomson

## ZUMBA TONE

Mondays 5:30 - 6:30 pm

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

**Instructor:** Melina Spratt

## THE WORKS

Wednesdays 9:00 - 10:00 am

Using all styles of cardio & resistance training this is a combination style class for everyone, beginner to advanced. Guaranteed to be boredom proof!

**Instructor:** Michelle Boyd







## Yoga

### 55+ HATHA YOGA

(55 years & over)

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class August 1.**

**Instructor:** Sheron Jutila

#40975 Mondays

EG July 4 - August 22

2:00 - 3:30 pm

Filberg Rotary Hall

\$96/8

Fridays

July 8 - August 26

#40976 10:00 - 11:30 am

#40977 2:00 - 3:30 pm

Native Sons Hall

\$96/8

*Check receipts carefully for important program information.*

### GENTLE YOGA AND MEDITATION

A calming practice with stretching and easy strengthening poses from Hatha, Joint health and Yin Yoga that ends with 15 - 20 minutes of silent seated meditation. All levels welcome.

**Instructor:** Sheron Jutila

#41094 Thursdays

June 30 - August 25

2:00 - 3:30 pm

Lewis Meeting Room

\$108/9

### YOGA FOR JOINT HEALTH

(55 years & over)

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

**Instructor:** Sheron Jutila

#40980 Thursdays

EG June 30 - August 25

10:00 - 11:30 am

Lewis Meeting Room

\$108/9

### POWER YOGA

Destress after work with the dynamic flowing sequence of yoga postures linked together by movement and the breath. This energizing yoga workout will appeal to active participants who want to develop both strength and flexibility, while focusing the mind and calming the spirit. **No class August 1.** Drop-in available.

**Instructor:** Wendy Matte

#40971 Mondays

June 27 - August 29

5:15 - 6:30 pm

Lewis Craft Room A

\$72/9

### 55+ GENTLE YOGA

(55 years & over)

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

**Instructor:** Sheron Jutila

#40979 Mondays

EG July 4 - August 29

10:15 - 11:15 am

Filberg Centre

\$72/9

### Benefits of Yoga include:

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.

### PRENATAL YOGA

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

**Instructor:** Akiko Shima

**#40990** Wednesdays  
 July 6 - August 17  
 6:30 - 7:45 pm  
 Lewis Salish Building  
 \$70/7

### YIN/YANG YOGA

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


**Instructor:** Wendy Matte

Wednesdays  
**#40965** June 29 - July 27  
**#40966** August 3 - 31  
 6:45 - 7:45 pm  
 Lewis Activity Room  
 \$30/5  
 \$6.50/Drop-in

### CHAIR YOGA

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

**Instructor:** Sheron Jutila

**#40978** Tuesdays  
 June 28 - August 23  
 11:00 am - 12:00 pm  
 Native Sons Grand Hall  
 \$81/9

### SUMMER YOGA

When practiced regularly, the gentle stretch of Hatha Yoga gives new energy and vitality. Tension, stiffness, and those little aches and pains tend to disappear. Experience one of the oldest methods to health and happiness.

**Instructor:** Traci Skuce

Thursdays  
 July 7 - August 11  
**#41098** 8:30 - 10:00 am  
 \$72/6  
**#41099** 10:15 - 11:30 am  
 \$60/6  
 Filberg Rotary Hall

### GOOD MORNING YOGA

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

**Instructor:** Akiko Shima

**#41103** Fridays  
 July 15 - August 26  
 9:15 - 10:45 am  
 Lewis Meeting Room  
 \$84/7

### RESTORATIVE YOGA

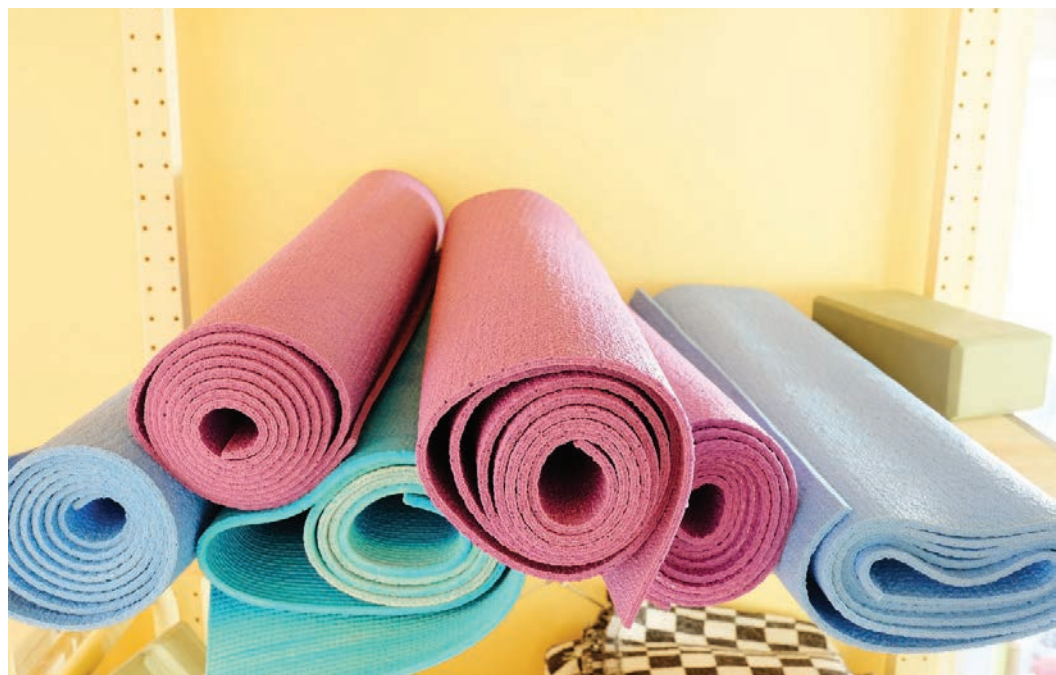
Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not limited to those recovering from injury or illness or who have limited range of motion. Welcome to all levels and those who prefer a slow practice.

**Instructor:** Akiko Shima

**#41104** Fridays  
 July 15 - August 26  
 11:00 am - 12:15 pm  
 Lewis Meeting Room  
 \$70/7

*Have you heard about our Corporate Wellness Program? Benefits of active employees include:*

- *Reduced employee absenteeism*
- *Enhanced corporate image*
- *Improved employee recruitment & retention*





## Volunteering Really Is Your Ticket to Happiness!



Come discover your path to volunteering at the Evergreen Club... Deanne McRae our volunteer coordinator wants to meet with you! Come see what volunteer positions are currently available at [www.evergreenclub.me](http://www.evergreenclub.me), or call 250 338-1000 ext 232 or email [dmcrae@courtenay.ca](mailto:dmcrae@courtenay.ca)

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

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

### Club Membership Benefits include

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

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

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

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

## Evergreen Club Activities

### Computer Lab

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

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

### Special Events

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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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



# Evergreen Events

The Evergreen Club presents...



## July 1st Tea Dance

A part of Courtenay's Canada Day celebrations!

**Friday, July 1**  
**2:00 pm**  
Native Sons Hall, Grand Hall  
**FREE admission**

Music provided by the  
**Georgia Strait Big Band!**

Cake & refreshments will be served.



**Evergreen Club • 250-338-1000**  
[www.evergreenclub.me](http://www.evergreenclub.me)



The **Evergreen Club** invites you to the **Market Days**



## Pancake Breakfast

**Saturday, July 16**  
**7:30 to 11:00 am**

Conference Hall (upper level),  
Florence Filberg Centre  
411 Anderton Avenue, Courtenay

**\$5**  
per person

**Evergreen Club • 250-338-1000**  
[www.evergreenclub.me](http://www.evergreenclub.me)



## Travel Opportunities

Check out the Evergreen Club trips upcoming for 2016:

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

And much more!

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



## 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.

Stay tuned for our Summer Hour Food Service Hours. Updates to our Food Services will be found at [www.evergreenclub.me](http://www.evergreenclub.me)

## Friday Night Dances

Great music by local bands!

**May 6, 13, 20, 27 & June 3, 10, 17, 24**

7:30 - 10:30 pm

Evergreen Club members: \$7.00

Non-members: \$9.00

Tickets available at the door





## Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

## Volunteers

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

**Remember, YOU make a difference!**

Volunteers particularly wanted for:

- Art Cards
- Sewing
- Bowling
- Special Events

Join a great team!

**250-338-5371**

[specialneedsrecreation@courtenay.ca](mailto:specialneedsrecreation@courtenay.ca)

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



# Recreation for Special Needs

Check our website & newsletter for current information

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

## Comox Valley Accessibility Committee



### Celebrate Access Awareness Day June 4

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

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

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

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



# Sign me Up!

Summer Program Registration begins **Monday May 9** at 7:15 am

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

### In Person

At the Lewis Centre or the Filberg Centre

### By Phone

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

### By Fax

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

### By Mail

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

### Refunds

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

## Registration Information

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

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

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

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

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

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

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



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

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

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

Bar code # \_\_\_\_\_ Program Fee: \$ \_\_\_\_\_

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

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

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

Bar code # \_\_\_\_\_ Program Fee: \$ \_\_\_\_\_

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

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

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

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

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

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

### Registration Policy

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





# Courtenay Recreation Facility Rentals

## Florence Filberg Centre

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

### Meetings Rooms:

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

### Meeting Room Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

## Native Sons Hall

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

### Meetings Rooms:

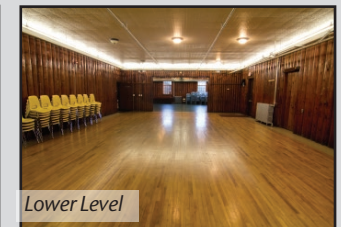
- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

### Meeting Room Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

Fax. 250-338-0303 Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)

Take a Virtual Tour: [courtenay.ca/filberg](http://courtenay.ca/filberg) [courtenay.ca/nativesons](http://courtenay.ca/nativesons)

# Courtenay Recreation Facility Rentals



## Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



### Hourly Rates start at:

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

Call the Lewis Centre  
at 250-338-5371

## Bill Moore Park Lawn Bowling Bldg

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



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

## The LINC Youth Centre

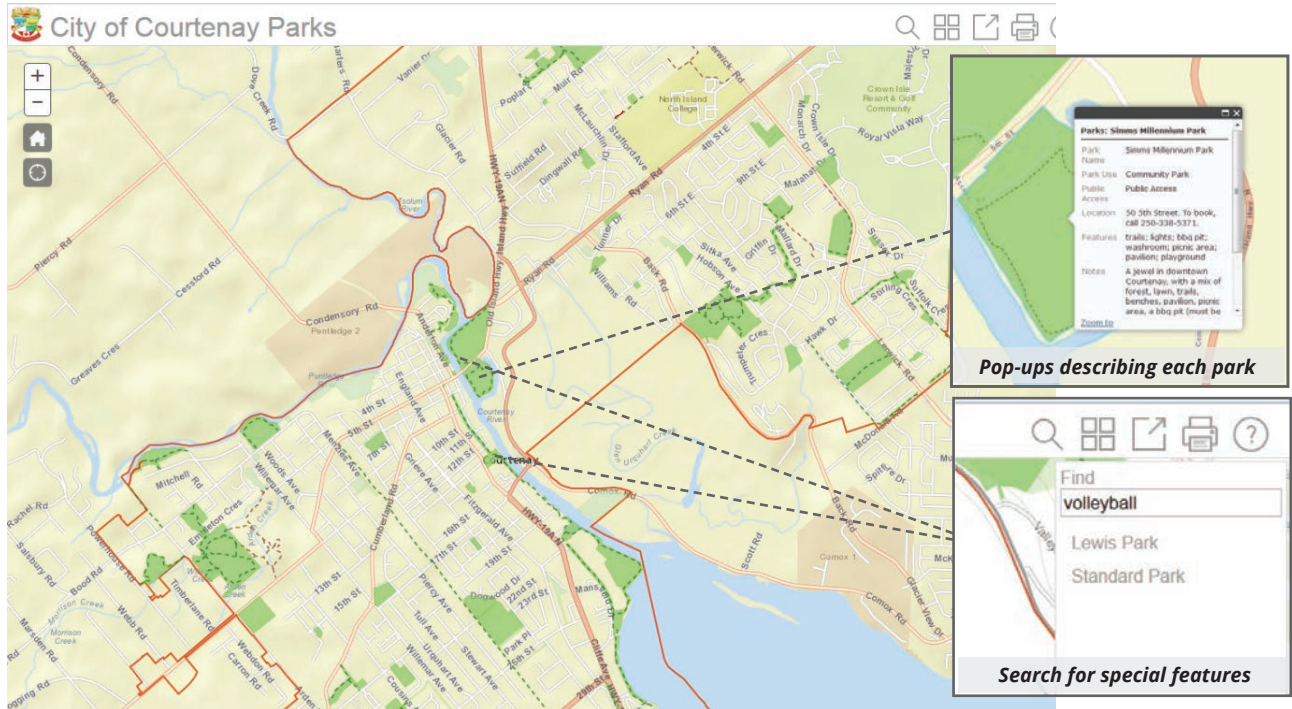
- Indoor Skatepark
- Concession
- Kitchen
- Basketball Court
- Meeting Room
- Pool Table
- Ping Pong
- Air Hockey
- Foosball
- Gaming Systems
- Public Access Computers







# New Interactive Parks & Trails Map for Courtenay



## Map Features

- Zoom in to find parks in Courtenay and to see walking trails, special features, and photos
- Print any section of the map customized to the park and trail information you need
- The map is easy to use on tablets and mobile views
- Accurate locations based on GIS (geographical information system) with map layers featuring streams and topography
- Linked to Google Map's directions

**Access the Interactive Map through [courtenay.ca/parks](http://courtenay.ca/parks)**





# Rotary Water Park at Lewis Park

## Re-opening Saturday May 21

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

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

See page 4 for more information on the outdoor pool at Lewis Park.

*Call the Courtenay Recreation Lewis Centre for further information at 250-338-5371.*



# Simms Park Summer Concert Series

## Free concerts from July 3 to August 28

Come relax and enjoy concerts in the park from 7:00 to 8:30 pm at Simms Park (located by the 5th Street Bridge and across from Lewis Park). Sit on the chairs provided or bring your own lawnchair or blanket. Enjoy the show!

No concerts July 3 or July 31.

See full concert schedule on page 116.

*Visit [courtenay.ca/simms](http://courtenay.ca/simms) or call the Courtenay Recreation Lewis Centre for further information at 250-338-5371.*



*Photo by Sarah Kerr*

# 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:

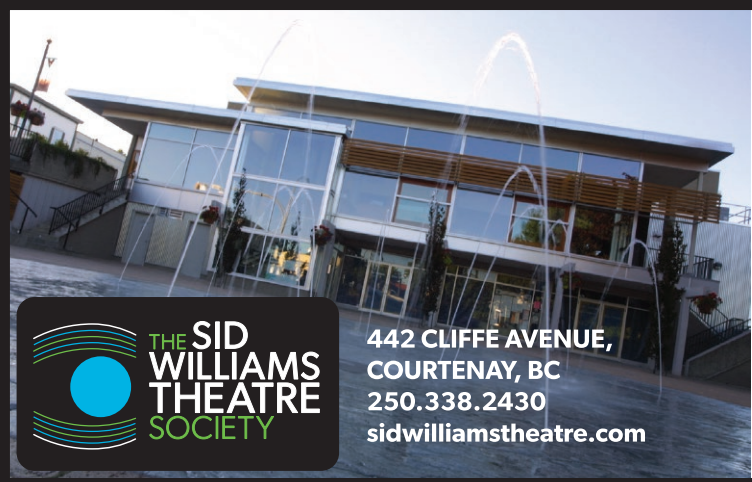
- Bill Moore Park
- Puntledge Park
- Lewis Park
- Valley View Park
- Martin Park
- Woodcote Park
- Standard Park
- Simms Park
- Courtenay Riverway





# 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		☀️									☀️					☀️				☀️				☀️



442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
sidwilliamstheatre.com



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

COME&SEE

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



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

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

Courtenay and District

# Museum & Paleontology Centre



207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](http://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.

Join us for  
*Kid's Summer Camps!*

**Hours of Operation**  
*(closed on statutory holidays)*  
Till May 21, 2016:      May 22 to Labour Day:  
Tues to Sat: 10 am - 5 pm      Mon to Sat: 10 am - 5 pm  
closed Sun & Mon      Sun: 12 noon - 4 pm

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



# Volunteer Opportunities

## Therapeutic Riding

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

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



## Comox Valley Accessibility Committee

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

**specialneedsrecreation@courtenay.ca**  
**www.cvaccess.ca**



## The Gardens on Anderton

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

**www.gardensonanderton.org**

Call Joan **778-762-4466**



## Volunteer Comox Valley

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

**www.volunteercomoxvalley.ca**



*Volunteers grow community!*

## Courtenay Recreation

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

**www.courtenay.ca**

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



## Special Needs Recreation

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

**250-338-5371** **lneville@courtenay.ca** or

**www.courtenay.ca/specialneedsrec**



## Mountaineer Avian Rescue Society (MARS)

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

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

Call **250-337-2021**

or visit **www.wingtips.org**



## The Salvation Army

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

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

**volunteer@cvsalarmy.ca**



Giving Hope Today



# Low Cost Recreation

## Father Involvement Network

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

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

## Active Comox Valley

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

## Canadian Tire JumpStart

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

## Town of Comox TRIP Program

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



Community Groups

## Courtenay Riverside Fit Park!

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

## New Discoveries Parent & Child Learning Centre

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

## City of Courtenay

### Recreation Access Coupon Books

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

## 189 Port Augusta Sea Cadets

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

FMI: [commandingofficer@portaugusta.ca](mailto:commandingofficer@portaugusta.ca)  
or Phone: **250-339-8211** ext.3606  
[www.189portaugusta.ca](http://www.189portaugusta.ca)

## Prenatal Classes

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

City of Courtenay  
presents....

Simms Park Summer

# Concert Series

*Come and enjoy the music*



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

## July 3 **Fiddlejam**

Old time music with performers of all ages

## July 17 **Nanaimo Concert Band**

Concert band music including classical, musical, marches, big band and more

## July 24 **Duo of Duos**

Two well known valley duos team up to double the fun

## August 7 **Tijuana Brass Tribute**

Bring your sombrero as Simms Park goes "South of the Border"

## August 14 **Blues Legends**

Many of the best valley blues players join forces to give a great performance

## August 21 **Country Pickin'**

Put on your boots and come to hear a "cavalcade of Valley Country Stars"

## August 28 **Time Well Wasted**

A horn-driven 12-piece band offering the very best of funk, soul, rock, rhythm, and blues. *Great dance music!*

**Rain or shine • No concerts July 10 or 31**

**Schedule subject to change**

check [www.courtenay.ca/simms](http://www.courtenay.ca/simms) for details

COMOX VALLEY ECHO

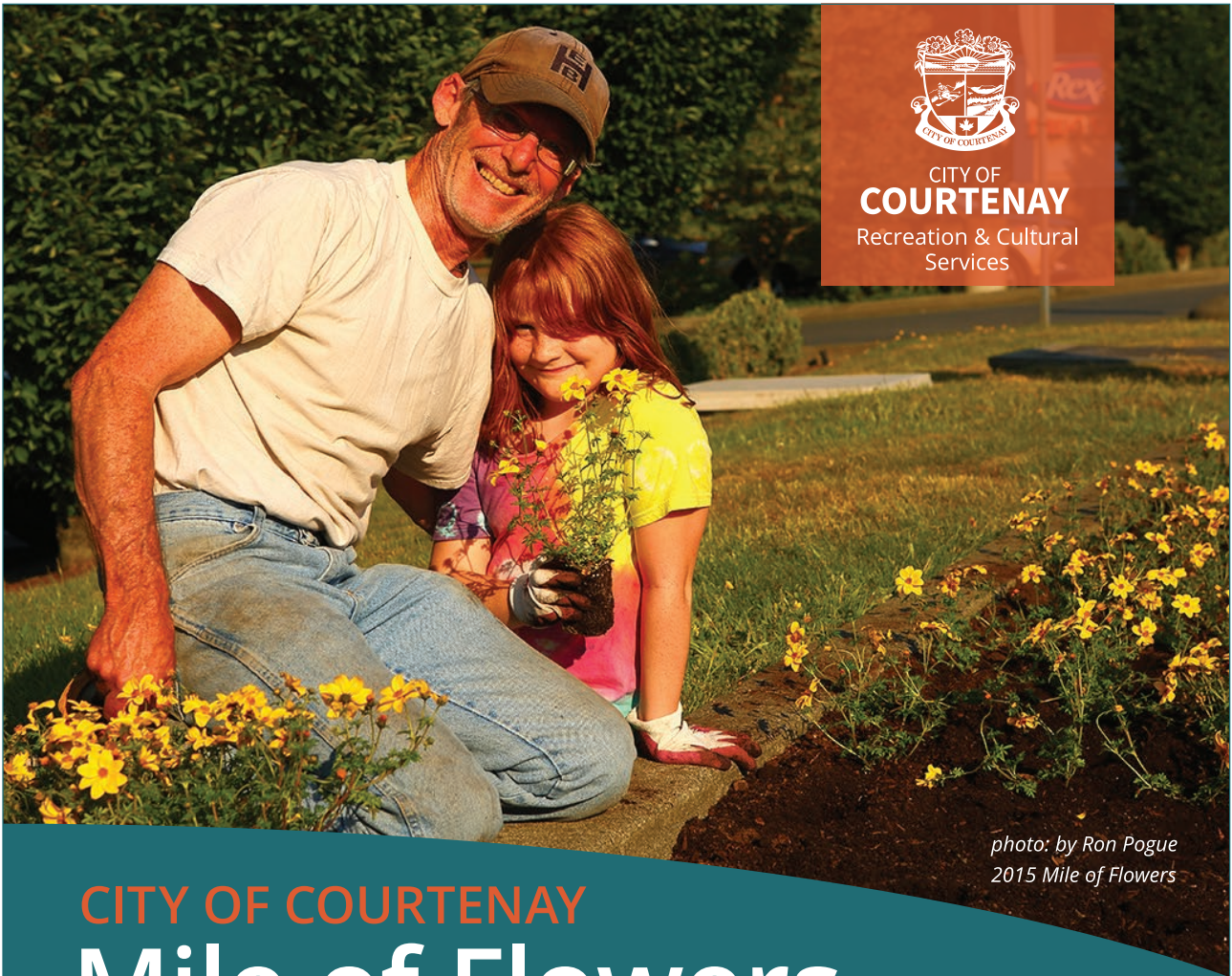
98.9  
**GOAT**  
World Class Rock



CITY OF  
**COURTENAY**  
Recreation & Cultural Services

Lewis Centre | 250-338-5371

[courtenay.ca/simms](http://courtenay.ca/simms) follow us  



CITY OF  
**COURTENAY**  
Recreation & Cultural  
Services

photo: by Ron Pogue  
2015 Mile of Flowers

CITY OF COURTENAY

# Mile of Flowers

Tuesday, May 31  
starting at 5:00 pm

Join hundreds of volunteers for Courtenay's  
annual Mile of Flowers Plant-In.

A local tradition since 1967!

*Followed by a free BBQ at Standard Park  
(Cliffe Avenue & 14th Street) courtesy of  
Courtenay Rotary & City of Courtenay.*

## WHAT TO BRING:

Gloves and a trowel or  
spoon for digging

## WHERE TO PLANT:

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



CITY OF  
**COURTENAY**  
Recreation & Cultural Services

City Hall | 250-334-4441  
[courtenay.ca/mileofflowers](http://courtenay.ca/mileofflowers) follow us  





# THE Filberg FESTIVAL

ANNUAL FUNDRAISER  
FOR THE FILBERG HERITAGE LODGE & PARK  
COMOX, BRITISH COLUMBIA

JULY 29 - AUG. 1, 2016

## VOLUNTEER OPPORTUNITIES

DO YOU LOVE ARTS AND CRAFTS, GREAT MUSIC, AND FABULOUS FOOD?  
ARE YOU PASSIONATE ABOUT YOUR COMMUNITY?

Volunteering at the 34<sup>th</sup> annual Filberg Festival is a great opportunity to get involved with your community. If you have 8 or more hours to spare, a smile, and a helping hand we need you! In return for your time we offer some great benefits: BBQ Orientation, Filberg Festival Admission and Volunteer Lounge.

### POSITIONS AVAILABLE

SITE / AUDIENCE RELATIONS / ENVIRONMENTAL / HOSPITALITY  
RAFFLE TICKETS / MUSIC STORE / GREETERS / STAGE

CONTACT FESTIVAL VOLUNTEER COORDINATOR AT:

[volunteer@filbergfestival.com](mailto:volunteer@filbergfestival.com) or call 250-941-0727



[FILBERGFESTIVAL.COM](http://FILBERGFESTIVAL.COM)



# 19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



## Membership Rates Effective 1 April 2016

	Regular	Ordinary	Associate
Single 1 year	\$128	\$237	\$468
Family 1 year	\$191	\$317	\$620 Plus gst

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

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

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



Drop by or Contact us: 19 Wing Comox Recreation  
 250-339-8211 Local 7173 or 6989 [www.cfgateway.com](http://www.cfgateway.com) and choose Comox

# TERRY FOX RUN 2016



Get  
Involved

**Sunday September 18, 2016**

New Location: Simms Park, Courtenay

1Km, 2km, 5km, 10km,



## Courtenay Lawn Bowling

Season opens  
April 17 and  
runs until end  
of September



**Place:** Bill Moore Park,  
Kilpatrick Ave. & 23rd St.

**Membership:** \$115 for unlimited access

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

For more info contact: Frank Lo 250-331-0185  
or Pete Harding 250-871-4145  
Visit our website [www.courtenaylawnbowling.ca](http://www.courtenaylawnbowling.ca)



fun, safe **SAILING COURSES** taught by Sail Canada certified instructors  
for **CHILDREN, YOUTH & ADULTS** • ALL LEVELS, INCLUDING RACING!  
visit our website at [comoxbaysailingclub.ca](http://comoxbaysailingclub.ca)  
register at Lewis Center, 250-338-5371



## SPORTS LEAGUES



**Register for Summer Leagues  
by June 20**

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

Scott @ 250-898-7286  
[scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca)  
[www.comoxvalleysports.ca](http://www.comoxvalleysports.ca)

## Comox Valley Tennis Club

Promoting Community Tennis

### All Levels of Players Welcome!

We play at Anderton courts, Comox and Lewis Park courts, Courtenay

Club activities include singles men's, women's and mixed doubles leagues, socials interclub and tournament play.

Fun events planned throughout the year.  
Membership fee \$40 (no league fees).

For current club information contact:  
PO Box 1451 Comox RD V9M 7Z9

**Website:** [comoxvalleytennis.org](http://comoxvalleytennis.org)

**Membership:** contact Judy at  
[membership@comoxvalleytennis.org](mailto:membership@comoxvalleytennis.org)



# COMOX VALLEY exhibition

## AUGUST 26.27.28

• machines Thru The Ages •



who will join the herd this year

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

### COMOX VALLEY MONARCH LIONS CLUB

## 911 Reflective Address Signs



(example)

Address numbers are not only convenient for finding homes but also necessary for emergency responders to locate those in need. When responding to an emergency, minutes matter; be sure that fire, ambulance, police and homecare personnel can easily and quickly find your address.

Lions 911 Reflective Address Signs are effective, the blue reflective sign with reflective white numbers can be easily seen. Lion volunteers customized each sign with your choice of number layout - vertical or horizontal. Orders are processed within two days for pickup.



**YOU CAN ORDER YOURS TODAY!**  
CALL 250-338-9602 or  
[www.911reflectivesign.ca](http://www.911reflectivesign.ca)

Your Leading Source for:

# First Aid & CPR

Training, Supplies & Equipment



**St. John Ambulance**  
SAVING LIVES  
at work, home and play

Call Your Local Branch For a Class Schedule

170 Dogwood St  
Campbell River  
250-287-4627

#84—1742 Cliffe Ave  
Courtenay  
250-897-1098


**GENERAL FIRST AID**

- Emergency First Aid Community Care
- Standard First Aid
- CPR-C
- Health Care Provider CPR

**INDUSTRIAL SAFETY COURSES**

- OFA Level 1, 2, 3
- Transportation Endorsement
- Standard First Aid for Industry (WSBC Level 1 Equivalent)
- H2S

**We also Book Private Classes Upon Request**



Cumberland Lake Wilderness Society

Join CLWS this summer for a variety of experiential outdoor programs at Cumberland Lake Park for kids, youth and adults.

- Paddle Camps
- Climbing Camps
- Primitive Skills workshops
- Wilderness Awareness skills

For more information, visit our website at [www.cumberlandlakepark.ca](http://www.cumberlandlakepark.ca) or call 250-336-8593

# CYMC SUMMER 2016



Please visit [www.cymc.ca](http://www.cymc.ca) for concert dates, venues, times and ticket prices.

## Instrumental Concerts:

Thursday July 7 through Saturday July 16

## Musical Theatre Production of Fiddler on the Roof:

Tuesday July 19 through Saturday July 23

## Island Jazz Concerts:

Wednesday July 29 through Saturday July 23



# Black Creek Community Centre

- Modern Fitness Room open 6 am 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

Young Chefs Camp August 2 - 5, 2016

Midsummer Festival Saturday June 18

Visit [www.blackcreek-cc.com](http://www.blackcreek-cc.com) for all the details

Look for the BCCA's Summer 2016 Activity Guide for upcoming classes and special events



For more information, please call 250-337-5190  
Like us on Facebook!



PROVIDING QUALITY,  
SAFE LESSON AND  
LEASE HORSES TO THE  
COMOX VALLEY

## KIDS CAMPS

- 1 day camps \$75
- 3 day camps \$175
- 5 day camps \$400 (specialized program)

\* registration form along with a deposit is required, the registration form must be completed and sent in with deposit or full payment prior to camp start date.



## 2016 DATES

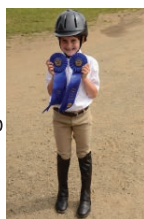
**July 5 - 7:** Three Day Kids Camp  
11 am - 3 pm

**July 19:** One Day Kids Camp  
11 am - 2 pm

**July 26 - 28:** Three Day Kids Camp  
11 am - 3 pm

**August 9 - 11:** Three Day Kids Camp  
11 am - 3 pm

**August 16:** One Day Kids Camp  
11 am - 2 pm



**NEW PARENT AND TOT RIDING LESSONS**  
Parent participation Required ages 3 - 6 yrs  
\$120 plus GST for 4 sessions per child

**RIDING LESSONS**  
starting at \$25

Check out our website for full details.  
[www.SproutMedows.com](http://www.SproutMedows.com)



Working with you toward a healthy & vibrant community



## Providing Community School Programs & Events since 2000

- Life-long learning for all ages
- Volunteer opportunities
- Thunderballs 2016
- Weekly Bingo nights and more!

FMI: [www.cumberlandcommunitieschools.com](http://www.cumberlandcommunitieschools.com)  
or find us on Facebook

# 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](http://www.courtenaymuseum.ca)  
207 Fourth Street, Courtenay, BC V9N 1G7



VANCOUVER ISLAND VISITOR CENTRE

## Not Just for Visitors

*Experience the award-winning facility and services provided at the Vancouver Island Visitor Centre.*

- Fully Equipped Boardroom & Meeting Space
- Seniors Tours & School Group Activities
- Activity & Accommodation Bookings for Comox Valley/BC
  - Event Tickets
  - Gift Store

DISCOVER  
**comox valley**

Open 7 Days a Week  
(250) 400-2882 (855) 400-2882  
3607 Small Road, Cumberland  
[discovercomoxvalley.com](http://discovercomoxvalley.com)

Hey Parents!  
Want your kids to develop their bike skills, get exercise, make new friends and have wheels of fun? Bring them out to your local BMX track in Cumberland - beside the village park.



All you need is a BMX bike, or similar, and a helmet. A couple of loaner track bikes are available to borrow. Ages 3 and up.

### Practice Nights:

Every Monday during the racing season  
5:45 pm - 8:00 pm

### Race Day:

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

**New Riders Always Welcome**

Track Address: 2815 Dunsmuir Road  
Cumberland, BC

Track Phone Number **250-336-2699**

**coalhillsbmx1@gmail.com**

Like us on Facebook: coalhillsbmx



## Horne Lake Caves

Ride the Wild Cave Slide!  
OPEN YEAR ROUND



Winner of  
BC's Remarkable  
Experience Award 2015

Ranked #1 on TripAdvisor

[HORNELAKE.COM](http://HORNELAKE.COM) 250-248-7829

## 4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

### 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
- fun and educational summer camps, including Dynamite Detective

*Opening Doors for Learning  
for over 20 years*



### Little R's Pre-school (Register for Sept. '16 now!)

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



phone: 250-338-4890 e-mail: [four.rs@shaw.ca](mailto:four.rs@shaw.ca)  
website: [www.4rseducation.com](http://www.4rseducation.com)



Girl Guides  
of Canada  
Guides  
du Canada

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



- 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
- TRENDS for 12 to 17 year olds

Register now at [www.girlguides.ca](http://www.girlguides.ca).

No previous Guiding experience necessary for girls or adults.

**Leaders are needed throughout the Comox Valley.** Girl Guides of Canada leadership is open to all women, 19 and over. Recruiting now.

For local information: [cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com) or phone 1-800-565-8111

## Summer Camp Registration starts May 24!



Boys & Girls Clubs  
of Central Vancouver Island

*Explore  
everything the  
Island has to offer!*



**Summer Camp ages 5 - 8**

**Adventure Club Camp ages 9 - 12**

- Weekly bus trips to parks, lakes, beaches and waterparks
- Boys and Girls Club "Core Programming" encourages, excites and inspires!
- Passionate, qualified staff
- Hours catering to working families
- Subsidies welcome

**Aspen Park Boys and Girls Club**  
250-650-2274 or 250-898-9282  
[aspenpark@bgccvi.com](mailto:aspenpark@bgccvi.com)

Great Futures Start Here  
Register Online at [www.bgccvi.com](http://www.bgccvi.com)



Boys & Girls Clubs  
of Central Vancouver Island

### EXPERTS IN PLAY

#### Boys and Girls Club Summer Camps

Full day camps  
available EACH WEEK  
July 4 to Sept 2

Age groups  
5 - 8 & 9 - 12

Call 250-650-2274 or  
250-898-9282 for more  
information.

Spaces sell out quickly!

Register online starting May 24  
[www.bgccvi.com](http://www.bgccvi.com)

*New Turf, New Era for Field Hockey.*

Comox Valley Field Hockey League

*For girls, boys, women and men ages 8 - 68.*

## *Fall Sessions*

September to December 2016



For more info & registration contact: [info.cvfhl@gmail.com](mailto:info.cvfhl@gmail.com)  
[www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)

# Comox Valley United Soccer

**Get your kicks locally!**

**2016 Youth Summer  
Soccer Programs  
July/August  
For youth born  
2000 - 2008**



Registration available online @ [cvusc.org](http://cvusc.org)  
For more information [cvuscsoccer@gmail.com](mailto:cvuscsoccer@gmail.com)  
**250-334-0422**

Comox Valley

# Athletic Association Basketball

Programs for Boys and Girls Ages 8-17



Join our club teams that are available for youth aged 11 - 18 and compete against the best players from around the province  
Grades 5 - 12 girls afterschool program Wednesdays in March and April at GP Vanier  
General inquiries & newsletter contact:  
**Peter Parke [drpedro@telus.net](mailto:drpedro@telus.net)**  
250-334-7497



**COMOX VALLEY RAIDERS FOOTBALL**

**PLAY FOOTBALL**

**ComoxValleyRaiders.com**



# Community Directory

## Adult Education

Adult Learning Centre.....(250)338-9906  
Creative Employment Access  
Society/Job Shop .....(250)334-3119  
North Island College .....(250)334-5000  
North Island Distance Education.....(250)337-5300  
World Community Development  
Education Society - Wayne ... (250)337-5412

## Community Services

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

## Clubs & Organizations

### Church Groups

CV Aglow - Debra .....(250)871-7678  
CV Community Church The Salvation Army  
.....(250)338-8221  
CV Presbyterian Church .....(250)339-2882  
CV Unitarian Society .....(250)890-9262  
Comox Community Baptist .....(250)339-0224  
Shepherd of the Valley  
Lutheran ELCIC.....(250)334-0616  
Unity Comox Valley ..... 1-866-853-9866

### Dog Clubs

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

### Horticulture

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

### Public Speaking

CV Toastmasters - Sylvain.....(250)338-1431  
Komoux Toastmasters - Brian..(250)331-3687  
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  
CV Classic Cruisers - Richard ....(250)338-9540  
CV Family History Research Group  
- Courtenay Museum.....(250)334-0686  
CV Humanists ..... cvhumanists.org  
Newcomers Club.....cvnewcomers.net  
Orca Probus Club - Patrick.....(250)338-8728  
Radio Control Aeronautics Assoc.  
- Frank .....(250)337-5320  
Raw & Living Foods Vegan Potlucks  
- Rose .....(250)334-2251  
Taoist Tai Chi Society - Arlene..(250)890-3671  
CV Ukrainian Cultural Society  
- Sharon McEwan.....(250)871-3899  
University Women's Club .....  
..... comoxvalleycfuw@gmail.com  
Vancouver Island Paleontology  
- Betty .....(250)339-7372

### Seniors

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

## Health & Wellness

Adult & Teen Day Therapy .....(250)339-1496  
Al-Anon - Rene.....(250)334-2392  
- Jan .....(250)338-2947  
Alcoholics Anonymous .....(250)338-8042  
Anderton Therapeutic Garden Society  
Joan.....(250)334-3089  
Canadian Cancer Society .....(250)338-5454  
CV Mental Health & Addictions Services  
.....(250)331-8524  
CV Hospice Society  
(Info. & bereavement support).(250)339-5533  
CV Nursing Centre .....(250)331-8502  
CV Stroke Recovery Branch .....(250)890-0711  
Cumberland Health Centre & Lodge  
Recreation Department . (250)336-8531(ext271)  
CV Head Injury Society .....(250)334-9225  
CV Ostomy Support Group .....(250)871-4778  
Heart&Stroke Foundation-Ollie(250)339-4009  
On the Move Fitness Service ....(250)923-8291  
Overeaters Anonymous .....www.oa.org  
Options for Sexual Health.....(250)331-8572  
Red Cross (Health  
Equipment Loans).....(250)334-1557  
St. Joseph's General Hospital  
Auxiliary Society - Pat .....(250)339-1407  
AIDS Vancouver Island - Sarah ..(250)338-7400  
Therapeutic Riding Association (250)338-1968  
Public Health Nursing.....(250)338-1711  
Wheels for Wellness Society.....(250)338-0196

## Service Clubs

Amateur Radio Club- Glen .....(250)336-8205  
Comox Legion - Br.160 - Cyndy ..(250)339-2022  
Courtenay Legion - Branch 17 ..(250)334-4322  
Cumberland Legion - Br. 28.....(250)336-2361  
CV Kinsmen Club - Jim Lilac .....(250)334-9444  
CV Lions Club.....(250)339-6232  
CV Monarch Lions Club .....(250)338-9602  
Elks Club #60 .....(250)334-2512  
Harmony Rebekahs Lodge #22  
- Carol Briggs .....(250)336-8373  
Kiwanis Club of Comox - John ..(250)334-2190  
Kiwanis Club - Courtenay - Bill .(250)703-2222  
Knights of Columbus - Rodger .(250)339-1176  
Baynes Sound Lions - John .....(250)335-0365  
IODE Laura Gordon Chapter .....  
- Louisa .....(250)338-1162  
Order of the Royal Purple - Irene (250)334-4740  
Pythian Sisters - Diana Harris...(250)335-2451  
Rotary Club of Comox - Victor . (250)338-3740  
Soroptomist Club of Courtenay  
- Barbara Lewis.....(250)898-8510  
Strathcona Sunrise Rotary Club  
- Keith .....(250)897-5055

## Fairs & Festivals

Empire Days - Leslie Baird .....(250)336-2718  
CV Exhibition.....(250)338-8177  
Filberg Festival - Sylvia .....(250)334-9242  
- www.filbergfestival.com  
CV 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

CV Aquatic Club (Sharks) Kris... (250)650-1680  
CV Orcas Synchronized Swim Club.....  
..... [cvorcas@gmail.com](mailto:cvorcas@gmail.com)

### Baseball/Softball

CV Minor Baseball ..... [www.cvba.ca](http://www.cvba.ca)  
CV Minor Softball..... [www.cvba.ca](http://www.cvba.ca)  
CV Slo Pitch League - Mike..... (250)792-1807  
CV Ladies Fastball - Michele..... (250)702-3916  
CV Ladies Slo Pitch - Jennifer.... (250)898-1371  
Softball BC Rep - Gord..... (250)338-7935

### Basketball

CV Men's Masters Basketball - James .....  
..... (250)941-1204  
CV Youth Basketball Assoc.  
- Anthony Edwards..... (250)898-9973  
Ladies Recreational Basketball  
- Iris Churchill ..... (250)338-5409  
Steve Nash Basketball Youth Programs  
..... [isfeldlockquell@gmail.com](mailto:isfeldlockquell@gmail.com)  
Wheelchair Basketball - Rene..... (250)650-8780

### Ice Sports

CV Glacier Kings Jr. Hockey  
- Iris ..... (250)338-5409  
CV Minor Hockey - Dale..... (250)334-0567  
CV Skating Club ..... (250)339-9872  
Women's Ice Hockey  
Pam - Breakers ..... (250)897-1253  
Kelly - Whalers ..... (250)338-9786

### Martial Arts

VI Karate Society - Jacquie ..... (250)338-4718  
Courtenay Shito-Ryu Karate .....  
- Todd ..... (250)338-9722  
CV Karate Club - Brenda ..... (250)338-9722  
CV 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

CV Tennis Club - Pat McGrath  
..... [mcgrathpm@shaw.ca](mailto:mcgrathpm@shaw.ca)  
Courtenay Sr. Badminton Club  
- Daryl Bissell..... (250)339-3383  
CV Squash Club  
- Dan Lindsay..... (250)338-0746

### Skiing/Snowboarding

JumpCamp..... [www.jumpcamp.com](http://www.jumpcamp.com)  
Mt Washington Ski Club .....  
- John Trimmer (head coach).... (250)897-6058  
Mt Washington Volunteer Ski Patrol  
- Tim Baker ..... (250)334-0609  
Strathcona Nordics Cross Country  
- Barb Kelly ..... (250)339-1904  
Vancouver Island Society for  
Adaptive Snowsports ..... [www.visasweb.ca](http://www.visasweb.ca)  
V.I. Biathlon Club ..... (250)338-6247

### Soccer

CV Masters - Phil ..... (250)338-4907  
Men's Soccer - Andy ..... (250)339-7309  
Women's Soccer - Lisa ..... (250)331-0281  
Youth Soccer - Cheri ..... (250)334-0422

### Other

Chimo Gymnastics ..... (250)339-2255  
Comox Valley Tri-K - Rick ..... (250)334-3124  
Courtenay Knights Floor Hockey  
- Tim..... (250)792-3332  
Courtenay Lawnbowling Club  
- Pete Harding ..... (250)871-4145  
CV Cougars Track & Field Club.....  
..... [www.comoxcougars.org](http://www.comoxcougars.org)  
CV Curling Centre ..... (250)334-4712  
CV Ringette Association  
- Helen Oliphant ..... (250)890-0818  
CV Pickleball Assoc. .... [www.cvpickleball.ca](http://www.cvpickleball.ca)  
Field Hockey CV. [www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)  
Island Charity Wrestling - Tim .. (250)792-3332  
Killerwhale/Lake Trail Olympic  
Weightlifting - Ed Lafleur ..... (250)338-9657  
Minor Lacrosse Association, CV Wild  
..... [www.comoxlacrosse.ca](http://www.comoxlacrosse.ca)  
Raiders Youth Football-Chris..... (250)338-3815  
Road Runners CV ..... [www.cvr.ca](http://www.cvr.ca)  
Rugby - Kicker's Club  
- Aimee Eurlay..... (250)703-6677  
Rugby - Saratoga Beach Over 40  
- John Gotto ..... (250)338-8142  
Special Olympics, CV - Randy... (250)897-1828

### Outdoor Groups

#### Boating

Canadian Power & Sail Squadron  
- Curt..... (250)339-1964  
CV Dinghy Sailing School and  
Comox Bay Sailing Club. [comoxvaysailingclub.ca](http://comoxvaysailingclub.ca)  
Compass Adventures... [www.compassadventure.ca](http://www.compassadventure.ca)  
Dragon Boat Society (Blazing Paddles)  
- Erica Roy ..... (250)703-0707  
Dragon Boat Team-Hope Afloat (Women  
Cancer SurvivorS) ..... Glenda Wilson (250)339-3598  
Dragon Boat Team (Dragonflies)  
- Colleen ..... (250)334-3676  
Dragon Boat Team (Prevailing Wins)  
- Leon ..... (250)339-5772  
CV Rowing Club-Geoff... [www.rowingcanada.com](http://www.rowingcanada.com)  
CV Yacht Club ..... [www.cvyachtclub.com](http://www.cvyachtclub.com)  
Comox Valley Paddlers Club  
- Monica ..... (250)339-2950  
Outrigger Canoe Club - Annie... (250)339-1978

#### Other

Coal Hills BMX..... [www.coalhillsbmx.com](http://www.coalhillsbmx.com)  
Comox District Mountaineering (Hiking)  
Club - Ken Rodonets ..... (250)871-1245  
Comox Glacier Wanderers  
(Volkswalk Club) - Crystal..... (250)898-8612  
CV Ground Search & Rescue .... (250)334-3211  
CV Gowers & Seed Savers..... [www.cvgss.org](http://www.cvgss.org)  
CV Naturalists Society -Robin (250)339-4754  
CV Land Trust - Jack ..... (250)331-0670  
Comox Golf Club ..... (250)339-4444  
Courtenay Fish & Game Protective  
Association ..... (250)338-9122  
CCCTS (Cycling)..... [www.cccts.org](http://www.cccts.org)  
Fanny Bay Salmonid Enhancement Society  
..... (250)335-1575  
Tribune Bay Outdoor Ed. Centre.. (250)335-0080  
Horne Lake..... (250)248-7829  
Strathcona Wilderness Inst..... (250)337-1871  
WildSpirit - Bruce Carron..... (250)338-8431

### Dance Groups

Ocean Waves Square Dance Club  
- Cathy and Guy Moreau ..... (250)338-7942  
Scottish Country Dance  
- Heather ..... (250)338-9060  
Dolyna Ukranian Dancers  
- Janette Martin-Lutzer ..... (250)339-0793

### Visual/Performing Arts

Comox Valley Art Gallery..... (250)338-6211  
Comox District Concert Band  
- Pat Jackson ..... (250)339-5091  
CV Clown Club - Dolores VanderMaaten  
..... (250)334-4255  
CV Potters Club - Laurie ..... (250)339-4229  
Courtenay Little Theatre - Gail . (250)334-3494  
CV Community Arts Council  
..... (250)338-4417 (ext.2)  
CV Pipe Band Society - Bill ..... (250)339-6444  
Co-Val Chorister - Beryl Regier . (250)339-4429  
CYMC/CV Youth Music Centre .. (250)338-7463  
Fiddlejam - 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 - Doreen..... (250)871-6739  
North Island Choral Soc.- Vivian . (250)334-2092  
North Island Music Teachers Association  
- Ginny Lawrie..... (250)338-9464  
NOVA Firespinners - Tracey..... (250)331-0880  
Pearl Ellis Gallery..... (250)339-2822  
Rainbow Youth Theatre  
..... [www.rainbowtheatre.com](http://www.rainbowtheatre.com)  
Strathcona Symphony Orchestra  
..... (250)331-0158  
Theatreworks - Kim..... (250)792-2031  
Island Phoenix Acapella Chorus  
- Sandy..... (250)923-0101  
Vancouver Island Music Fest  
- Megan ..... (250)336-7981

### Youth

#### Scouting

CV Girl Guides..... [cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com)  
Scouting Inquiries - Chris ..... (250)339-2424

#### Cadets

Air Cadets - 386 Squadron ..... (250)339-9198  
Army Cadets - ..... (250)339-8211 ext 7995  
Sea Cadets - Mike Smith..... (250)335-3407  
H.M.C.S. Quadra..... (250)339-8211  
St John Ambulance - Cadet Brigade (250)897-1098

#### Other

Boys and Girls Club..... (250)338-7582  
Dragon Boating Youth Team  
(Dragon Riders) - Lisa ..... (250)871-2730  
CV Girls Group - Wendy..... (250)897-5568  
Nature Kids ..... [comox@naturekidsbc.ca](mailto:comox@naturekidsbc.ca)  
Saltwater School - Michelle..... (250)871-7777

## **"MOVE FOR HEALTH DAY" GUIDED NATURE WALK**

Come join our nature guide, Gayle Bates on an informative nature walk in beautiful Nymph Falls Park. You will learn about the foliage and birds in the area while taking in the beautiful surroundings. There will be a fun scavenger hunt for the kids, healthy snacks, drinks and prize giveaways.

FREE

Saturday May 14

Location: Nymph Falls Park

Guide: Gayle Bates

9:30 am – 11:00 am



## **Thrifty Foods Young Chef's Camps**

### **Calling all Young Chefs!**

ACV is excited to announce our continued partnership with Thrifty Foods! With their generous support, we will be offering the Young Chef camps again this summer - this fun and energizing camp feature hands-on educational nutritional snack preparation and fun physical activity. Youth learn basic food preparation techniques, the importance of healthy eating and the fun of creating and enjoying their own yummy snacks. Plus there will be fun games, a tour of Thrifty Foods and swimming.

#### **Comox Community Centre**

July 12 – July 15

Ages: 9 – 12 years

9:00 am – 4:30 pm

Fee \$10 per child: call to register

#### **Black Creek Community Centre**

August 2 - August 5

Ages: 9 -12 years

9:00 am – 4:30 pm

Fee \$10 per child: call to register: (250) 337-5190



## **Bike to Work Week 2016 May 30 – June 5**

*Active Comox Valley (ACV) is funded by the Comox Valley Regional District. The initiative is supported through resources from local municipalities, recreation departments, and interested citizens and major community contributors who work collaboratively to promote healthy lifestyles and community spirit through physical activity.*

[www.activecomoxvalley.ca](http://www.activecomoxvalley.ca) or check us out on Facebook!





# Welcome!

With summer comes the much-anticipated annual opening of the Courtenay & District Memorial Outdoor Pool at Lewis Park. Water safety is an important skill. If you're interested in improving your abilities in the water, whether for personal swimming, or to become a lifeguard yourself, a wide range of classes are available for all ages. Swimming is a skill that pays many dividends. It builds confidence, improves health and stamina, and it might even save a life; yours or someone else's. Find out more about lessons and swim times starting on page 4.



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

## Courtenay Recreation

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### Program Registration

250-338-5371 or  
250-338-1000

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

click on the Recreation  
Guide link



# Lewis Centre

## Facility Hours:

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

*until May 15:*

Sunday 8:30 am - 8 pm

*effective May 16:*

Sunday 8:30 am - 4 pm

## Office Hours:

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

*until May 15:*

Sunday 8:30 am - 12 pm & 1:15 - 8 pm

*effective May 16*

Sunday 8:30 am - 12 pm & 1:15 - 4 pm

## Facility Closures:

Monday May 23

*Victoria Day*

Friday July 1

*Canada Day*

Monday August 1

*BC Day*

Monday September 5

*Labour Day*



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

# Florence Filberg Centre

## Office Hours:

(for Florence Filberg Centre  
or Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm

## Facility Closures:

Monday May 23 *Victoria Day*

Friday July 1 *Canada Day*

Monday August 1 *BC Day*

Monday September 5 *Labour Day*



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

# The LINC Youth Centre & Indoor Skatepark

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

## Facility Hours:

Mondays CLOSED

Tuesdays 3:00 - 8:00 pm (*Tween night 8 - 11 years*)

Wednesdays 3:00 - 8:00 pm

Thursdays 3:00 - 8:00 pm

Fridays 3:00 - 11:00 pm

Saturdays 3:00 - 11:00 pm

*Hours subject to change*

Phone **250-334-8138**

300 Old Island Highway Courtenay, BC V9N 3P5 [www.courtenay.ca/linc](http://www.courtenay.ca/linc)





Courtenay &  
District Memorial

# Outdoor Swimming Pool

in Lewis Park, Courtenay



## 30 metre Swimming Pool - Opens May 30

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

## Wading Pool open June 27 - September 2

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

## Courtenay Rotary Water Park in Lewis Park beside the outdoor pool

Opens May 21

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

## Special Pool Hours

**June 25 - 26**

**Saturday & Sunday**

Pool **CLOSED** for swim meet

**Free Fridays!**

Open Swim • 1:30 - 4:30 pm

**July 15 & 29, August 12 & 26**

**Friday July 1** Canada Day

**FREE Open Swim**

1:30 - 4:30 pm

**Monday August 1** BC Day

**Open Swim ONLY**

1:30 - 4:30 pm

## Birthday Parties

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

\$65/hour

(maximum 30 people)

\$120/hour

(full pool 30 - 60 people)

## Pool Rentals

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

**Bring Your School  
to the Pool!**

Call for details.



# May 30 - June 30

# Pool Schedules

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

# July 4 - August 28

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

### Evening OPEN Swim (one lane available)

- June 27 - Aug 12 Mon, Wed, Fri 7:30 - 9:00 pm
- August 15 - Sept 2 1:30 - 7:00 pm (Mon - Fri)

### Please note!

Children 6 years & under must be accompanied by an adult, 16 years or older, within arms reach.

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

# August 29 - September 2

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



## INTRO TO AQUACISE

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

Thursday June 16  
12:00 - 12:45 pm  
Free Admission

## AQUACISE

Make a splash with this deep water energizer. We emphasize invigorating cardio workouts designed to get you up and moving. Instructors will vary; however, all share an energetic and positive spirit!

**No classes July 1 or August 1.**

Mondays, Wednesdays & Fridays  
June 6 - August 26  
12:00 - 12:45 pm  
Regular admission prices

**Water-jogging** now available during weekend length swimming. Escape from the heat and enjoy resistance free training! Designated space will be available during these times! Belts and noodles will be provided.

## ADULT SWIMMING LESSONS

(15 years & over)

### BEGINNER LESSONS

Learn how to swim. It is never too late. Start with the basics; submersion, breath control, floats and glides. Work at your own pace. No previous swimming experience is required.

#41341 Wednesdays  
June 8 - July 6  
7:30 - 8:00 pm  
Outdoor Pool  
\$38/5

### INTERMEDIATE LESSONS

Develop the basics of front and back crawl, breathing, body position, continuous kick and arm placement. Build confidence, learning the progressions of diving and treading water. Meet your personal goals. Pre-requisites: completion of Beginner lessons, or the ability to swim 25 metres on front and back.

#41342 Wednesdays  
June 8 - July 6  
7:45 - 8:30 pm  
Outdoor Pool  
\$42/5

## ADVANCED LESSONS

Develop efficiency and confidence in the water. Work on front crawl, back crawl and breast stroke.

Explore progressions and stroke development, in elementary back stroke, side stroke and butterfly. Pre-requisites: successful completion of Intermediate lessons, or the ability to swim 50 metres on front and back. **No class July 1.**

#41343 Wednesdays  
June 8 - July 6  
7:45 - 8:30 pm  
Outdoor Pool  
\$42/5

## LIQUID MUSCLE

Target all muscle groups, working them to the point of liquid exhaustion. With emphasis on core/abdominal training, this dynamic, low-impact class offers a bootcamp alternative that is sure to start your weekend off right. Instructors will vary. **No class June 25.**

Saturdays  
June 4 - August 27  
8:30 - 9:30 am  
Outdoor Pool  
Regular admission prices



**Summer Send Off**  
(8 years & over)  
Say goodbye to summer at this pool party. There will be a DJ, treats and games! Pre-registration suggested.  
#41508 Friday August 26  
6:00 - 8:00 pm  
Outdoor Pool  
\$10



**Pooch-A-Poolooza!**  
Annual Dog Swim  
The outdoor pool is going to the dogs! Join us on our last day, for fun in the sun with your favourite pooch. Dogs must be friendly to attend.  
**Saturday Sept 3**  
**11:00 am - 2:00 pm**  
**\$5 admission**  
dog vaccination papers must be presented  
250-338-5371  
[courtenay.ca/pooch](http://courtenay.ca/pooch)





### BRONZE STAR

(12 years & over)  
Take the first step to become a lifeguard. Learn CPR, basic lifesaving skills, searches and solo and partner rescues. Stay safe in and around water with an emphasis on leadership, first aid, fitness, endurance and friendly competition. Should have the ability to swim 100 metres comfortably and have previous swimming experience.

#41335 Sundays  
July 10 & 17  
9:00 am - 2:30 pm  
Outdoor Pool  
\$78/2

### JUNIOR LIFEGUARDING CLUB (JLC)

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

Monday - Friday  
August 29 - September 2  
#41336 10:30 am - 2:30 pm  
#41337 9:00 am - 1:00 pm  
Outdoor Pool  
\$100/5

### BRONZE MEDALLION & CROSS COMBO

(13 years & over)  
Develop proficiency in lifesaving and water rescue skills. Bronze Medallion and Cross are important 'building blocks' towards further first-aid and lifeguard training. Bronze Star and strong swimming ability is recommended. Successful completion of Bronze Medallion is required for Bronze Cross. The manual supplied is used for both certifications.

#41338 Sunday - Thursday  
August 28 - September 1  
8:30 am - 4:30 pm  
Outdoor Pool  
\$280/5

### RED CROSS STANDARD FIRST AID & CPR C

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

#41503 Wednesday & Thursday  
June 8 & 9  
Valleyview Clubhouse  
#41339 Saturday & Sunday  
August 13 & 14  
8:00 am - 4:00 pm  
Lewis Tsolum Building  
\$122

### Steps to Become a Lifeguard



**You are now a Certified Lifeguard!!**  
City of Courtenay's Aquatic Team is required to hold both a valid NLS, and WSI certification

**Volunteer Opportunities**  
Add to your aquatic experience before applying to work at the Outdoor Pool. Volunteer in swimming lessons, lead games at special events, shadow a lifeguard and more! Call the Aquatic Supervisor, at 250-338-1152 or email [summerpool@courtenay.ca](mailto:summerpool@courtenay.ca) for more information.

### Private & Semi-Private Lessons

(for all ages)  
Let our qualified swim instructors provide you with one-on-one instruction. Learn to swim, assess what level is right for you, or get that extra help you need to progress. Call the Lewis Centre for more info.

Monday to Saturday  
July 4 - August 22  
Times TBA  
\$20 (½ hour) **Private**  
\$13 (½ hour) **Semi-Private**





# Lesson Schedule

## Swim Sessions

Swim lessons run Monday to Friday

- **Session 1**  
July 4 - 15  
10 lessons
- **Session 2**  
July 18 - 29  
10 lessons
- **Session 3**  
August 2 - 12  
9 lessons  
(No class August 1)
- **Session 4**  
August 15 - 26  
10 lessons

Level	Session	Time
<b>Starfish, Duck &amp; Sea Turtle</b> 4 months - 3 yrs with adult	1	9:00 - 9:30 am
	2	9:30 - 10:00 am
	3	10:00 - 10:30 am
	4	10:30 - 11:00 am
<b>Sea Otter</b>	1, 2, 4	9:00 - 9:30 am
	1, 2, 3, 4	9:30 - 10:00 am
	1, 2, 3, 4	10:00 - 10:30 am
	4	10:30 - 11:00 am
<b>Salamander</b>	1, 2, 3	9:00 - 9:30 am
	1, 2, 3, 4	10:00 - 10:30 am
	2, 3, 4	10:30 - 11:00 am
<b>Sunfish</b>	1, 2, 3, 4	9:00 - 9:30 am
	2, 3	9:30 - 10:00 am
	2, 4	10:00 - 10:30 am
	1	10:30 - 11:00 am
<b>Crocodile &amp; Whale</b>	3, 4	9:00 - 9:30 am
	2	10:00 - 10:30 am
	1	10:30 - 11:00 am



# Preschool

10 - ½ hour lessons.....\$48  
9 - ½ hour lessons.....\$43.20

# 5 years & over

10 - ½ hour lessons.....\$45  
9 - ½ hour lessons.....\$40.50  
10 - ¾ hour lessons.....\$62.50  
9 - ¾ hour lessons.....\$56.25  
10 - 1 hour lessons.....\$82.50  
9 - 1 hour lessons.....\$74.25

Level	Session	Time
<b>Level 1</b>	1, 4	9:30 - 10:00 am
	2, 3	10:30 - 11:00 am
<b>Level 2</b>	1, 2, 3	9:00 - 9:30 am
	9:30 - 10:00 am	
	1, 3, 4	10:00 - 10:30 am
	4	10:30 - 11:00 am
<b>Level 3</b>	1, 2	10:30 - 11:00 am
	2, 4	9:30 - 10:00 am
<b>Level 4</b>	1, 3, 4	10:00 - 10:30 am
	1, 2	10:30 - 11:00 am
	2, 3	9:00 - 9:30 am
<b>Level 5</b>	9:30 - 10:00 am	
	1, 2	10:00 - 10:30 am
<b>Level 6</b>	3, 4	10:30 - 11:15 am
	1	9:00 - 9:45 am
	2	10:15 - 11:00 am
<b>Level 7 &amp; 8</b>	10:30 - 11:15 am	
	1, 4	9:00 - 9:45 am
	3	9:45 - 10:30 am
<b>Level 9 &amp; 10</b>	10:15 - 11:00 am	
	2	9:00 - 10:00 am
	3	9:30 - 10:30 am
	1, 4	10:00 - 11:00 am

**Private & Semi-Private Lessons**  
~ see page 7



# Program Level Registration Guide

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



# Summer Children & Youth Programs at a GLANCE . . .

## July 4 - 8 WEEK 1

## July 11 - 15 WEEK 2

## July 18 - 22 WEEK 3

## July 25 - 29 WEEK 4

### Early Years

(up to 6 years)  
Pages 13 - 16

- 1,2,3 Come Play with Me
- Baby Talk
- Dance with Me
- Piano Adventures
- Treefrog Music Together
- Tiny Stars Tennis
- Under the Sea Adventures
- Wee Science

- Baby Talk
- Circus Circus
- Happy Feet & Tapping Toes Mini Camp
- Krayola Kids

- Baby Talk
- Dinosaur Days
- Ezra Soccer Tots
- Imagination Station
- Optimist Sailing

- Baby Talk
- Messy Art
- The Great Outdoors

### Children

(6 - 12 years)  
Pages 17 - 29

- Adventure Daycamp
- Dance & Craft Combo
- Discovery Camp
- Kung Fu Kids Kamp
- Lego Camp
- Parktime
- Piano Adventures
- Sailing
- Science Detectives
- Sk8, Scoot, Swim
- Tennis
- Tribune Bay Outdoor Education Centre Residential Camp

- 7 Story Circus Camps
- Cougars Track & Field
- C.S. Eye
- Drawing & Manga Camp
- Discovery Camp
- Fun Fridays
- Home Sense & Safety
- Kids Paddling Camp
- Kitchen Adventures
- Kid's Paddling
- Parktime
- Not Your Average Dance Camp
- Sailing Advanced

- Archery
- Arts in Motion
- Babysitter Training
- Cougars Track & Field
- Discovery Camp
- Everything You Ever Wanted To Do
- Ezra Soccer
- Parktime
- Ready, Set, Summer Daycamp
- Sailing

- Adventure Daycamp
- Cougars Track & Field
- Discovery Camp
- Diva Delights
- Flow Spin Arts Camp
- Fun Friday Kids Paddling
- Hip Hop Intro
- Kid's Paddling Camp
- Parktime
- Theatre Games & More
- Sailing - Beginner



### Youth

(10 years & over)  
Pages 30 - 34

- Chopped
- Fire Fighting Basic Training
- Laser Tag
- Skate Tours
- Sk8, Scoot & Swim!
- Teen Odyssey

- Cougars Track & Field
- Cupcake Wars
- Get Sailing
- Leaders in Training
- Skate Tours
- Teen Odyssey
- Young Cooks

- Bracelets & Braiding
- Cougars Track & Field
- Digital Film & Acting Camp
- Let's Try DIY
- Paddling Camp
- Skate Tours
- Sk8 Like a Girl
- Teen Odyssey

- Back to Basics Baking
- Cougars Track & Field
- Digital Film & Acting Camp
- Girls on the Move
- Teen Odyssey



# Registration starts Monday May 9

Aug 2 - 5 WEEK 5	Aug 8 - 12 WEEK 6	Aug 15 - 19 WEEK 7	Aug 22 - 26 WEEK 8	Aug 29 - Sept 2 WEEK 9
<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Bugs!</li> <li>• Happy Feet &amp; Tapping Toes Mini Camp</li> <li>• Sportball</li> <li>• Zoo-rific!!</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Optimist Sailing</li> <li>• Seuss on the Loose!</li> <li>• Sport n' Splash</li> <li>• Tiny Stars Tennis</li> <li>• Wacky Science Lab</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Dinosaur Days</li> <li>• Ezra Soccer Tots</li> <li>• Sunny Days Mini Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Kids in Space</li> <li>• Park Pals</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Talk</li> <li>• Jungle Safari</li> <li>• Kindergym Camp</li> </ul>
<ul style="list-style-type: none"> <li>• Discovery Camp</li> <li>• Hip Hop Splash</li> <li>• Lego Camp</li> <li>• Mockingjay Daycamp</li> <li>• Parktime</li> <li>• Science Detectives</li> <li>• Sk8, Scoot, Swim</li> <li>• Sportball</li> </ul>	<ul style="list-style-type: none"> <li>• C.S. Eye</li> <li>• Discovery Camp</li> <li>• Cougars Track &amp; Field</li> <li>• Exploration Art Camp</li> <li>• Kids Paddling Camp</li> <li>• Kung Fu Kids Camp</li> <li>• Fun Paddling Camp</li> <li>• Horse &amp; Pony Camp</li> <li>• Musical Theatre Camp</li> <li>• Parktime</li> <li>• Sailing</li> <li>• Tennis</li> </ul>	<ul style="list-style-type: none"> <li>• Adventure Daycamp</li> <li>• Cougars Track &amp; Field</li> <li>• Discovery Camp</li> <li>• Ezra Soccer</li> <li>• Horse &amp; Pony Camp</li> <li>• Horse &amp; Pony Camp 2</li> <li>• Not Your Average Dance Camp</li> <li>• Parktime</li> <li>• Sailing</li> </ul>	<ul style="list-style-type: none"> <li>• Clayworks Camp</li> <li>• Discovery Camp</li> <li>• Everything You Ever Wanted To Do</li> <li>• Fun Friday Kids Paddling</li> <li>• Girls Sport &amp; Craft Combo</li> <li>• Home Sense &amp; Safety</li> <li>• It's Fun to Sew!!</li> <li>• Kid's Paddling Camp</li> <li>• Parktime</li> <li>• Sailing - Advanced</li> <li>• Trampoline Camp</li> </ul>	<ul style="list-style-type: none"> <li>• Cooks &amp; Crafts</li> <li>• Gymnastics Camp</li> <li>• Gym &amp; Swim</li> <li>• Mixed Media Arts Camp</li> <li>• Parktime Round-Up</li> <li>• Summer Sunset</li> </ul>
<ul style="list-style-type: none"> <li>• Leaders in Training</li> <li>• Sk8, Scoot &amp; Swim!</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Chopped</li> <li>• Summer Saturdays</li> <li>• Teen Odyssey</li> <li>• Tween Fit &amp; Fun</li> <li>• Ultimate Adventure Daycamp</li> <li>• Water Tag</li> </ul>	<ul style="list-style-type: none"> <li>• Divergent Daycamp</li> <li>• Exploration Art Camp</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced Sailing</li> <li>• Girls on the Move</li> <li>• Summer Saturdays</li> <li>• Teen Odyssey</li> </ul>	<ul style="list-style-type: none"> <li>• Back to School Baking</li> </ul>



**Pooch-A-Poolooza**  
September 3

**Tween & Teen \$2.50 Drop-in at  
The LINC Youth Centre All Summer Long**  
(see page 34 for hours)





# COZY CORNER Preschool

at the Lewis Centre  
Ages 3 - 5 years



## Register now!

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

Play  
Create  
Socialize  
Celebrate

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

Child and Family Research and Development program

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

Mashedor, 1994

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

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

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

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

**Monday, Wednesday & Friday**

**9:00 - 11:30 am OR  
Tuesday & Thursday**

**9:00 - 11:30 am**

*Interested in afternoons?*

*Leave your name on our interest list.*

**Monthly Fees**

**\$125 - 2 days/week**

**\$165 - 3 days/week**

**\$25 - annual family registration fee**

489 Old Island Highway, Courtenay  
250-338-5371 [www.courtenay.ca](http://www.courtenay.ca)



# Parent Participation

## **BABY TALK**

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

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

## **THE WACKY SCIENCE LAB**

(2½ years - 4 with adult)  
Let it ooze, move, and change as you and your tot explore science. Easy experiments that are sure to entertain you.

**#41266** Mondays  
August 8 - 29  
9:30 - 11:00 am  
Lewis Centre Craft Room A  
\$35/4

## **Summer Special Events:**

*Father's Day KiteFly, page 26*  
*Nickle Carnival, page 17*

## **TREEFROG MUSIC**

### **TOGETHER PRESCHOOL**

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

**Instructor:** Kazimea Sokil  
**#41269** Tuesdays & Thursdays  
July 5 - August 4  
9:15 - 10:00 am  
Simms Millenium Park  
\$110/10

### **DANCE WITH ME**

(2 - 3 years with adult)  
Explore movement and music together in this fun introduction to dance. Scarves, rhythm sticks and more will be used to keep you grooving!

**#41270** Wednesdays  
July 6 - 27  
10:30 - 11:15 am  
Activity Room A  
\$20/4

## **CHILDMINDING**

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


Monday - Friday  
Effective June 27  
9:00 - 10:30 am  
Lewis Centre  
\$4/Drop-in

## **1,2,3 COME PLAY WITH ME**

(2½ - 4 years with adult)  
Play the morning away with hula hoops, bean bags, balls and more! Finish the class with stories, songs and games.

**#41265** Mondays  
July 4 - 25  
9:30 - 11:00 am  
Lewis Centre Gym  
\$35/4

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






## UNDER THE SEA ADVENTURES

(3 - 5 years)

Take a deep breath. You're in for a week full of adventure! Did you know that the ocean has a floor? Discover a whole new world, as we look at marine life: fish, sharks, crabs, whales and more. We've got crafts, stories, a shore walk and lots of fun on our hook.

**Instructor:** Sheri Roffey & Breanne Hague

**#41129** Monday - Friday  
July 4 - 8  
1:00 - 3:00 pm  
Craft Room B  
\$80/5

## IMAGINATION STATION

(3 - 5 years)

All aboard the train destined for the land of imagination. Create puppets, play dress up, and turn boxes into magical lands, as you let your imagination loose. Please bring a snack each day.

**Instructor:** Sheri Roffey & Breanne Hague

**#41136** Monday - Friday  
July 18 - 22  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

## MESSY ART

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41137** Monday - Friday  
July 25 - 29  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

## KRAYOLA KIDS

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41062** Monday - Friday  
July 11 - 15  
10:00 am - 12:00 pm  
Lewis Salish Building  
\$80/5

## WEE SCIENCE

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41128** Monday - Friday  
July 4 - 8  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

## CIRCUS CIRCUS

(3 - 6 years)

Run away with the circus! Lions, tigers and elephants you will explore. Face painting, clowns and balloon art. Complete with a Nickel Carnival finale. Don't miss the train to fun.

**Instructor:** Sheri Roffey & Breanne Hague

**#41131** Monday - Friday  
July 11 - 15  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

## DINOSAUR DAYS

(4 - 6 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

Monday - Friday  
**#41132** July 18 - 22  
**#41133** August 15 - 19  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$90/5



*Slip, Slap, Slop on some sunscreen!*



**THE GREAT OUTDOORS**

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41061** Monday - Friday  
July 25 - 29  
1:00 - 3:00 pm  
Lewis MP Hall  
\$80/5

**SEUSS ON THE LOOSE!**

(3 - 5 years)  
Gather round for some Dr. Seuss classics. Create a theme related craft, and then get loose in a Dr. Seuss way as you shake out your sillies in active play.

**Instructor:** Sheri Roffey & Breanne Hague

**#41140** Monday - Friday  
August 8 - 12  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

**PARK PALS**

(3 - 5 years)  
Explore nature on our fun-filled treks, as we examine everything from bugs to birds. Crafts and games round out the fun. Please bring your lunch and a bathing suit/towel.

**Instructor:** Lisa Beaulieu

**#41143** Monday - Friday  
August 22 - 26  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

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

**BUGS!!**

(3 - 5 years)  
Learn about a different bug each day! Make crafts that look like your favourite bugs, and explore outside to look for their hiding places. Come dressed for the weather and get ready to have some fun!

**Instructor:** Sheri Roffey & Breanne Hague

**#41138** Tuesday - Friday  
August 2 - 5  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$70/4

**SUNNY DAYS MINI CAMP**

(3 - 5 years)  
Capture the best parts of summer! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories. Bring a snack each day.

**Instructor:** Sheri Roffey & Breanne Hague

**#41142** Monday - Friday  
August 15 - 19  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

**ZOO-RIFIC!!**

(3 - 5 years)  
Lions, tigers and bears - Oh MY! Get in on all the action as you roar like a tiger, hop like a kangaroo, and play like a monkey. Finish with a trip to the petting zoo!

**Instructor:** Sheri Roffey & Breanne Hague

**#41139** Tuesday - Friday  
August 2 - 5  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$70/4

**KIDS IN SPACE**

(3 - 5 years)  
Blast off on a journey of discovery as we explore Space. Learn about the solar system, astronomy, rockets and the Space Station. Hands on experiments, crafts, stories and astronaut missions provide fun and learning. Bring a snack each day.

**Instructor:** Lisa Beaulieu

**#41144** Monday - Friday  
August 22 - 26  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5





## Sports & Movement

### SPORT N' SPLASH

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41141** Monday - Friday  
August 8 - 12  
1:00 - 3:00 pm  
Lewis Craft Room B  
\$80/5

### TINY STARS TENNIS

(5 - 6 years)

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

**Instructor:** In Your Court Tennis Academy

Monday - Friday  
**#41420** July 4 - 8  
**#41421** August 8 - 12  
9:00 - 10:00 am  
\$50/5

### KINDERGYM CAMP

(3 - 5 years)

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

**Instructor:** Sheri Roffey & Breanne Hague

**#41060** Monday - Friday  
August 29 - September 2  
9:00 - 10:00 am  
Lewis Centre Gym  
\$65/5

### SPORTBALL

(3 - 5 years)

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

**#41282** Tuesday - Friday  
August 2 - 5  
9:00 am - 12:00 pm  
Lewis Centre  
\$112/4

### JUNGLE SAFARI

(3 - 5 years)

Join us as we learn about the animal kingdom. Mini-safaris, encounters with wild (imaginary) creatures, and long lost tribes are ours to discover through crafts, games, and hands-on activities. Bring your swimsuit and towel each day, for a dip in our wading pool. **Instructor:** Lisa Beaulieu

**#41145** Monday - Friday  
August 29 - September 2  
10:00 am - 12:00 pm  
Lewis Craft Room B  
\$80/5

### HAPPY FEET &

### TAPPING TOES MINI CAMP

(3 - 5 years)

Explore creativity, imagination, and movement in this fun filled environment. Get exposed to Jazz, Rhythm, and Musical Theatre techniques. Arts and crafts will be included in the fun. Dancers will learn choreography which will be presented at the end of the last class.

**Instructor:** Kennedy Ledingham

**#41271** Monday - Friday  
July 11 - 15  
10:00 am - 12:00 pm  
\$65/5  
**#41272** Tuesday - Friday  
August 2 - 5  
1:00 - 3:00 pm  
Lewis Centre  
\$55/4

### EZRA SOCCER TOTS

(3 - 5 years)

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

**Instructors:** Ezra Soccer Academy  
Monday - Friday  
**#41187** July 18 - 22  
**#41188** August 15 - 19  
10:30 - 11:30 am  
Lewis Park  
\$65/5



# Special Interest

## HORSE & PONY CAMP

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

- Instructor:** Claudia Harper  
Monday - Friday  
August 8 - 12
- #41189 9:00 am - 12:00 pm
  - #41190 3:00 - 6:00 pm  
August 15 - 19
  - #41191 9:00 am - 12:00 pm  
\$280/5

**7 Story Circus Camps**  
see page 22

**Leadership Development**  
see page 27

**Paddling Camps**  
see page 24

**Sailing**  
see page 25

## HORSE & PONY CAMP 2

(8 - 14 years)  
In this next level, you'll be involved with more hands-on care, handling and riding of horses. You must already have completed one week of introductory camp, and have a current membership with the Horse Council of B.C. The final day will be held at Saddlebags Tack Store in Merville.

- Instructor:** Claudia Harper  
#41192 Monday - Friday  
August 15 - 19  
3:00 - 6:00 pm  
\$280/5

## C.S. EYE

(6 - 9 years)  
Focus your eye on the clues as we use our super-sleuth skills to solve the mystery of the day. Compare fingerprints, analyse handwriting, learn about identities and more. Add in arts, crafts and games to keep you active on the scene.

- #41178 Thursday July 14
- #41179 Monday August 8  
12:00 - 4:00 pm  
Lewis Salish Building  
\$28

## EVERYTHING YOU EVER WANTED TO DO

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

- #41172 Friday July 22
- #41173 Wednesday August 24  
12:30 - 3:30 pm  
Lewis Salish Building  
\$28

## SCIENCE DETECTIVES

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

- Monday - Thursday
- #41174 July 4 - 7  
Tuesday - Friday
- #41177 August 2 - 5  
12:30 - 3:30 pm  
Lewis Centre  
\$75/4

# NICKEL CARNIVAL

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

**Friday, July 15**  
1:30 - 3:30 pm Lewis Centre

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

489 Old Island Highway, Courtenay 250-338-5371 [courtenay.ca/rec](http://courtenay.ca/rec) follow us





### KUNG FU KIDS KAMP

(6 - 12 years)

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

**Instructor:** Corny Martens  
Monday - Friday

#41181 July 4 - 8

#41182 August 8 - 12  
8:45 am - 3:00 pm  
Lewis MP Hall  
\$195/5

### DIVA DELIGHTS

(6 - 9 years)

Delight your diva senses as you create all things girly; lip gloss, bath bombs, jewellery and hair accessories, just to name a few. You will even make a nutritious snack.

#41419 Monday - Friday  
July 25 - 29  
12:00 - 4:00 pm  
Lewis Salish Building  
\$90/5

### 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.

#41164 Saturday July 16

#41166 Saturday August 27  
1:00 - 3:30 pm  
Lewis Craft Room A  
\$25

### PIANO ADVENTURES

(5 - 11 years)

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

**Instructor:** Debbie Ross

Tuesdays & Thursdays  
July 5 - August 11

#41302 4:30 - 5:30 pm (5 - 7 years)

#41303 5:30 - 6:30 pm (8 - 11 years)  
Lewis Tsolum Building  
\$144/12

### ST JOHN BABYSITTER TRAINING

(11 - 18 years)

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

Saturday

#41321 July 23

#41323 August 20  
9:00 - 4:30 pm  
Lewis Centre  
\$69

### KITCHEN ADVENTURES

(7 - 11 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. Finish off with a swim in the outdoor pool.

#41408 Monday - Friday

July 11 - 15  
9:00 am - 3:30 pm  
Lewis Centre  
\$100/5

### COOKS & CRAFTS

(6 - 9 years)

Spend the last week of summer tantalizing your taste buds and satisfying your creativity as you create savory dishes and craft the afternoon away.

#41411 Monday - Friday

August 29 - September 2  
12:00 - 4:00 pm  
Lewis Centre  
\$90/5

### Recreation Access

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

Ask us how to apply!



# Arts & Crafts

## ARTS IN MOTION

(8 - 12 years)

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

**Instructor:** Jenja McIntyre

**#41395** Monday - Friday  
July 18 - 22  
9:00 am - 3:30 pm  
Lewis Tsolum Building  
\$200/5

## LEGO CAMP

(7 - 11 years)

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

**Instructor:** Jenja McIntyre

**#41392** Monday - Friday  
July 4 - 8  
9:30 am - 3:30 pm  
\$160/5  
**#41395** Tuesday - Friday  
August 2 - 5  
9:30 am - 3:30 pm  
\$130/4  
Lewis Salish Building

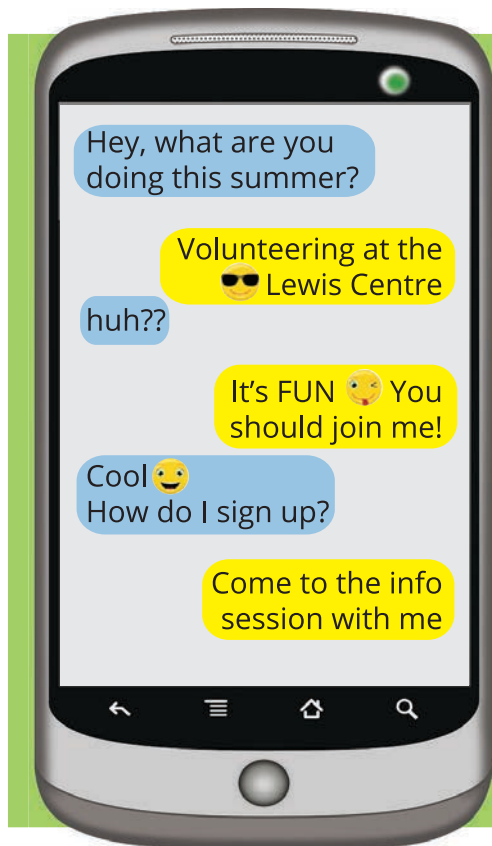
## DRAWING & MANGA CAMP

(8 - 12 years)

Do you love video games, pixel craft and comics? At this camp we will incorporate video game themes into our art and learn how to draw your own manga characters. You will also sculpt your own 3D version and make mini movies. Each student will receive a drawing kit and their own sketch book to keep.

**Instructor:** Jenja McIntyre

**#41396** Monday - Friday  
July 11 - 15  
9:00 am - 3:30 pm  
Lewis Tsolum Building  
\$165/5



# SUMMER 2016

Keep busy this summer!  
Volunteers (14 years & older) needed.

## Volunteer Information Meeting

Thursday June 2, 2016  
4:00 - 5:00 pm  
Lewis Centre

## Volunteer Training

Thursday June 30, 2016  
1:00 - 4:00 pm  
Lewis Centre

For more information call Lewis Centre at **250-338-5371** or text **250-650-9930**





## Exploration Art Camp

### CREATIVE KIDS

(8 - 12 years)

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

Please bring a bag lunch each day.

**Instructor:** Jenja McIntyre

**#40810** Monday - Friday

August 8 - 12

9:00 am - 4:30 pm

NI College Fine Arts Studios

\$270/5

### YOUNG ARTISTS

(12 - 16 years)

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

**Instructor:** Jenja MacIntyre

**#40811** Monday - Friday

August 15 - 19

9:00 am - 4:30 pm

NI College Fine Arts Studios

\$295/5

### IT'S FUN TO SEW!

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

**Instructor:** Jean Morgan

**#41412** Monday - Friday

August 22 - 26

10:00 am - 12:00 pm

Lewis Centre Craft Room B

\$80/5

### CLAYWORKS CAMP

(7 - 12 years)

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

**Instructor:** Jenja McIntyre

**#41397** Monday - Friday

August 22 - 26

10:00 am - 3:00 pm

Lewis Centre Craft Room B

\$165/5

### MIXED MEDIA ARTS CAMP

(7 - 11 years)

Combine painting, sculpture, drawing, photography and graffiti. Use all different kinds of materials from ink, paint, clay, wire, wood, and airbrush techniques. Come make some amazing art and have fun trying all sorts of mediums in a carefree way.

**Instructor:** Jenja McIntyre

**#41398** Monday - Friday

August 29 - September 2

9:00 am - 3:00 pm

Lewis Centre

\$165/5

*We are dedicated to providing a stimulating arts education for young people in the Comox Valley. Bursary applications are available at the Lewis Centre. Deadline for Bursary application is July 3.*



# Dance & Movement

## FLOW ARTS SPIN CAMP

(6 - 13 years)

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

**Instructor:** Tracey Clarke

**#41180** Monday - Friday

July 25 - 29

9:00 am - 12:00 pm

Lewis Centre MP Hall

\$110/5

## HIP HOP SPLASH

(7 - 11 years)

Spend the first half of the day learning hip hop moves and choreographed dances, then cool off the last half in the outdoor pool or splash park! Please bring a lunch and swimsuit each day.

**Instructor:** Kennedy Ledingham

Tuesday - Friday

August 2 - 5

**#41314** 12:00 - 4:00 pm (7 - 11 years)

**#41315** 8:30 - 11:30 am (6 - 9 years)

Lewis Centre

\$75/4

## DANCE & CRAFT COMBO

(6 - 9 years)

Dance, play, and crafting! What more could you want? Spend the morning moving and grooving as you try out a variety of dance styles. Finish off the day with crafts.

**Instructor:** Kennedy Ledingham

**#41320** Monday - Friday

July 4 - 8

9:00 am - 12:00 pm

Lewis Centre

\$65/5

## NOT YOUR AVERAGE DANCE CAMP

(7 - 11 years)

Get in on the latest moves as you try out a variety of dance styles. Then play games and take a swim in the outdoor pool! Please bring a lunch each day.

**Instructor:** Kennedy Ledingham

Monday - Friday

**#41312** July 11 - 15

**#41313** August 15 - 19

10:00 am - 3:30 pm

Lewis Centre Craft Room A

\$100/5

## THEATRE GAMES AND MORE

(8 - 12 years)

Learn fun and silly theatre games, practice basic singing techniques and sing along to your favourite songs and more in a friendly, relaxed and non-competitive environment.

**Instructor:** Kennedy Ledingham

**#41319** Monday - Friday

July 25 - 29

12:00 - 2:00 pm

Lewis Centre

\$50/5

## MUSICAL THEATRE CAMP

(7 - 10 years)

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

**Instructor:** Kennedy Ledingham

**#41316** Monday-Friday

August 8 - 12

9:00 am - 3:00 pm

Lewis Centre

\$100/5

## HIP HOP INTRO

(7 - 11 years)

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

**Instructor:** Kennedy Ledingham

**#41318** Monday - Friday

July 25 - 29

9:00 - 11:00 am

Lewis Centre

\$50/5





### EZRA SOCCER SCHOOL HALF DAY

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

**Instructor:** Ezra Soccer School  
Monday - Friday  
#41185 July 18 - 22  
#41186 August 15 - 19  
9:00 am - 12:00 pm  
Lewis Park  
\$99/5

### EZRA SOCCER TOTS

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

**Instructors:** Ezra Soccer School  
Monday - Friday  
#41187 July 18 - 22  
#41188 August 15 - 19  
10:30 - 11:30 am  
Lewis park  
\$65/5

### EZRA SOCCER SCHOOL FULL DAY

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

**Instructor:** Ezra Soccer School  
Monday - Friday  
#41183 July 18 - 22  
#41184 August 15 - 19  
9:00 am - 3:30 pm  
Lewis Park  
\$189/5

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

### 7 STORY CIRCUS SUMMER CAMP

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

**Instructor:** Kaya Kehl  
#41375 Monday - Wednesday  
July 11 - 13  
1:00 - 4:00 pm  
Lewis Centre Gym  
\$116/3

### AERIAL ARTS CAMP

(10 years & over)  
Explore the exciting art of aerial fabric and aerial hoop. With focus on skill and strength building, you'll start close to the ground then gain height as your confidence and abilities increase. Eventually, you will be dancing in the air! Meet others who love it too! A separate \$5 Circus membership fee must be paid to the instructor at the first class.

**Instructor:** Kaya Kehl  
#41376 Monday - Wednesday  
July 11 - 13  
10:30 am - 12:00 pm  
Lewis Centre Gym  
\$75/3





## JUNIOR BRONZE TENNIS

(7 - 10 years)  
Develop your ground strokes, volley, serve and learn a game based approach to rallying. Perfect for beginners. Racquets provided.

**Instructor:** In Your Court Tennis Academy

Monday - Friday

#41377 July 4 - 8

#41378 August 8 - 12

10:00 - 11:30 am

Lewis Park Tennis Courts

\$75/5

## GIRLS SPORT & CRAFT COMBO

(7 - 12 years)  
Focus on fun, friends and fitness. Play new games and sports as you learn to incorporate active living into your daily routine. Round out each class with creative crafts that you can turn into keepsakes or gifts for others.

**Instructor:** Sheri Roffey & Breanne Hague

#41379 Monday - Friday

August 22 - 26

1:00 - 4:30 pm

Lewis Centre

\$90/5

## TRAMPOLINE CAMP

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

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

Monday - Friday

August 22 - 26

#41380 9:30 - 11:00 am

#41381 11:00 am - 12:30 pm

Lewis Centre Gym

\$70/5

## TINY STARS TENNIS

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

Monday - Friday

#41420 July 4 - 8

#41421 August 8 - 12

9:00 - 10:00 am

\$50/5

## GYMNASTICS CAMP

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

**Instructor:** Sheri Roffey & Breanne Hague

#41382 Monday - Friday

August 29 - September 2

10:00 am - 12:00 pm

Lewis Centre Gym

\$95/5

## CHILDREN'S ARCHERY CAMP

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

Tuesday - Thursday

July 19 - 21

#41416 10:30 am - 12:30 pm

#41418 12:45 - 2:45 pm

Lewis Centre MP Hall

\$45/3

## GYM & SWIM

(8 years & Over)  
Same activities and fun as the Gymnastics Camp, but each day will end with a dip in our outdoor pool.

**Instructor:** Sheri Roffey & Breanne Hague

#41383 Monday - Friday

12:30 - 3:30 pm

August 29 - September 2

Lewis Centre Gym

\$105/5





## SPORTBALL MULTI-SPORT CAMP CHILDREN

(6 - 9 years)

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

**Instructor:** Sportball

#41274 Tuesday – Friday

August 2 - 5

1:00 - 4:00 pm

Lewis Centre MP Hall

\$112/4



## KIDS PADDLING CAMP 2016

Get on the water this summer! Join us to explore our coastal area in a kayak, canoe, and on a stand-up paddleboard. This camp shows you how to be safe and have tons of fun on the water no matter what you're paddling! Participants will learn the basics of kayaking, canoeing, and SUP, and finish off the week with a day of swimming and paddling at Comox Lake.

**Instructor:** Comox Valley Kayaks

Monday - Thursday

#41384 July 11 - 14

#41385 July 25 - 28

#41386 August 8 - 11

9:00 am - 12:00 pm

**(Thursday 10am-2pm**

**at Comox Lake)**

#41387 August 22 - 25

1:00 - 4:00 pm

**(Thursday 10am-2pm**

**at Comox Lake)**

\$130/4

*Please look @ your receipts  
as they contain important  
program information*

## COUGARS TRACK & FIELD CAMP

(9 - 14 years)

Join us for some track & field fun this Summer! Learn to hurdle, throw a javelin, reach new heights in High Jump, and much more. We cover most track & field events during this 5-day camp, always with a focus on skills, fitness, & fun. Sessions are taught by former Canadian team members.

**Instructor:** Cougars Track & Field

Monday - Friday

#41231 July 11 - 15

#41232 July 18 - July 22

#41233 July 25 - July 29

#41234 August 8 - 12

#41235 August 15 - 19

9:00 am - 12:00 pm

\$89/5 (includes BC Athletic  
Canada membership)

## FUN FRIDAY KIDS PADDLING DAY

(10 years & over)

Join us for just a Friday on the water, or add this as an additional day after a week of Kids Paddling Camp to show off your new skills! Paddling fun at the beach of Goose Spit with our enthusiastic instructors in both kayaks and canoes!

**Instructor:** Comox Valley Kayaks

Fridays

#41388 July 15

#41389 July 29

#41390 August 12

#41391 August 26

12:00 - 4:00 pm

\$35

*or \$30 if adding onto Kids  
Paddling Camp  
(within same week)*



# Outdoor Adventures

## OPTIMIST SAILING WET FEET

(5 - 8 years)

A camp for little sailors designed to introduce them to salt water, sea life and sailing. Focused on creating a safe and fun environment on the water, this program aims to instill confidence as a base for further sailing programs.

**Instructor:** Comox Bay Sailing  
Monday - Friday  
July 18 - 22

#41193 9:00 - 11:30 am

#41194 12:30 - 3:00 pm

#41195 August 8 - 12

12:30 - 3:00 pm

Comox Marina Park Gazebo  
\$155/5

## TRIBUNE BAY OUTDOOR EDUCATION CENTRE RESIDENTIAL CAMP

(10 - 13 years)

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

#41300 Monday - Friday  
July 4 - 8

8:30 am drop off at Lewis  
Centre on Monday

3:30 pick up at Lewis

Centre on Friday

\$380+gst

## OPTI BEGINNER SAILING

(6 - 12 years)

For kids with little to no sailing experience. This program teaches students the fundamental elements of sailing in the Optimist Dinghy. Our certified Sail Canada instructor will focus on sailor development and fun. The course has opportunities to sail both with a partner or single-handed. Students can master simple sailing technique and be their own captain remarkably fast!

**Instructor:** Comox Bay Sailing  
School

Monday - Friday

#41196 July 4 - 8

#41197 July 25 - 29

#41198 August 15 - 19

9:00 am - 3:30 pm

Meet at Comox Marina  
Park Gazebo

\$285/5

## OPTI ADVANCED SAILING

(7 - 12 years)

Pre-requisite Opti Beginner. Young sailors continue to develop basic sailing skills learned in Opti Basic as well as being introduced to more advanced skills with increased independence.

**Instructor:** Comox Bay Sailing  
School

Monday - Friday

#41199 July 11 - 15

#41200 August 22 - 26

9:00 am - 3:30 pm

Meet at Comox Marina  
Park Gazebo

\$285/5

*More sailing programs for  
youth on page 30*





### SK8, SCOOT, SWIM

(7 - 12 years)

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

**Instructor:** Jordan Savard

Monday - Friday

#41204 July 5 - 11

\$145/5

Tuesday - Friday

#41205 August 2 - 5

\$116/4

10:00 am - 4:00 pm

The LINC Skatepark

### ADVANCED SAILING

(12 - 17 years)

Learn advanced sailing with experienced Sail Canada instructors. This course will focus on sailing fast by promoting the understanding of boat handling and applied sailing theory. Catered to individual development, this course provides the skills necessary to gain confidence as an independent sailor.

#41214 Monday - Friday

August 22 - 26

9:00 am - 3:30 pm

Comox Marina

\$285/5

### BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. **No Birthday party August 6.**

Saturdays starting July 9

11:30 am - 1:30 pm

The LINC

\$110

\$150/with 3 large pizzas

FATHER'S DAY

# Annual Kite Fly

Sunday June 19

Goose Spit Park

Registration 12:00 pm,

KiteFly 12:30 - 2:30 pm,

Awards 2:30 pm

Park & Ride

from Brooklyn Elementary School,

1290 Guthrie Road

Shuttle Bus 11:30 am - 3:30 pm

Also featuring a hot dog roast!



CITY OF  
**COURTENAY**  
Recreation

489 Old Island Highway, Courtenay  
250-338-5371 [courtenay.ca/rec](http://courtenay.ca/rec)





# Become a Leader!

## Steps to Become a Lifeguard

**1. Bronze Medallion**  
pre-requisite: Bronze Star or 13 years +

**2. Bronze Cross**  
pre-requisite: Bronze Medallion

**3. Standard First Aid & CPR-C**  
13 years+ (taken within 1 year of your NL)

**4. National Lifeguard Award (NL)**  
pre-requisite: 16 yrs+, Bronze Cross & Standard First Aid

**You are now a Certified Lifeguard!!**

City of Courtenay's Aquatic Team is required to hold both a valid NLS, and WSI certification

## LEADERSHIP SKILLS (HELPING TO MAKE THE WORLD A BETTER PLACE)

(13 - 17 years)

These workshops will help participants develop leadership skills by learning various life, counselling and conflict resolution skills, goal setting, team building, accountability and group facilitation.

Participants should expect interactive exercises and opportunities to practice their skills. **No class July 18 & 22.**

Mon, Wed & Fridays

#41510 July 4 - 27

#41511 August 3 - 19

9:00 - 3:00 pm

\$190/8

## LEADERS IN TRAINING (LIT)

(13 - 17 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers, or build on their resumes. Develop leadership skills as you learn games, and activities, behaviour management and more. Participants will also meet with the volunteer coordinator to put their skills into practice either helping with the Nickel Carnival or in children's day programs.

Tuesday - Friday

#41202 July 12 - July 15

#41203 August 2 - 5

10:00 am - 4:30 pm

LINC Games Room

\$85/4

## ST JOHN BABYSITTERS TRAINING

(11 - 18 years)

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

**Instructor:** St. John Ambulance

Saturday

#41322 July 23

#41323 August 20

9:00 - 4:30 pm

Lewis Centre

\$69

**Work with us this fall!**  
*We are looking for qualified, experienced and enthusiastic Program Instructors! Bring in a resume and cover letter to the Lewis Centre.*

## Volunteer This Summer

(14 years & over)

Ready to lend a hand? Turn your spare time into social good! Spend a few hours, days, or weeks with Courtenay Recreation this summer, and help us build a strong, happy and healthy community.



### What's in it for you?

- Meet new people
- Advance your career
- Stay physically healthy
- Make new contacts
- Learn new skills
- Increase social & relationship skills
- Help others & feel happy
- Have fun
- Develop new interests

### How do I get started?

It's easy. Call our Volunteer Coordinator at 250-338-5371 or text 250-650-9930, or drop by the Lewis Centre and fill out a volunteer application form. See page 19 for additional information.

## Volunteer Info Meeting

June 2, 2016

4:00 - 5:00 pm

Lewis Centre





# Full Time Day Camps



## PARENT INFORMATION

**What to Expect:** We are dedicated to providing a safe, happy and supervised program. Please sign participants in and out and relay any important information. Pick up an information package for each program when you register.

**What to Bring:** Bring a bag lunch with snacks, water bottle, swim gear, sunscreen, a hat and proper footwear each day. NO PEANUT PRODUCTS are permitted.

**Staff:** Our camps are run by dynamic, qualified staff who are equipped with First Aid and CPR, trained for a minimum of 70 hours and have completed a criminal record check. Our staff bring an impressive variety of talent and experience in the arts, sports, adventure activities, out-tripping, and leadership. We are committed to making your child's camp experience one to remember!

**Special Needs Programs:** We make it fun and easy for children and teens with special needs to attend our camps. Contact our Inclusion Coordinator at 250-338-5371 for details on support for Parktime, Discovery Camp, Daycamp and Teen Odyssey programs.

**Volunteers:** see page 19.

## PARKTIME

(6 - 8 years)

Spend your summer having fun, while making new friends. Play games, make crafts, explore the beach and stay cool with a variety of water activities. **No program August 1.**

Monday - Friday

#40845 July 4 - 8

#40846 July 11 - 15

#40847 July 18 - 22

#40848 July 25 - 29

#40850 August 8 - 12

#40851 August 15 - 19

#40852 August 22 - 26

\$115/5

Tuesday - Friday

#40849 August 2 - 5

\$92/4

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$37/day

## Kidsplay

Our childminding service offers you a safe, unstructured, but supervised playtime before and after our programs. Pre-registration is required. Call the Lewis Centre for daily and weekly rates.

### Parktime & Discovery

Monday - Friday

8:00 - 10:00 am or

9:00 - 10:00 am &/or

4:00 - 5:00 pm

### Adventure Daycamp

Monday - Friday

8:00 - 9:00 am &/or

4:00 - 5:00 pm

### Specialty Daycamps

Monday - Friday

8:00 - 9:30 am &/or

4:30 - 5:00 pm

## DISCOVERY CAMP

(8 - 12 years)

Experience adventures galore! Your summer full of never ending discoveries, excursions and games awaits. Venture to new places in our weekly outings, swim every day, explore the beach, make crafts, and enjoy interactive fun.

**No program August 1.**

Monday - Friday

#40837 July 4 - 8

#40838 July 11 - 15

#40839 July 18 - 22

#40840 July 25 - 29

#40842 August 8 - 12

#40843 August 15 - 19

#40844 August 22 - 26

\$115/5

Tuesday to Friday

#40841 August 2 - 5

\$92/4

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$37/day

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



## PARKTIME ROUND-UP

(6 - 12 years)

Wrap up a super awesome summer with water activities, games, crafts, swimming, cool outings and lots of laughs.

Monday - Friday

#40835 August 29 - September 2

10:00 am - 4:00 pm

Meet at Lewis Park

Totem Pole Entrance

\$135/5

## ADVENTURE DAYCAMP

(7 - 12 years)  
Get on board in this interactive, action packed camp. Explore nature, swim, hike local trails, learn basic wilderness skills, camp out under the stars, and discover what else the island has to offer. Our overnight campout is during the second week at exceptional campsites.

- Tuesday - Friday & Monday - Friday
- #40828** July 5 - 15
- #40830** August 16 - 26  
Monday - Friday & Tuesday - Friday
- #40829** July 25 - August 5  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$241/9

## ULTIMATE ADVENTURE DAYCAMP

(10 - 14 years)  
Experience thrilling adventures and the life of a true explorer as we hike, canoe, go caving and experience what it is like to sleep beneath the stars.

- #41345** Tuesday - Friday  
August 9 - 12  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$185/4

## SUMMER SUNSET

(7 - 12 years)  
Summer may be coming to an end but the fun doesn't have to. Explore, swim, play golf, and take a journey on a fun-filled field trip.

- #40832** Monday - Friday  
August 29 - September 2  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$175/5

## READY, SET, SUMMER DAYCAMP

*New!*

(8 - 12 years)  
Swing into summer with style! Have a blast in this one stop shop for fun as we climb our way around the high ropes course at Wildplay, swim, make new friends and participate in team challenges during a team building campout.

- #41346** Monday - Friday  
July 18 - 22  
9:00 am - 4:00 pm  
Meet at Simms Park  
\$190/5



## TEEN ODYSSEY

(12 - 18 years)  
We do it all! Teens with special needs team up with friends for fun in the sun. Games, crafts, music, drama, outdoor adventures and daily swims make for an exciting summer. Contact our Summer Inclusion Coordinator for details.

- Monday - Friday
- #40820** July 4 - 8
- #40821** July 11 - 15
- #40822** July 18 - 22
- #40824** July 25 - 29
- #40827** August 8 - 12
- #40825** August 15 - 19
- #40823** August 22 - 26  
\$70/5  
Tuesday - Friday
- #40826** August 2 - 5  
\$56/4  
10:00 am - 4:00 pm  
Lewis Centre

## MOCKINGJAY DAYCAMP (Hunger Games Sequel)

(9 - 13 years)  
Test yourself through action, survival skills, and ultimate games based on the Hunger Games trilogy. Steady your aim in archery, defend yourself with martial arts, swim and gather round for the overnight campfire campout.

- #40854** Tuesday - Friday  
August 2 - 5  
9:30 am - 4:30 pm  
Lewis Park Tsolum Building  
\$180/4

## DIVERGENT DAYCAMP

(10 - 14 years)  
Based on the popular Divergent trilogy, this unique camp offers you swimming, hiking, individual challenges, teambuilding, and an overnight adventure to find your bravest selves.

- #41344** Tuesday - Friday  
August 16 - 19  
9:30 am - 4:30 pm  
Lewis Park Tsolum Building  
\$180/4





## BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. **No Birthday party July 30.**

Saturdays starting July 9

11:30 am - 1:30 pm

The LINC

\$110

\$150/with 3 large pizzas

## Get Active

### GET SAILING

(12 - 17 years)

This introductory sailing course is geared to new sailors, or those with limited experience and is aimed to get you out on the water and having fun in the sun! Learn the basics of sailing with Sail Canada instructors. We'll cover terminology, points of sail, knots, rigging, sail trim, tacking & gybing and righting a capsized boat. Gain real sailing experience in a fun and relaxed environment out on the water.

#41213 Monday - Friday

July 11 - 15

9:00 am - 3:30 pm

Comox Marina

\$285/5

### ADVANCED SAILING

(12 - 17 years)

Learn advanced sailing with experienced Sail Canada instructors. This course will focus on sailing fast by promoting the understanding of boat handling and applied sailing theory. Catered for individual development, this course provides the skills necessary to gain confidence as an independent sailor.

#41214 Monday - Friday

August 22 - 26

9:00 am - 3:30 pm

Comox Marina

\$285/5

### TWEEN FIT AND FUN

(8 - 12 years)

Take part in new activities each day. This program promises to keep you moving while making new friends and having fun along the way. Try new sports, fitness activities, outings and more! Healthy snack included.

#41210 Monday - Friday

August 8 - 12

10:00 am - 4:00 pm

LINC Games Room

\$165/5

### Recreation Access

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

Ask us how to apply!

### GIRLS ON THE MOVE

(10 - 16 years)

Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying activities like yoga, weight-training, geo-caching, Zumba, racquet sports and of course swimming! Healthy snack included.

Tuesday - Friday

#41208 July 26 - 29

#41209 August 23 - 26

10:00 am - 4:00 pm

LINC Games Room

\$132/4



## LEADERS IN TRAINING (LIT)

(13 - 17 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers and build their resumes. Develop leadership skills as you learn games and activities, behaviour management and more. Participants will also meet with the volunteer coordinator to put their skills into practice helping with the Nickel Carnival or children's programs.

Tuesday - Friday

#41202 July 12 - 15

#41203 August 2 - 5

10:00 am - 4:30 pm

LINC Games Room

\$85/4

## DIGITAL FILM & ACTING CAMP

(11 - 18 years)

Hitchcock, Cameron, Tarantino. Young filmmakers begin their journey to learn the art of cinematic story telling during this digital film and acting camp. Experiment with acting, improv games and hands on experience with an award-winning film maker and digital film making equipment including HD cameras, microphones, lights & editing software. The final day of camp will include a screening of the film created by, and starring the youth.

**Instructor:** Jennifer Pickford

#41222 Monday - Friday

July 18 - 29

10:00 am - 4:00 pm

LINC Games Room

\$320/10

*Ask us about our Stay & Play options for before and after camps at The LINC.*

## BRACELETS & BRAIDING

(8 - 12 years)

Would you like to learn how to braid and make awesome bracelets? Sign up with a friend and learn on each other's hair the art of braiding. With practice, you will master single corn rows and french braids. We'll also experiment with parting techniques to create Mohawks, buns, ponytails, and more! Then we'll learn a variety of different weaving techniques that will allow you to create beautiful friendship bracelets!

#41218 Monday July 18

12:30 - 4:00 pm

LINC Games Room

\$21

## LET'S TRY D.I.Y.

(10 - 15 years)

Let's get crafty. We'll upcycle, recreate and create awesome take home projects guaranteed to keep your creative juices flowing.

#41219 Tuesday - Thursday

July 19 - 21

10:00 am - 4:00 pm

LINC Games Room

\$105/3

## THE EPOCHS OF OUR UNIVERSE

(10 - 15 years)

This 'Big History' camp begins with the Big Bang and ends with the Big Crunch. We'll touch on several branches of science including the elements, the life cycle of stars and planets, evolution of life on earth, futurology and more! **No class July 19 & 21.**

**Instructor:** Martin Pariseau

#41513 Tuesdays & Thursdays

July 5 - September 1

8:30 am - 12:00 pm **10-14 yrs**

1:00 - 4:30 pm **15-18 yrs**

LINC Games Room

\$260/18

## FATHER'S DAY BUNGEE PLANE ADVENTURE

(8 - 18 years)

Calling all pilots! Come try out the newest craze in the Comox Valley - bungee planes! Bring your dad, grandpa, or a fellow pilot and get ready to launch your plane!

**Instructor:** Don Cropley

#41201 Saturday June 18

1:00 - 3:00 pm

LINC Multipurpose Room

\$22/person **or**

\$36/2 people

## ART ATTACK & SPLASH

(10 - 14 years)

Explore your creative side experimenting with different mediums, art projects and activities in the morning and swimming each afternoon!

#41171 Tuesday - Friday

August 16 - 19

10:00 am - 4:00 pm

LINC Games Room

\$130/4





# Culinary Pursuits

## FOOD SAFE LEVEL 1

(14 - 18)

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

**Instructor:** Gaetane Palardy

#41175 Thursday June 30

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

## BACK TO SCHOOL

### BAKING

(9 - 14 years)

Get ready for back to school! We'll help you create a variety of recipes for your lunches - cookies, bars and treats. Leave with a sampler pack of all the treats and a recipe book to keep you baking all year!

#41221 Tuesday - Thursday

August 30 - September 1

11:30 am - 3:30 pm

LINC Multipurpose Room

\$70/3

## CHOPPED

(9 - 15 years)

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

Tuesday - Thursday

#41206 July 5 - 7

#41207 August 9 - 11

10:00 am - 3:00 pm

LINC Multipurpose Room

\$130/3

## CUPCAKE WARS

(11 - 15 years)

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

#41226 Tuesday - Thursday

July 12 - 14

11:30 am - 3:30 pm

LINC Games Room

\$66/3

## BACK TO BASICS

### BAKING

(9 - 14 years)

Ever wanted to make a great batch of cookies or wonder how come your cake didn't turn out quite right? We'll teach you the basics to make sure your next baking project is delicious!

#41221 Monday - Friday

July 25 - 29

12:15 - 4:00 pm

LINC Multipurpose Room

\$115/5

## BACK TO BASICS

### COOKING

(10 - 15 years)

Let's get comfortable in the kitchen! We'll show you the ropes and teach you what kinds of ingredients you can use to create a variety of simple and tasty meals!

#41223 Monday - Friday

August 15 - 19

12:15 - 4:00 pm

LINC Multipurpose Room

\$115/5

## YOUNG COOKS

(10 - 14 years)

Learn basic kitchen skills including planning, safety, prep and cooking. Experience the joys of harvesting and preparing fresh, local food from our community garden. Visit local farms, farmer's markets and go on foraging walks. Participants will eat what they've prepared and may even take some leftovers home to sample!

**Instructor:** Lush Valley

#41217 Monday - Friday

July 11 - 15

10:00 am - 3:00 pm

Filberg Conference Hall

Kitchen

\$45/5

*Funding provided by Community Food Centres Canada. Fees may be waived if need is communicated to LUSH Valley prior to registration - admin@lushvalley.com or 250-331-0152*



### SK8 LIKE A GIRL

(7 - 12 years)

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

**Instructor:** Emma Twidale

**#41215** Tuesday - Friday  
July 19 - July 22  
9:30 am - 12:00 pm  
The LINC Skatepark  
\$41/4 **or**  
\$51 with rental

### SK8, SCOOT, SWIM

(7 - 12 years)

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

**Instructor:** Jordan Savard  
Monday - Friday

**#41204** July 4 - 8  
\$145/5 **or**  
\$155 with rental

**#41205** Tuesday - Friday  
August 2 - 5  
\$116/4 **or**  
\$126 with rental  
10:00 am - 4:00 pm  
The LINC Skatepark

### SUMMER SATURDAYS

(11 - 15 years)

Let's get out and enjoy the summer! Join us for different outtrips every Saturday. We'll check out the local beaches, swimming holes and take you on cool outtrip adventures, like go karting & laser tag and make sure your summer ends on a high note.

**#41220** Saturdays  
August 13 - 27  
10:00 am - 4:00 pm  
LINC Games Room  
\$120/3 **or** \$45/day

### SKATEPARK TOURS

(8 - 18 years)

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

July 9 - Chemainus  
July 16 - Ladysmith & Cedar  
July 23 - Nanaimo & Parksville  
**#41216** Saturdays  
July 9 - 23  
10:00 am - 4:00 pm  
The LINC Skatepark  
\$49/3 **or** \$18/day

### FIRE FIGHTING BASIC TRAINING

(13 - 18 years)

Challenge yourself to a day of training with the Courtenay Fire Department. Physically and mentally, test your abilities discovering the life of a firefighter. This fun and informative day will educate you about the volunteer and career possibilities in fire fighting. Please bring a lunch.

**#41237** Friday July 8  
10:00 am - 3:00 pm  
The LINC Skatepark  
\$33

### FRIDAY FUN

(8 years & over)

Join us each week for a special night of fun and a BBQ.

- #41505** July 8 **Laser Tag** *Find out if you're the hottest shot!*
- #41506** July 22 **Slopsticle** *Get ready to get messy as you participate in the craziest event in town.*
- #41507** August 12 **Water Tag** *Just in time for the hot weather - try out the most fun way to cool off!*
- #41508** August 26 **Summer Send-off** *Pool, party, DJ, summer treats, we'll end summer with a bang!*  
6:00 - 8:00 pm  
Meet at The LINC  
\$10/1 **or** \$35/4 **Register early to avoid disappointment**





# #ELINC

## youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay  
250-334-8138



### WHAT WE OFFER

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

### SUMMER HOURS

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

### FEES

- Youth** (8 - 18 years):
  - \$2.50 Drop-In
  - \$20/summer passport
  - June 1 - September 5
  - \$25/11 punch pass
- Adult** (Skatepark ONLY):
  - \$4 Drop-In
  - \$20/month membership
  - \$40/11 punch pass
- Family** \$5/family

*\*skatepark is all ages Wed - Sat*

## THE LINC: SUMMERSIDE

in partnership with Youth Unlimited & LUSH Valley Food Action Society

July 5 - September 1 3:00 - 6:00 pm

Tuesdays - **Lewis Park (Riverside)**

Wednesdays - **Martin Park (Westside)**

Thursdays - **Lerwick Skatepark (Skateside/Eastside)**

Join us for sports, activities, crafts, snacks and more!

**FREE!**





# Arts & Crafts

## PAINTING OUTDOORS

### (Oil or Acrylics)

Enjoy the beautiful summer weather while painting. Each week starts with a demonstration followed by painting time, a relaxing break, then finish your piece! Come to some or all of the classes to fit with your summer schedule. Eight classes for the price of 6!

**No class August 1.**

**Instructor:** Teresa Knight

**#41102** Mondays

July 4 - August 29

6:30 - 8:30 pm

Filberg Craft Room

\$90/8

## LANDSCAPE PAINTING

### (Oils or Acrylics)

The stunning beauty of our world here makes us long to paint it! It's not so hard to learn how - it's fun, challenging and very gratifying. Teresa will show you how to approach subject matter in a way which simplifies it and will demonstrate steps to completion of a pleasing painting. We will work from photos and then graduate to an outside (plein air) painting from life. Lots of fun, please join us!

**Instructor:** Teresa Knight

Tuesdays

July 5 - 26

**#41106** 9:00 am - 12:00 pm

\$75/4

**#41101** 6:30 - 8:30 pm

Filberg Centre Craft Room

\$60/4

*Check receipts carefully for important program information.*

## STAINED GLASS STEPPING STONES

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

**Instructor:** Nancy Morrison

**#41008** Tuesdays

July 5 - 19

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3

## PAINTING SEASCAPES (Oil or Acrylics)

Seascapes are so rewarding to paint! You can capture the feeling of the waves, the sun and the ocean! This class will teach you how, step by step, to get it all down on canvas. You will learn how to make the colours of the sea, use brush strokes and techniques for adding depth and feeling, and match tones for creating distance or atmospheric perspective. You will learn how to best approach your painting, find a pleasing composition, and how and when to put on finishing touches which make it come to life! The first 2 classes will take place indoors after which, we will paint more outside.

**Instructor:** Teresa Knight

**#41005** Tuesdays

August 2 - 23

9:00 am - 12:00 pm

Filberg Centre Craft Room

\$75/4

## GLASS STARFISH WINDCHIMES

Using simple glass cutting and gluing techniques, create a beautiful windchime with several colours to choose from. Option to incorporate found shells and driftwood into the design. Assembly on the 3rd class. Materials fee of \$30 due to instructor.

**Instructor:** Nancy Morrison

**#41007** Wednesdays

July 13 - 27

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3

## STAINED GLASS BUTTERFLY SUNCATCHER

Learn to cut and grind glass and then solder together using hobby lead in this easy and enjoyable class. A beautiful piece for the window, patio or garden. A \$30 supply fee will be collected by the instructor.

**Instructor:** Nancy Morrison

**#41009** Tuesdays

August 2 - 16

7:00 - 9:00 pm

Lewis Craft Room B

\$40/3





### FALL PROOF BALANCE AND MOBILITY TRAINING

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class August 1.**

**Instructor:** Kim Hamilton  
#40957 Mondays & Thursdays  
July 11 - August 15  
1:00 - 2:00 pm  
Native Sons Grand Hall  
\$100/10

### MINI SCRAPBOOK ALBUM

You will create a 6x6 mini album that will hold over 2 dozen photos. You will also learn how to make paper feathers. The album will be embellished with flowers, ribbons, lace & sequins. Supplies included.

**Instructor:** Phyllis Perry  
#41429 Saturdays  
July 16 - 30  
10:00 am - 1:00 pm  
Lewis Craft Room B  
\$100/3

### READING THE TAROT

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

**Instructor:** Kara Foreman  
#41105 Saturday June 25  
1:00 - 4:00 pm  
Filberg Soroptomist Lounge  
\$45

### INTRODUCTION TO NUMEROLOGY

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

**Instructor:** Kara Foreman  
#41106 Saturday June 18  
1:00 - 4:00 pm  
Filberg Soroptomist Lounge  
\$45

### CARD MAKING

#### WORKSHOPS

Tired of giving your friends and family store bought cards? Create your own cards in one of our workshops!

**Instructor:** Phyllis Perry

#### 1 Stamp 3 Ways

You will create 3 cards using one stamp with three different techniques.

#41430 Saturday Aug 13  
11:00 am - 2:00 pm  
Lewis Craft Room B  
\$40

#### Shabby Chic Cards & Tags

Learn how to make paper roses and feathers. They will be used to make 2 shabby chic cards and 1 tag.

#41431 Wednesday August 17  
5:00 - 8:00 pm  
Lewis Craft Room B  
\$40

#### Just Cards

What to do with that pretty scrapbook paper! You will make 3 cards using scrapbook paper and a few embellishments.

#41432 Saturday August 27  
11:00 am - 2:00 pm  
Lewis Craft Room B  
\$40

### MINDS IN MOTION

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

#40974 Wednesdays  
August 10 - September 7  
Native Sons Lower Level  
\$45/5



# Dance & Music

## ZUMBA TONE

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class August 1.**

**Instructor:** Milena Spratt

**#41100** Mondays  
June 27 - August 15  
5:30 - 6:30 pm  
Lewis Centre MP Hall  
\$54/7

## ZUMBA

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

**Instructor:** Gloria Grieve

**#41127** Wednesdays  
June 29 - July 27  
5:30 - 6:30 pm  
Lewis Centre MP Hall  
\$30/5  
\$6.50/Drop-in

## SILVER SWANS

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

**Instructor:** Jenna Flint

**#41424** Fridays  
July 8 - September 2  
2:00 - 3:00 pm  
\$50/8

## MAITRI IN MOTION

### (formerly Nia)

A fitness/movement practice incorporating dance, martial arts and healing arts. Moving together to music that invigorates and inspires, this practice focuses on the natural intelligence of the body as it moves towards health. Every body welcome.

**Instructor:** Ann Marie Lisch

**#41107** Mondays  
June 27 - July 25  
5:30 - 6:45 pm  
Filberg Rotary Hall  
\$45/5

## RECORDER

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

**Instructor:** Debbie Ross

**#40982** Tuesdays & Thursdays  
July 5 - August 11  
12:15 - 1:15 pm  
Native Sons Hall & Filberg  
Soroptomist Lounge  
\$192/12

## 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 \$30 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

**#40984** Tuesdays & Thursdays  
July 5 - August 11  
11:00 am - 12:00 pm  
Native Sons Hall & Filberg  
Soroptomist Lounge  
\$192/12

*Check receipts carefully for important program information.*





### BEGINNER AFRICAN HAND DRUMMING

Drumming in a group setting has been scientifically proven to enhance your physical, mental, spiritual and social well-being! This class explores the basics of hand drumming, using djembe and bass drums. Emphasis will be on technique and developing confidence playing in a supportive group setting. This class is intended for those with little to no experience. **No class August 17.**

**Instructor:** Monica Hofer  
Wednesdays

#41407 July 6 - 27

#41406 August 3 - 31

5:00 - 6:00 pm

Native Sons Grand Hall

\$58/4

### DUNDUN (AFRICAN BASS DRUM) CLASS

African Bass Drums, or Dunduns, typically are played with one hand playing a bell pattern, while the other hits the drum skin. We will explore the bass drum playing technique and will learn simple patterns which, when put together, will surprise us with their power and intensity. Participants must provide their own "drum"; please contact Monica for details on how to assemble one before the first class. **No class August 18. Instructor:** Monica Hofer

Thursdays

#41317 July 7 - August 25

3:45 - 4:30 pm

Native Sons Grand Hall

\$70/7

### GOLDEN BEATS DRUMS ALIVE

'Golden Beats' is a new Drums Alive offered especially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace. You will drum on exercise balls while combining traditional aerobic movement with the beat & rhythm of drums. **No class July 21 or August 18.**

**Instructor:** Monica Hofer  
Thursdays

#41230 July 7 - August 25

10:30 - 11:30 am

Native Sons Grand Hall

\$42/6

\$8/Drop-in *Please bring exact change*

### DRUMS ALIVE POWER BEATS & DRUMBATA

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. This summer session will include an element of "Drumbata" (high intensity sports drumming) in each class. **No class August 17.**

**Instructor:** Monica Hofer  
Wednesdays

#41405 July 6 - August 31

6:15 - 7:15 pm

Native Sons Grand Hall

\$56/8

\$8/Drop-in *Please bring exact change*

### BEYOND BEGINNER & INTERMEDIATE AFRICAN HAND DRUMMING

This class is intended for those with some familiarity to drumming who are already at the intermediate level or ready to "make the leap" after taking a few sessions of beginners. This class will be tailored to meet the needs of all levels participating, from returning intermediate students to those thinking of joining the regular intermediate class in the fall. **No class August 18.**

**Instructor:** Monica Hofer  
Thursdays

#41301 July 7 - 28

#41310 August 4 - September 1

2:30 - 3:30 pm

Native Sons Grand Hall

\$58/4

*To learn more about Drums Alive check out Drums Alive Comox Valley on Facebook. To learn more about African Hand Drumming check out <http://rhythm-spirit.blogspot.com> or contact Monica at [drumdeva@gmail.com](mailto:drumdeva@gmail.com)*





# Outdoor Pursuits

## GOLF SHORT GAME

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

**#40995** Fridays  
July 8 - 29  
1:00 - 2:00 pm  
Glacier Greens Golf Course  
\$92/4

## INTRODUCTION TO GREENLAND PADDLING

Can you paddle with a stick? The answer is YES! Come & discover the art of Greenland paddling with our skilled and passionate team of instructors. Using Greenland paddles and standard kayaks, you will learn basic Greenland strokes and come to understand more about the heritage of the sport of kayaking.

**Instructor:** C V Kayaks & Canoes  
**#41410** Sunday July 24  
9:00 am - 12:00 pm  
Goose Spit  
\$58

## SENIOR'S INTRO TO KAYAKING

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

**Instructor:** CV Kayak & Canoes  
**#41415** Monday, July 11  
10:00 am - 1:00 pm  
**#41417** Friday, August 12  
1:00 - 4:00 pm  
Comox Valley Kayaks & Canoes  
\$48

## GOLF FULL SWING

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

**#40993** Thursdays  
July 14 - August 4  
12:00 - 1:00 pm  
Glacier Greens Golf Course  
\$92/4

## ADVANCED SUP

If you already have experience stand up paddling and want to take your skills to the next level, join our Paddle Canada SUP Instructors for a fun day on the water. Learn advanced skills like bracing & pivot turns. This class will have you boarding with finesse!

**Instructor:** CV Kayaks & Canoes  
**#41409** Date TBA (3 hrs)  
Comox Valley Kayaks & Canoes  
\$58

## CANSail ADULT SAILING

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

Tuesday & Thursday  
5:30 - 8:30 pm  
Saturday 10am to 3pm  
**#41422** July 5 -16  
**#41423** August 9 - 20  
Comox Marina Park Gazebo  
\$250/6

*Private sailing lessons tailored to your needs are available by request for \$60/hour minimum of 2 hrs, maximum of 2 students. Please contact [cbcsailingschool@gmail.com](mailto:cbcsailingschool@gmail.com)*

## PADDLE CANADA BASIC STAND UP PADDLE BOARDING

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

**Instructor:** CV Kayaks & Canoes  
**#41258** Saturday, July 2  
2:00 - 4:00 pm  
**#41259** Saturday, July 16  
2:00 - 4:00 pm  
**#41260** Sunday, July 31  
4:00 - 6:00 pm  
**#41261** Saturday, August 13  
2:00 - 4:00 pm  
**#41262** Thursday, August 18  
4:00 - 6:00 pm  
**#41263** Friday, August 26  
1:00 - 3:00 pm  
Comox Valley Kayaks & Canoes  
\$40





# Paddling with CV Kayaks & Canoes

## PADDLE CANADA BASIC KAYAKING (3 PARTS)

Our certified Paddle Canada instructors will take you out on the water to learn the skills you need to paddle safely & with finesse! Enjoy a full day on the water with us, or mix & match the dates to suit your schedule. You will come away from the course a more confident paddler - including knowledge of boats, equipment, and paddling techniques. Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills!

## PADDLING SKILLS (PART 2)

Prerequisite: Kayak Rescues Part 1

#41245 Saturday July 9

#41247 Saturday July 23

#41248 Saturday August 6

#41250 Saturday, August 20  
10:00 am - 1:00 pm  
Comox Lake

#41246 Friday July 15

#41249 Wednesday August 10

5:30 - 8:30 pm

CV Kayaks & Canoes  
\$58

## KAYAK RESCUES (PART 1)

Join Comox Valley Kayaks & Canoes 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 confidence on the water, or take it as the first step toward a Paddle Canada Basic Kayak certification.

#41238 Tuesday July 5

#41239 Thursday July 14

#41240 Tuesday July 19

#41243 Thursday July 28

#41241 Tuesday August 2

#41242 Thursday August 11

#41244 Tuesday August 16

7:45 - 9:30 pm

Courtenay Memorial  
Outdoor Pool

\$58

## PROGRESSIVE PADDLING (PART 3)

Prerequisite: Kayak Rescues & Paddling Skills

#41251 Saturday July 9

#41253 Saturday July 23

#41254 Saturday August 6

#41256 Saturday August 20

2:00 - 5:00 pm

Comox Lake

#41252 Monday July 18

#41255 Friday August 12

5:30 - 8:30 pm

CV Kayaks & Canoes  
\$58

## PADDLE CANADA SEA KAYAKING LEVEL 1

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

#41257 Saturday & Sunday

July 16 & 17

Comox Valley Kayaks &  
Canoes

\$260

## THE KAYAK ROLL - INTERMEDIATE

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

# 41413 Thursday July 7

& Tuesday July 12

#41414 Tuesday August 9

& Thursday August 18

7:45 - 9:30 pm

Courtenay Memorial  
Outdoor Pool

\$120/2

*Boats and/or boards are provided for all courses, and wetsuits are provided for all indoor and SUP courses. Drysuit rentals for outdoor courses are available upon request for a nominal fee. Students should bring their own goggles & nose plugs to the pool if desired. The full curriculum for all of the paddling courses, as well as instructions concerning clothing and equipment requirements, can be viewed at [www.comoxvalleykayaks.com](http://www.comoxvalleykayaks.com).*



# Lewis Centre Squash Courts

## To reserve a court:

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

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

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

## Court Fees (per person)

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

All fees include 5% GST

## Unlimited Play Passes

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

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

## Shower Passes

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

# 2 for 1 SQUASH all summer long!

## May 24 - September 11

Book two courts for the price of one

### Prime Time:

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

### Non-Prime Time:

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

### Hours until May 15:

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

### Summer Hours effective May 22:

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

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

[dgaudia@yahoo.com](mailto:dgaudia@yahoo.com)





# Wellness Centre

Great new weightroom with the same great service!

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

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

## Wellness Centre Fees

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

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

### Memberships (includes 5% GST)

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

## Childminding

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

Mondays - Fridays  
9:00 - 10:30 am  
\$4.00/1¼ hour drop-in (ask about other options)

### Wellness Centre & Fitness Pass Suspensions

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.

### Wellness Centre Summer Hours (effective May 16, 2016)

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

*Hours subject to change*

### Equipment

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



We recommend you consult your physician before beginning a fitness program



## Wellness Centre Classes & Attendant Hours

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am	TRX 6:30 - 7:30 am
55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	
5:00 am - 10:30 am & 11 am - 2:30 pm Attendant on Duty	7 - 10:30 am Attendant on Duty	5:00 am - 2:00 pm Attendant on Duty	7 - 10:30 am Attendant on Duty	55+ Strength Training 10 - 11:00 am
				6 am - 12:30 pm Attendant on Duty
Mon - Thurs 55+ Strength Training 10:30 - 11:30 am				
Mon & Wed 55+ Strength Training 1:30 - 2:30 pm Tues & Thurs Easy Does it				
3 - 6:30 pm Attendant on Duty	1 - 3 pm & 5 - 7 pm Attendant on Duty	3 - 6:30 pm Attendant on Duty	3 - 7 pm Attendant on Duty	3 - 5 pm Attendant on Duty
TRX Body Blast 5:15 - 6:15 pm	55+ TRX 2:45 - 3:45 pm		55+ TRX 2:45 - 3:45 pm	<b>NOTE:</b> • Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times. • Schedule is subject to change.
8 - 9:00 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	8 - 9:00 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	

### TRX BODY BLAST

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build your strength, flexibility and core all at once! Register early as class size is limited to 9. **No class August 1.**

**Instructor:** Kim Hamilton  
**#40959** Mondays  
 June 27 - August 29  
 5:15 - 6:15 pm  
 Lewis Wellness Centre  
 \$54/8

### CIRCUIT TRAINING

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

**Instructor:** Juan Blancas  
**#40952** Tuesdays & Thursdays  
 June 28 - September 1  
 7:00 - 8:00 pm  
 Lewis Wellness Centre  
 \$120/20

### 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  
**#40951** Tuesdays & Thursdays  
 June 28 - September 1  
 1:30 - 2:30 pm  
 Lewis Wellness Centre  
 \$120/20





### 55+ BEGINNER STRENGTH TRAINING

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

**Instructor:** Cathy Riopelle  
#40955 Tuesdays & Thursdays  
EG June 28 - September 1  
3:00 - 4:00 pm  
Lewis Activity Room  
\$120/20

### 55+ CIRCUIT FIT

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

**Instructor:** Cathy Riopelle  
#40954 Tuesdays & Thursdays  
EG June 28 - September 1  
1:45 - 2:45 pm  
Lewis Activity Room  
\$120/20

### SIMPLY STRENGTH

(55 years & over)  
Exercises will be taught with a variety of equipment to increase balance, range of motion & strength. This class will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, & maintain your balance while walking and standing. **Instructor:** Joyce Leong & Steve Thomson

EG Mondays & Wednesdays  
June 27 - August 15  
#40944 10:15 - 11:15 am level 1  
#40945 9:00 - 10:00 am level 2  
Native Sons Grand Hall  
\$90/14

### CHAIR FIT

(55 years & over)  
A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class July 1.**

**Instructor:** Janet Gravouille & Wendy Matte  
#40950 Tuesdays & Fridays  
EG June 28 - September 2  
9:15 - 10:15 am  
Filberg Rotary Hall  
\$114/19

### 55+ STRENGTH TRAINING

(55 years & over)  
Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support

**Instructor:** Juan Blancas

#40935 Fridays  
EG July 8 - September 2  
10:00 - 11:00 am  
\$48/9

#40936 Monday & Wednesday  
EG June 27 - August 31  
10:30 - 11:30 am  
\$114/19

#40937 Monday & Wednesday  
EG June 27 - August 31  
1:30 - 2:30 pm  
\$114/19

#40938 Tuesday & Thursday  
EG June 28 - September 1  
10:30 - 11:30 am  
\$120/20  
Lewis Wellness Centre

### CARDIO & STRENGTH

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

**Instructor:** Joyce Leong  
#40953 Fridays  
EG July 8 - September 2  
9:00 - 10:00 am  
Native Sons Grand Hall  
\$54/9

### 15/15/15 INTENSE

This intense, 45 minute, high energy class blends cardio and strength into one great workout! 15 minutes of cardio is followed by 15 minutes of strength and 15 minutes of core/stretching finishes it out. **No class August 1.**

**Instructor:** Wendy Matte

**#40970** Mondays  
 June 27 - August 29  
 7:00 - 7:45 pm  
 Lewis Activity Room  
 \$40.50/9  
 \$5/Drop-in

### HIIT - HIGH INTENSITY INTERVAL TRAINING

This class involves short and long bursts of plyometrics 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 complement your gym routine and lose those few extra pounds this class will be sure to bring results.

**Instructor:** Tammy Jones

**#40961** Tuesdays  
 July 12 - August 16  
 12:10 - 12:45 pm

**#40962** Thursdays  
 July 14 - August 18  
 12:10 - 12:45 pm  
 Lewis Activity Room  
 \$30/6  
 \$5/Drop-in

### 30/30 SPIN TRX HYBRID

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

**Instructor:** Kim Hamilton  
 Tuesdays & Thursdays

**#40931** June 28 - July 28  
**#40932** August 2 - September 1  
 6:30 - 7:30 am  
 Lewis Activity Room  
 \$60/10

### 30/30 CARDIO TRX COMBO

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


**Instructor:** Tammy Jones  
 Wednesdays & Fridays

**#41090** July 13 - 29  
**#41089** August 3 - 19  
 6:30 - 7:30 am  
 Lewis Activity Room  
 \$42/6

### STRETCH & STRENGTH

(55 years & over)  
 This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class July 21 or August 1 & 18.**

**Instructor:** Janice Bradford

**#40963** Mondays & Thursdays  
 June 27 - September 1  
 9:00 - 10:00 am  
 Filberg Rotary Hall  
 \$102/17


### 55+ TRX AND RESISTANCE TRAINING

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


**Instructor:** Kim Hamilton  
 Mondays & Wednesdays

**#40943** June 27 - July 27  
 \$75/10

**#40939** August 3 - 31  
 9:00 - 10:00 am  
 \$67/50/9

 Tuesdays & Thursdays  
**#40938** June 28 - July 28

**#40940** August 2 - September 1  
 9:00 - 10:00 am  
 \$75/10

 Tuesdays & Thursdays  
**#40941** June 28 - July 28

**#40942** August 2 - September 1  
 2:45 - 3:45 pm  
 \$75/10

Lewis Wellness Centre





# Drop-in Fitness Schedule *effective June 27 - August 19 unless otherwise noted*

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	BootCamp Blast+	The Works	BootCamp Blast+	Core N' Cuts	
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm		
5:30 pm	Zumba Tone	Power Spin & Beyond 5:15pm	Tabata			
7:00 pm	15/15/15 Intense		Yin/Yang Yoga 6:45pm		Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class	

Please note: This schedule is subject to change

Pay & sign in at the office

## Drop in & Punch Card Fees including GST

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

## Childminding

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

Monday - Friday

9:00 - 10:30 am

Lewis Centre

\$4/1¼ hours

\$4.50/1½ hours

\$5/1¾ hours

*punch cards also available*

## Children in fitness classes:

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



# Drop-in Fitness

## CARDIO CHAOS+

Monday 9:00 - 10:15 am

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

**Instructor:** Tammy Jones

## SPIN, STRETCH & STRENGTH

Mondays & Wednesdays

12:00 - 1:00 pm

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

Limited to 17 participants.

**Instructor:** Steve Thomson

## POWER SPIN & BEYOND

Tuesdays 5:15 - 6:15 pm

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

**Instructor:** Kim Hamilton

See page 45 for pre-registered programs which may have drop-in options

## BOOTCAMP BLAST+

Tuesdays & Thursdays

9:00 - 10:15 am

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

**Instructor:** Steve Thomson

## TABATA

Wednesdays 5:30 - 6:30 pm

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

**Instructor:** Wendie Matte

## CORE N' CUTS

Fridays 9:00 - 10:00 am

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

**Instructor:** Steve Thomson

## ZUMBA TONE

Mondays 5:30 - 6:30 pm

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party.

**Instructor:** Melina Spratt

## THE WORKS

Wednesdays 9:00 - 10:00 am

Using all styles of cardio & resistance training this is a combination style class for everyone, beginner to advanced. Guaranteed to be boredom proof!

**Instructor:** Michelle Boyd





## Yoga

### 55+ HATHA YOGA

(55 years & over)

Gain improved flexibility, balance, strength, posture and a sense of well being. These mixed level classes will incorporate basic poses with options for increased challenge. **No class August 1.**

**Instructor:** Sheron Jutila

**#40975** Mondays

**EG** July 4 - August 22

2:00 - 3:30 pm

Filberg Rotary Hall

\$96/8

Fridays

July 8 - August 26

**#40976** 10:00 - 11:30 am

**#40977** 2:00 - 3:30 pm

Native Sons Hall

\$96/8

*Check receipts carefully for important program information.*

### GENTLE YOGA AND MEDITATION

A calming practice with stretching and easy strengthening poses from Hatha, Joint health and Yin Yoga that ends with 15 - 20 minutes of silent seated meditation. All levels welcome.

**Instructor:** Sheron Jutila

**#41094** Thursdays

June 30 - August 25

2:00 - 3:30 pm

Lewis Meeting Room

\$108/9

### YOGA FOR JOINT HEALTH

(55 years & over)

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

**Instructor:** Sheron Jutila

**#40980** Thursdays

**EG** June 30 - August 25

10:00 - 11:30 am

Lewis Meeting Room

\$108/9

### POWER YOGA

Destress after work with the dynamic flowing sequence of yoga postures linked together by movement and the breath. This energizing yoga workout will appeal to active participants who want to develop both strength and flexibility, while focusing the mind and calming the spirit. **No class August 1.** Drop-in available.

**Instructor:** Wendy Matte

**#40971** Mondays

June 27 - August 29

5:15 - 6:30 pm

Lewis Craft Room A

\$72/9

### 55+ GENTLE YOGA

(55 years & over)

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

**Instructor:** Sheron Jutila

**#40979** Mondays

**EG** July 4 - August 29

10:15 - 11:15 am

Filberg Centre

\$72/9

### Benefits of Yoga include:

- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.

### PRENATAL YOGA

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

**Instructor:** Akiko Shima

**#40990** Wednesdays  
 July 6 - August 17  
 6:30 - 7:45 pm  
 Lewis Salish Building  
 \$70/7

### YIN/YANG YOGA

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


**Instructor:** Wendy Matte

Wednesdays  
**#40965** June 29 - July 27  
**#40966** August 3 - 31  
 6:45 - 7:45 pm  
 Lewis Activity Room  
 \$30/5  
 \$6.50/Drop-in

### CHAIR YOGA

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

**Instructor:** Sheron Jutila

**#40978** Tuesdays  
 June 28 - August 23  
 11:00 am - 12:00 pm  
 Native Sons Grand Hall  
 \$81/9

### SUMMER YOGA

When practiced regularly, the gentle stretch of Hatha Yoga gives new energy and vitality. Tension, stiffness, and those little aches and pains tend to disappear. Experience one of the oldest methods to health and happiness.

**Instructor:** Traci Skuce

Thursdays  
 July 7 - August 11  
**#41098** 8:30 - 10:00 am  
 \$72/6  
**#41099** 10:15 - 11:30 am  
 \$60/6  
 Filberg Rotary Hall

### GOOD MORNING YOGA

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

**Instructor:** Akiko Shima

**#41103** Fridays  
 July 15 - August 26  
 9:15 - 10:45 am  
 Lewis Meeting Room  
 \$84/7

### RESTORATIVE YOGA

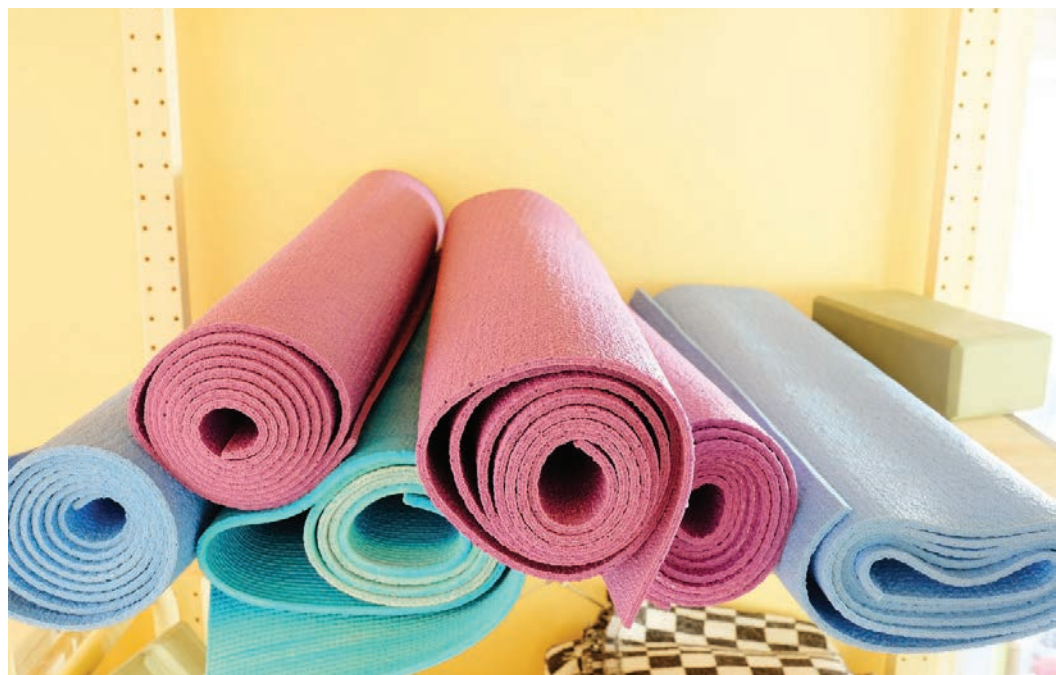
Explore gentle and supported postures that ease tension, free joints and balance body and mind. This class is not limited to those recovering from injury or illness or who have limited range of motion. Welcome to all levels and those who prefer a slow practice.

**Instructor:** Akiko Shima

**#41104** Fridays  
 July 15 - August 26  
 11:00 am - 12:15 pm  
 Lewis Meeting Room  
 \$70/7

*Have you heard about our Corporate Wellness Program? Benefits of active employees include:*

- *Reduced employee absenteeism*
- *Enhanced corporate image*
- *Improved employee recruitment & retention*





## Volunteering Really Is Your Ticket to Happiness!

Come discover your path to volunteering at the Evergreen Club... Deanne McRae our volunteer coordinator wants to meet with you! Come see what volunteer positions are currently available at [www.evergreenclub.me](http://www.evergreenclub.me), or call 250 338-1000 ext 232 or email [dmcrae@courtenay.ca](mailto:dmcrae@courtenay.ca)

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

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

### Club Membership Benefits include

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

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

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

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

## Evergreen Club Activities

### Computer Lab

- P.C.'s with printers
  - Internet
  - WiFi
  - Scanner
- Computer training available in one to one or small group classes.

### Special Events

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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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



# Evergreen Events

The Evergreen Club presents...



## July 1st Tea Dance

A part of Courtenay's Canada Day celebrations!

**Friday, July 1**  
**2:00 pm**  
Native Sons Hall, Grand Hall  
**FREE admission**

Music provided by the  
**Georgia Strait Big Band!**

Cake & refreshments will be served.



**Evergreen Club • 250-338-1000**  
[www.evergreenclub.me](http://www.evergreenclub.me)



The **Evergreen Club** invites you to the **Market Days**



## Pancake Breakfast

**Saturday, July 16**  
**7:30 to 11:00 am**

Conference Hall (upper level),  
Florence Filberg Centre  
411 Anderton Avenue, Courtenay

**\$5**  
per person

**Evergreen Club • 250-338-1000**  
[www.evergreenclub.me](http://www.evergreenclub.me)



## Travel Opportunities

Check out the Evergreen Club trips upcoming for 2016:

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

And much more!

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



## 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.

Stay tuned for our Summer Hour Food Service Hours. Updates to our Food Services will be found at [www.evergreenclub.me](http://www.evergreenclub.me)

## Friday Night Dances

Great music by local bands!

**May 6, 13, 20, 27 & June 3, 10, 17, 24**

7:30 - 10:30 pm

Evergreen Club members: \$7.00

Non-members: \$9.00

Tickets available at the door





## Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

## Volunteers

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

**Remember, YOU make a difference!**

Volunteers particularly wanted for:

- Art Cards
- Sewing
- Bowling
- Special Events

Join a great team!

**250-338-5371**

[specialneedsrecreation@courtenay.ca](mailto:specialneedsrecreation@courtenay.ca)

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



# Recreation for Special Needs

Check our website & newsletter for current information

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

## Comox Valley Accessibility Committee



### Celebrate Access Awareness Day June 4

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

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

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

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



# Sign me Up!

Summer Program Registration begins **Monday May 9** at 7:15 am

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

### In Person

At the Lewis Centre or the Filberg Centre

### By Phone

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

### By Fax

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

### By Mail

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

### Refunds

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

## Registration Information

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



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

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

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

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

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

### Registration Policy

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





# Courtenay Recreation Facility Rentals

## Florence Filberg Centre

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

### Meetings Rooms:

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

### Meeting Room Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

## Native Sons Hall

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

### Meetings Rooms:

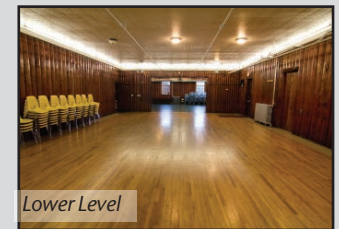
- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

### Meeting Room Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

Fax. 250-338-0303 Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)

Take a Virtual Tour: [courtenay.ca/filberg](http://courtenay.ca/filberg) [courtenay.ca/nativesons](http://courtenay.ca/nativesons)





# Courtenay Recreation Facility Rentals



## Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



Hourly Rates start at:

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

Call the Lewis Centre  
at 250-338-5371

## Bill Moore Park Lawn Bowling Bldg

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



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

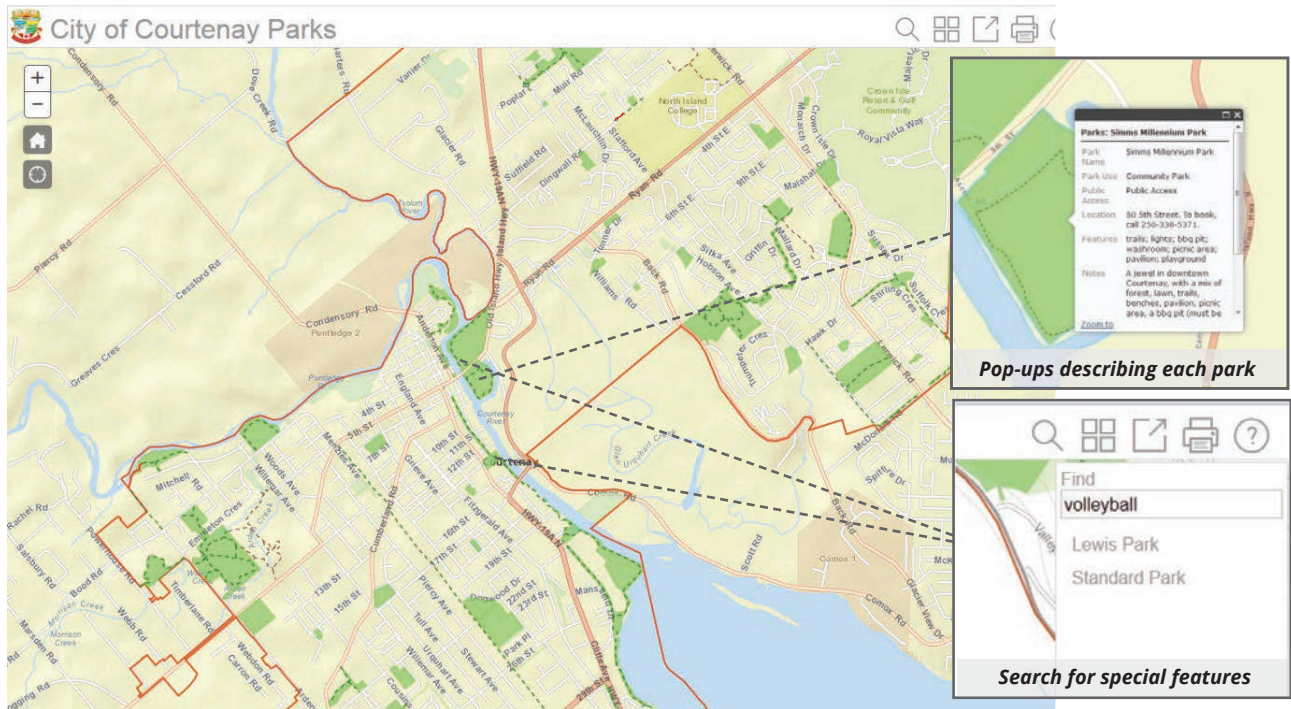
## The LINC Youth Centre

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





# New Interactive Parks & Trails Map for Courtenay



## Map Features

- Zoom in to find parks in Courtenay and to see walking trails, special features, and photos
- Print any section of the map customized to the park and trail information you need
- The map is easy to use on tablets and mobile views
- Accurate locations based on GIS (geographical information system) with map layers featuring streams and topography
- Linked to Google Map's directions

***Access the Interactive Map through [courtenay.ca/parks](http://courtenay.ca/parks)***





# Rotary Water Park at Lewis Park

## Re-opening Saturday May 21

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

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

See page 4 for more information on the outdoor pool at Lewis Park.

*Call the Courtenay Recreation Lewis Centre for further information at 250-338-5371.*



# Simms Park Summer Concert Series

## Free concerts from July 3 to August 28

Come relax and enjoy concerts in the park from 7:00 to 8:30 pm at Simms Park (located by the 5th Street Bridge and across from Lewis Park). Sit on the chairs provided or bring your own lawnchair or blanket. Enjoy the show!

No concerts July 3 or July 31.

See full concert schedule on page 116.

*Visit [courtenay.ca/simms](http://courtenay.ca/simms) or call the Courtenay Recreation Lewis Centre for further information at 250-338-5371.*



*Photo by Sarah Kerr*

# 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:

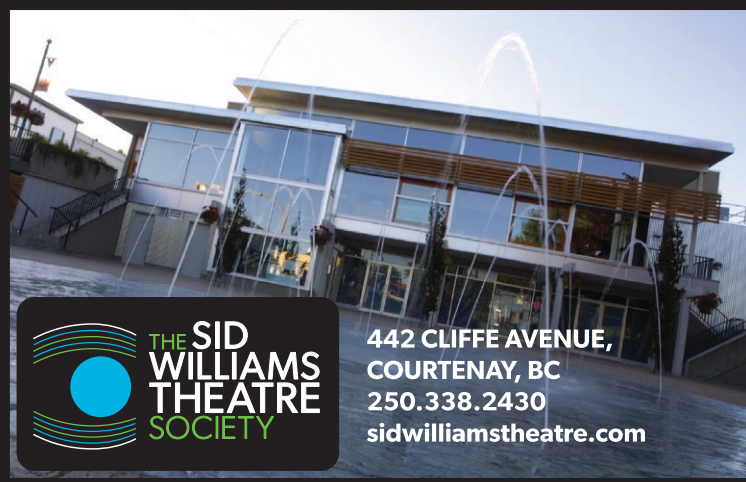
- Bill Moore Park
- Puntledge Park
- Lewis Park
- Valley View Park
- Martin Park
- Woodcote Park
- Standard Park
- Simms Park
- Courtenay Riverway





# 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		☀️									☀️					☀️				☀️				☀️



442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
sidwilliamstheatre.com



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

COME&SEE

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



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

GALLERY  
SHOP

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

Courtenay  
and District

# Museum & Paleontology Centre

207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)



### Discoveries happen here!

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

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

### Hours of Operation

(closed on statutory holidays)

Till May 21, 2016:

Tues to Sat: 10 am - 5 pm

closed Sun & Mon

May 22 to Labour Day:

Mon to Sat: 10 am - 5 pm

Sun: 12 noon - 4 pm

Join us for  
Kid's Summer  
Camps!

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



# Volunteer Opportunities

## Therapeutic Riding

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

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



## Comox Valley Accessibility Committee

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

**specialneedsrecreation@courtenay.ca**  
**www.cvaccess.ca**



## The Gardens on Anderton

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

**www.gardensonanderton.org**

Call Joan **778-762-4466**



## Volunteer Comox Valley

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

**www.volunteercomoxvalley.ca**



*Volunteers grow community!*

## Courtenay Recreation

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

**www.courtenay.ca**

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



## Special Needs Recreation

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

**250-338-5371** **lneville@courtenay.ca** or  
**www.courtenay.ca/specialneedsrec**



## Mountaineer Avian Rescue Society (MARS)

We need YOUR help working with Public Education and Special Events. Training is provided. MARS volunteers must be 18 years or over with membership \$15 per year.

Call **250-337-2021**

or visit **www.wingtips.org**



## The Salvation Army

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

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



Giving Hope Today



# Low Cost Recreation

## Father Involvement Network

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

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

## Active Comox Valley

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

## Canadian Tire JumpStart

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

## Town of Comox TRIP Program

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



Community Groups

## Courtenay Riverside Fit Park!

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

## New Discoveries Parent & Child Learning Centre

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

## City of Courtenay

### Recreation Access Coupon Books

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

## 189 Port Augusta Sea Cadets

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

FMI: [commandingofficer@portaugusta.ca](mailto:commandingofficer@portaugusta.ca)  
or Phone: **250-339-8211** ext.3606  
[www.189portaugusta.ca](http://www.189portaugusta.ca)

## Prenatal Classes

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

City of Courtenay  
presents....

Simms Park Summer

# Concert Series

*Come and enjoy the music*

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

**July 3 Fiddlejam**

Old time music with performers of all ages

**July 17 Nanaimo Concert Band**

Concert band music including classical, musical, marches, big band and more

**July 24 Duo of Duos**

Two well known valley duos team up to double the fun

**August 7 Tijuana Brass Tribute**

Bring your sombrero as Simms Park goes "South of the Border"

**August 14 Blues Legends**

Many of the best valley blues players join forces to give a great performance

**August 21 Country Pickin'**

Put on your boots and come to hear a "cavalcade of Valley Country Stars"

**August 28 Time Well Wasted**

A horn-driven 12-piece band offering the very best of funk, soul, rock, rhythm, and blues. *Great dance music!*

**Rain or shine • No concerts July 10 or 31**

**Schedule subject to change**

check [www.courtenay.ca/simms](http://www.courtenay.ca/simms) for details

COMOX VALLEY ECHO

98.9  
**GOAT**  
World Class Rock

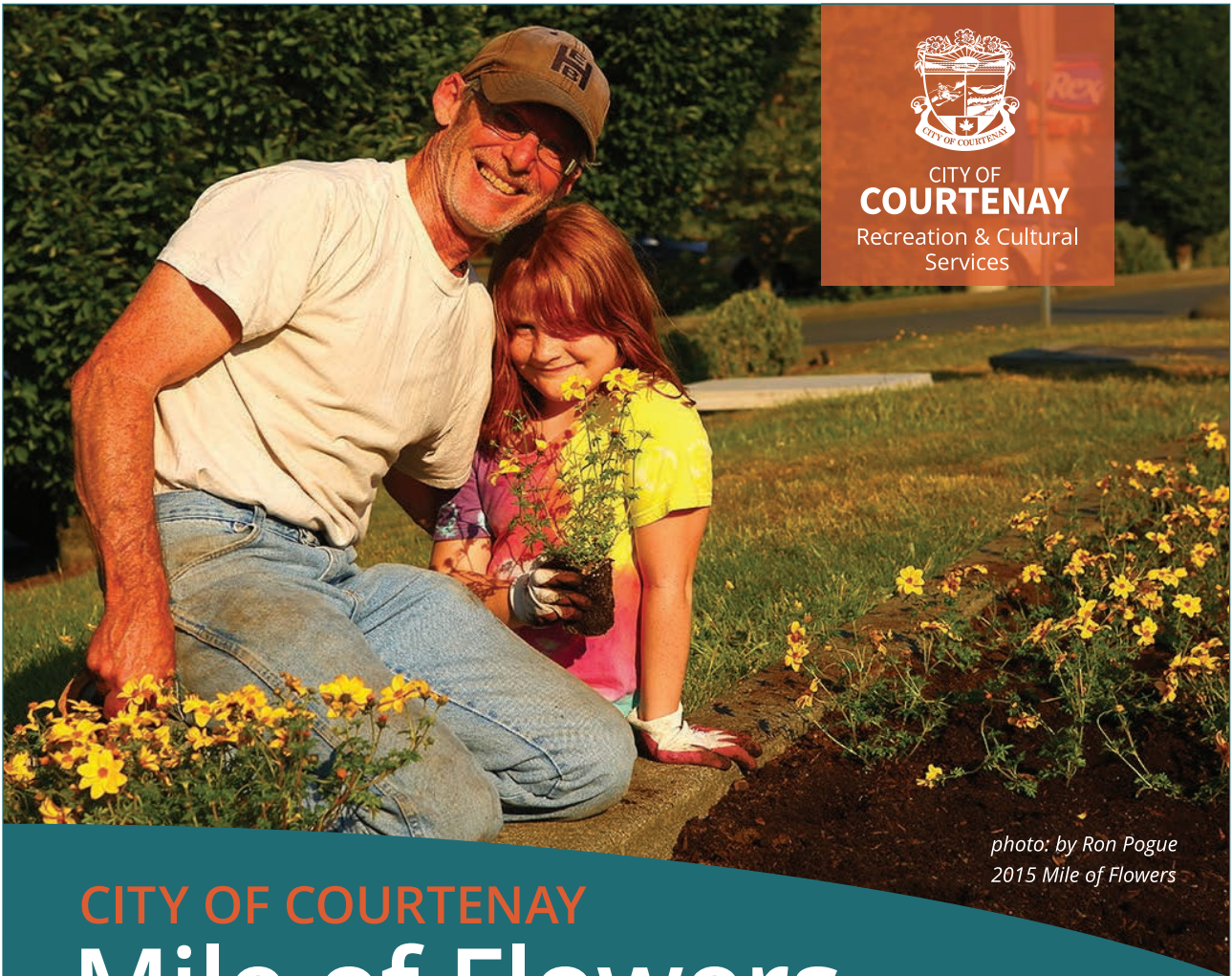


CITY OF  
**COURTENAY**  
Recreation & Cultural Services

Lewis Centre | 250-338-5371

[courtenay.ca/simms](http://courtenay.ca/simms) follow us  





CITY OF  
**COURTENAY**  
Recreation & Cultural  
Services

photo: by Ron Pogue  
2015 Mile of Flowers

CITY OF COURTENAY

# Mile of Flowers

Tuesday, May 31  
starting at 5:00 pm

Join hundreds of volunteers for Courtenay's  
annual Mile of Flowers Plant-In.

A local tradition since 1967!

*Followed by a free BBQ at Standard Park  
(Cliffe Avenue & 14th Street) courtesy of  
Courtenay Rotary & City of Courtenay.*

## WHAT TO BRING:

Gloves and a trowel or  
spoon for digging

## WHERE TO PLANT:

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



CITY OF  
**COURTENAY**  
Recreation & Cultural Services

City Hall | 250-334-4441  
[courtenay.ca/mileofflowers](http://courtenay.ca/mileofflowers) follow us  



# THE Filberg FESTIVAL

ANNUAL FUNDRAISER  
FOR THE FILBERG HERITAGE LODGE & PARK  
COMOX, BRITISH COLUMBIA

JULY 29 - AUG. 1, 2016

## VOLUNTEER OPPORTUNITIES

DO YOU LOVE ARTS AND CRAFTS, GREAT MUSIC, AND FABULOUS FOOD?  
ARE YOU PASSIONATE ABOUT YOUR COMMUNITY?

Volunteering at the 34<sup>th</sup> annual Filberg Festival is a great opportunity to get involved with your community. If you have 8 or more hours to spare, a smile, and a helping hand we need you! In return for your time we offer some great benefits: BBQ Orientation, Filberg Festival Admission and Volunteer Lounge.

### POSITIONS AVAILABLE

SITE / AUDIENCE RELATIONS / ENVIRONMENTAL / HOSPITALITY  
RAFFLE TICKETS / MUSIC STORE / GREETERS / STAGE

CONTACT FESTIVAL VOLUNTEER COORDINATOR AT:

[volunteer@filbergfestival.com](mailto:volunteer@filbergfestival.com) or call 250-941-0727



[FILBERGFESTIVAL.COM](http://FILBERGFESTIVAL.COM)



# 19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



## Membership Rates Effective 1 April 2016

	Regular	Ordinary	Associate
Single 1 year	\$128	\$237	\$468
Family 1 year	\$191	\$317	\$620 Plus gst

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

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

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



Drop by or Contact us: 19 Wing Comox Recreation  
 250-339-8211 Local 7173 or 6989 [www.cfgateway.com](http://www.cfgateway.com) and choose Comox

# TERRY FOX RUN 2016



Get  
Involved

**Sunday September 18, 2016**

New Location: Simms Park, Courtenay

1Km, 2km, 5km, 10km,



## Courtenay Lawn Bowling

Season opens  
April 17 and  
runs until end  
of September



**Place:** Bill Moore Park,  
Kilpatrick Ave. & 23rd St.

**Membership:** \$115 for unlimited access

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

For more info contact: Frank Lo 250-331-0185  
or Pete Harding 250-871-4145  
Visit our website [www.courtenaylawnbowling.ca](http://www.courtenaylawnbowling.ca)



## SPORTS LEAGUES



**Register for Summer Leagues  
by June 20**

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

Scott @ 250-898-7286  
[scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca)  
[www.comoxvalleysports.ca](http://www.comoxvalleysports.ca)



fun, safe **SAILING COURSES** taught by Sail Canada certified instructors  
for **CHILDREN, YOUTH & ADULTS** • ALL LEVELS, INCLUDING RACING!  
visit our website at [comoxbaysailingclub.ca](http://comoxbaysailingclub.ca)  
register at Lewis Center, 250-338-5371



## Comox Valley Tennis Club

Promoting Community Tennis

**All Levels of Players Welcome!**

We play at Anderton courts, Comox and Lewis Park courts, Courtenay

Club activities include singles men's, women's and mixed doubles leagues, socials interclub and tournament play.

Fun events planned throughout the year.  
Membership fee \$40 (no league fees).

For current club information contact:  
PO Box 1451 Comox RD V9M 7Z9

**Website:** [comoxvalleytennis.org](http://comoxvalleytennis.org)

**Membership:** contact Judy at  
[membership@comoxvalleytennis.org](mailto:membership@comoxvalleytennis.org)



# COMOX VALLEY exhibition

## AUGUST 26.27.28

• machines Thru The Ages •




who will join the herd this year

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

### COMOX VALLEY MONARCH LIONS CLUB


## 911 Reflective Address Signs



(example)

Address numbers are not only convenient for finding homes but also necessary for emergency responders to locate those in need. When responding to an emergency, minutes matter; be sure that fire, ambulance, police and homecare personnel can easily and quickly find your address.

Lions 911 Reflective Address Signs are effective, the blue reflective sign with reflective white numbers can be easily seen. Lion volunteers customized each sign with your choice of number layout - vertical or horizontal. Orders are processed within two days for pickup.



**YOU CAN ORDER YOURS TODAY!**  
CALL 250-338-9602 or  
[www.911reflectivesign.ca](http://www.911reflectivesign.ca)

Your Leading Source for:

# First Aid & CPR

Training, Supplies & Equipment



**St. John Ambulance**  
SAVING LIVES  
at work, home and play

Call Your Local Branch For a Class Schedule

170 Dogwood St  
Campbell River  
250-287-4627

#84—1742 Cliffe Ave  
Courtenay  
250-897-1098


**GENERAL FIRST AID**

- Emergency First Aid Community Care
- Standard First Aid
- CPR-C
- Health Care Provider CPR

**INDUSTRIAL SAFETY COURSES**

- OFA Level 1, 2, 3
- Transportation Endorsement
- Standard First Aid for Industry (WSBC Level 1 Equivalent)
- H2S

**We also Book Private Classes Upon Request**



Cumberland Lake Wilderness Society

Join CLWS this summer for a variety of experiential outdoor programs at Cumberland Lake Park for kids, youth and adults.

- Paddle Camps
- Climbing Camps
- Primitive Skills workshops
- Wilderness Awareness skills

For more information, visit our website at [www.cumberlandlakepark.ca](http://www.cumberlandlakepark.ca) or call 250-336-8593

# CYMC SUMMER 2016



Please visit [www.cymc.ca](http://www.cymc.ca) for concert dates, venues, times and ticket prices.

## Instrumental Concerts:

Thursday July 7 through Saturday July 16

## Musical Theatre Production of Fiddler on the Roof:

Tuesday July 19 through Saturday July 23

## Island Jazz Concerts:

Wednesday July 29 through Saturday July 31



# Black Creek Community Centre

- Modern Fitness Room open 6 am 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

Young Chefs Camp August 2 - 5, 2016

Midsummer Festival Saturday June 18

Visit [www.blackcreek-cc.com](http://www.blackcreek-cc.com) for all the details

Look for the BCCA's Summer 2016 Activity Guide for upcoming classes and special events



For more information, please call 250-337-5190  
Like us on Facebook!



PROVIDING QUALITY,  
SAFE LESSON AND  
LEASE HORSES TO THE  
COMOX VALLEY

## KIDS CAMPS

- 1 day camps \$75
- 3 day camps \$175
- 5 day camps \$400 (specialized program)

\* registration form along with a deposit is required, the registration form must be completed and sent in with deposit or full payment prior to camp start date.



## 2016 DATES

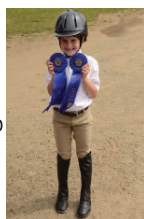
**July 5 - 7:** Three Day Kids Camp  
11 am - 3 pm

**July 19:** One Day Kids Camp  
11 am - 2 pm

**July 26 - 28:** Three Day Kids Camp  
11 am - 3 pm

**August 9 - 11:** Three Day Kids Camp  
11 am - 3 pm

**August 16:** One Day Kids Camp  
11 am - 2 pm



**NEW PARENT AND TOT RIDING LESSONS**  
Parent participation Required ages 3 - 6 yrs  
\$120 plus GST for 4 sessions per child

**RIDING LESSONS**  
starting at \$25

Check out our website for full details.  
[www.SproutMedows.com](http://www.SproutMedows.com)



Working with you toward a healthy & vibrant community



## Providing Community School Programs & Events since 2000

- Life-long learning for all ages
- Volunteer opportunities
- Thunderballs 2016
- Weekly Bingo nights and more!

FMI: [www.cumberlandcommunitieschools.com](http://www.cumberlandcommunitieschools.com)  
or find us on Facebook

# 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](http://www.courtenaymuseum.ca)  
207 Fourth Street, Courtenay, BC V9N 1G7



VANCOUVER ISLAND VISITOR CENTRE

## Not Just for Visitors

*Experience the award-winning facility and services provided at the Vancouver Island Visitor Centre.*

- Fully Equipped Boardroom & Meeting Space
- Seniors Tours & School Group Activities
- Activity & Accommodation Bookings for Comox Valley/BC
- Event Tickets • Gift Store

DISCOVER  
**comox valley**

Open 7 Days a Week  
(250) 400-2882 (855) 400-2882  
3607 Small Road, Cumberland  
[discovercomoxvalley.com](http://discovercomoxvalley.com)

Hey Parents!  
Want your kids to develop their bike skills, get exercise, make new friends and have wheels of fun? Bring them out to your local BMX track in Cumberland - beside the village park.



All you need is a BMX bike, or similar, and a helmet. A couple of loaner track bikes are available to borrow. Ages 3 and up.

### Practice Nights:

Every Monday during the racing season  
5:45 pm - 8:00 pm

### Race Day:

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

**New Riders Always Welcome**

Track Address: 2815 Dunsmuir Road  
Cumberland, BC

Track Phone Number **250-336-2699**

**coalhillsbmx1@gmail.com**

Like us on Facebook: coalhillsbmx



## Horne Lake Caves

Ride the Wild Cave Slide!  
OPEN YEAR ROUND



Winner of  
BC's Remarkable  
Experience Award 2015

Ranked #1 on TripAdvisor

[HORNELAKE.COM](http://HORNELAKE.COM) 250-248-7829

## 4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

### 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
- fun and educational summer camps, including Dynamite Detective

*Opening Doors for Learning  
for over 20 years*



### Little R's Pre-school (Register for Sept. '16 now!)

- play-based learning
  - providing activities that challenge, support growth and help develop basic skills
  - 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**



Girl Guides  
of Canada  
Guides  
du Canada

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



- 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
- TRENCH for 12 to 17 year olds

Register now at **www.girlguides.ca**.  
No previous Guiding experience necessary for girls or adults.

**Leaders are needed throughout the Comox Valley.** Girl Guides of Canada leadership is open to all women, 19 and over. Recruiting now.

For local information: [cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com) or phone 1-800-565-8111

## Summer Camp Registration starts May 24!



Boys & Girls Clubs  
of Central Vancouver Island

*Explore  
everything the  
Island has to offer!*



**Summer Camp ages 5 - 8**

**Adventure Club Camp ages 9 - 12**

- Weekly bus trips to parks, lakes, beaches and waterparks
- Boys and Girls Club "Core Programming" encourages, excites and inspires!
- Passionate, qualified staff
- Hours catering to working families
- Subsidies welcome

**Aspen Park Boys and Girls Club**  
250-650-2274 or 250-898-9282  
[aspenpark@bgccvi.com](mailto:aspenpark@bgccvi.com)

Great Futures Start Here  
Register Online at [www.bgccvi.com](http://www.bgccvi.com)



Boys & Girls Clubs  
of Central Vancouver Island

**EXPERTS IN PLAY**

**Boys and Girls Club  
Summer Camps**

Full day camps  
available EACH WEEK  
July 4 to Sept 2

Age groups  
5 - 8 & 9 - 12

Call 250-650-2274 or  
250-898-9282 for more  
information.

Spaces sell out quickly!

Register online starting May 24  
[www.bgccvi.com](http://www.bgccvi.com)



*New Turf, New Era for Field Hockey.*

Comox Valley Field Hockey League

*For girls, boys, women and men ages 8 - 68.*

## *Fall Sessions*

September to December 2016



For more info & registration contact: [info.cvfh@gmail.com](mailto:info.cvfh@gmail.com)  
[www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)

# Comox Valley United Soccer

**Get your kicks locally!**

**2016 Youth Summer  
Soccer Programs  
July/August  
For youth born  
2000 - 2008**

Registration available online @ [cvusc.org](http://cvusc.org)  
For more information [cvuscsoccer@gmail.com](mailto:cvuscsoccer@gmail.com)  
250-334-0422

Comox Valley

# Athletic Association Basketball

Programs for Boys and Girls Ages 8-17



Join our club teams that are available for youth aged 11 - 18 and compete against the best players from around the province  
Grades 5 - 12 girls afterschool program Wednesdays in March and April at GP Vanier  
General inquiries & newsletter contact:  
**Peter Parke** [drpedro@telus.net](mailto:drpedro@telus.net)  
250-334-7497



**COMOX VALLEY RAIDERS FOOTBALL**

# PLAY FOOTBALL

[ComoxValleyRaiders.com](http://ComoxValleyRaiders.com)

# Community Directory

## Adult Education

Adult Learning Centre.....(250)338-9906  
Creative Employment Access  
Society/Job Shop.....(250)334-3119  
North Island College.....(250)334-5000  
North Island Distance Education.....(250)337-5300  
World Community Development  
Education Society - Wayne ..(250)337-5412

## Community Services

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

## Clubs & Organizations

### Church Groups

CV Aglow - Debra.....(250)871-7678  
CV Community Church The Salvation Army  
.....(250)338-8221  
CV Presbyterian Church.....(250)339-2882  
CV Unitarian Society.....(250)890-9262  
Comox Community Baptist.....(250)339-0224  
Shepherd of the Valley  
Lutheran ELCIC.....(250)334-0616  
Unity Comox Valley.....1-866-853-9866

### Dog Clubs

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

### Horticulture

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

### Public Speaking

CV Toastmasters - Sylvain.....(250)338-1431  
Komoux Toastmasters - Brian.....(250)331-3687  
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  
CV Classic Cruisers - Richard.....(250)338-9540  
CV Family History Research Group  
- Courtenay Museum.....(250)334-0686  
CV Humanists.....cvhumanists.org  
Newcomers Club.....cvnewcomers.net  
Orca Probus Club - Patrick.....(250)338-8728  
Radio Control Aeronautics Assoc.  
- Frank.....(250)337-5320  
Raw & Living Foods Vegan Potlucks  
- Rose.....(250)334-2251  
Taoist Tai Chi Society - Arlene.....(250)890-3671  
CV Ukrainian Cultural Society  
- Sharon McEwan.....(250)871-3899  
University Women's Club.....  
.....comoxvalleycfuw@gmail.com  
Vancouver Island Paleontology  
- Betty.....(250)339-7372

### Seniors

Comox Senior Centre.....(250)339-5133  
CV 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  
CV Mental Health & Addictions Services  
.....(250)331-8524  
CV Hospice Society  
(Info. & bereavement support).....(250)339-5533  
CV Nursing Centre.....(250)331-8502  
CV Stroke Recovery Branch.....(250)890-0711  
Cumberland Health Centre & Lodge  
Recreation Department.....(250)336-8531(ext271)  
CV Head Injury Society.....(250)334-9225  
CV Ostomy Support Group.....(250)871-4778  
Heart&Stroke Foundation-Ollie.....(250)339-4009  
On the Move Fitness Service.....(250)923-8291  
Overeaters Anonymous.....www.oa.org  
Options for Sexual Health.....(250)331-8572  
Red Cross (Health  
Equipment Loans).....(250)334-1557  
St. Joseph's General Hospital  
Auxiliary Society - Pat.....(250)339-1407  
AIDS Vancouver Island - Sarah.....(250)338-7400  
Therapeutic Riding Association.....(250)338-1968  
Public Health Nursing.....(250)338-1711  
Wheels for Wellness Society.....(250)338-0196

## Service Clubs

Amateur Radio Club- Glen.....(250)336-8205  
Comox Legion - Br.160 - Cyndy.....(250)339-2022  
Courtenay Legion - Branch 17.....(250)334-4322  
Cumberland Legion - Br. 28.....(250)336-2361  
CV Kinsmen Club - Jim Lilac.....(250)334-9444  
CV Lions Club.....(250)339-6232  
CV Monarch Lions Club.....(250)338-9602  
Elks Club #60.....(250)334-2512  
Harmony Rebekahs Lodge #22  
- Carol Briggs.....(250)336-8373  
Kiwanis Club of Comox - John.....(250)334-2190  
Kiwanis Club - Courtenay - Bill.....(250)703-2222  
Knights of Columbus - Rodger.....(250)339-1176  
Baynes Sound Lions - John.....(250)335-0365  
IODE Laura Gordon Chapter.....  
- Louisa.....(250)338-1162  
Order of the Royal Purple - Irene.....(250)334-4740  
Pythian Sisters - Diana Harris.....(250)335-2451  
Rotary Club of Comox - Victor.....(250)338-3740  
Soroptomist Club of Courtenay  
- Barbara Lewis.....(250)898-8510  
Strathcona Sunrise Rotary Club  
- Keith.....(250)897-5055

## Fairs & Festivals

Empire Days - Leslie Baird.....(250)336-2718  
CV Exhibition.....(250)338-8177  
Filberg Festival - Sylvia.....(250)334-9242  
- www.filbergfestival.com  
CV 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

CV Aquatic Club (Sharks) Kris... (250)650-1680  
CV Orcas Synchronized Swim Club.....  
..... [cvorcas@gmail.com](mailto:cvorcas@gmail.com)

### Baseball/Softball

CV Minor Baseball ..... [www.cvba.ca](http://www.cvba.ca)  
CV Minor Softball..... [www.cvba.ca](http://www.cvba.ca)  
CV Slo Pitch League - Mike..... (250)792-1807  
CV Ladies Fastball - Michele..... (250)702-3916  
CV Ladies Slo Pitch - Jennifer.... (250)898-1371  
Softball BC Rep - Gord..... (250)338-7935

### Basketball

CV Men's Masters Basketball - James .....  
..... (250)941-1204  
CV Youth Basketball Assoc.  
- Anthony Edwards..... (250)898-9973  
Ladies Recreational Basketball  
- Iris Churchill ..... (250)338-5409  
Steve Nash Basketball Youth Programs  
..... [isfeldlockquell@gmail.com](mailto:isfeldlockquell@gmail.com)  
Wheelchair Basketball - Rene..... (250)650-8780

### Ice Sports

CV Glacier Kings Jr. Hockey  
- Iris ..... (250)338-5409  
CV Minor Hockey - Dale..... (250)334-0567  
CV Skating Club ..... (250)339-9872  
Women's Ice Hockey  
Pam - Breakers ..... (250)897-1253  
Kelly - Whalers ..... (250)338-9786

### Martial Arts

VI Karate Society - Jacquie ..... (250)338-4718  
Courtenay Shito-Ryu Karate .....  
- Todd ..... (250)338-9722  
CV Karate Club - Brenda ..... (250)338-9722  
CV 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

CV Tennis Club - Pat McGrath  
..... [mcgrathpm@shaw.ca](mailto:mcgrathpm@shaw.ca)  
Courtenay Sr. Badminton Club  
- Daryl Bissell..... (250)339-3383  
CV Squash Club  
- Dan Lindsay..... (250)338-0746

### Skiing/Snowboarding

JumpCamp..... [www.jumpcamp.com](http://www.jumpcamp.com)  
Mt Washington Ski Club .....  
- John Trimmer (head coach).... (250)897-6058  
Mt Washington Volunteer Ski Patrol  
- Tim Baker ..... (250)334-0609  
Strathcona Nordics Cross Country  
- Barb Kelly ..... (250)339-1904  
Vancouver Island Society for  
Adaptive Snowsports ..... [www.visasweb.ca](http://www.visasweb.ca)  
V.I. Biathlon Club ..... (250)338-6247

### Soccer

CV Masters - Phil ..... (250)338-4907  
Men's Soccer - Andy ..... (250)339-7309  
Women's Soccer - Lisa ..... (250)331-0281  
Youth Soccer - Cheri ..... (250)334-0422

### Other

Chimo Gymnastics ..... (250)339-2255  
Comox Valley Tri-K - Rick ..... (250)334-3124  
Courtenay Knights Floor Hockey  
- Tim..... (250)792-3332  
Courtenay Lawnbowling Club  
- Pete Harding ..... (250)871-4145  
CV Cougars Track & Field Club.....  
..... [www.comoxcougars.org](http://www.comoxcougars.org)  
CV Curling Centre ..... (250)334-4712  
CV Ringette Association  
- Helen Oliphant ..... (250)890-0818  
CV Pickleball Assoc. .... [www.cvpickleball.ca](http://www.cvpickleball.ca)  
Field Hockey CV. [www.comoxvalleyfieldhockey.ca](http://www.comoxvalleyfieldhockey.ca)  
Island Charity Wrestling - Tim .. (250)792-3332  
Killerwhale/Lake Trail Olympic  
Weightlifting - Ed Lafleur ..... (250)338-9657  
Minor Lacrosse Association, CV Wild  
..... [www.comoxlacrosse.ca](http://www.comoxlacrosse.ca)  
Raiders Youth Football-Chris..... (250)338-3815  
Road Runners CV ..... [www.cvr.ca](http://www.cvr.ca)  
Rugby - Kicker's Club  
- Aimee Eurlay..... (250)703-6677  
Rugby - Saratoga Beach Over 40  
- John Gotto ..... (250)338-8142  
Special Olympics, CV - Randy... (250)897-1828

### Outdoor Groups

#### Boating

Canadian Power & Sail Squadron  
- Curt..... (250)339-1964  
CV Dinghy Sailing School and  
Comox Bay Sailing Club. [comoxvaysailingclub.ca](http://comoxvaysailingclub.ca)  
Compass Adventures... [www.compassadventure.ca](http://www.compassadventure.ca)  
Dragon Boat Society (Blazing Paddles)  
- Erica Roy ..... (250)703-0707  
Dragon Boat Team-Hope Afloat (Women  
Cancer SurvivorS) ..... Glenda Wilson (250)339-3598  
Dragon Boat Team (Dragonflies)  
- Colleen ..... (250)334-3676  
Dragon Boat Team (Prevailing Wins)  
- Leon ..... (250)339-5772  
CV Rowing Club-Geoff... [www.rowingcanada.com](http://www.rowingcanada.com)  
CV Yacht Club ..... [www.cvyachtclub.com](http://www.cvyachtclub.com)  
Comox Valley Paddlers Club  
- Monica ..... (250)339-2950  
Outrigger Canoe Club - Annie... (250)339-1978

#### Other

Coal Hills BMX..... [www.coalhillsbmx.com](http://www.coalhillsbmx.com)  
Comox District Mountaineering (Hiking)  
Club - Ken Rodonets ..... (250)871-1245  
Comox Glacier Wanderers  
(Volkswalk Club) - Crystal..... (250)898-8612  
CV Ground Search & Rescue .... (250)334-3211  
CV Gowers & Seed Savers..... [www.cvgss.org](http://www.cvgss.org)  
CV Naturalists Society -Robin (250)339-4754  
CV Land Trust - Jack ..... (250)331-0670  
Comox Golf Club ..... (250)339-4444  
Courtenay Fish & Game Protective  
Association ..... (250)338-9122  
CCCTS (Cycling)..... [www.cccts.org](http://www.cccts.org)  
Fanny Bay Salmonid Enhancement Society  
..... (250)335-1575  
Tribune Bay Outdoor Ed. Centre.. (250)335-0080  
Horne Lake..... (250)248-7829  
Strathcona Wilderness Inst..... (250)337-1871  
WildSpirit - Bruce Carron..... (250)338-8431

### Dance Groups

Ocean Waves Square Dance Club  
- Cathy and Guy Moreau ..... (250)338-7942  
Scottish Country Dance  
- Heather ..... (250)338-9060  
Dolyna Ukranian Dancers  
- Janette Martin-Lutzer ..... (250)339-0793

### Visual/Performing Arts

Comox Valley Art Gallery..... (250)338-6211  
Comox District Concert Band  
- Pat Jackson ..... (250)339-5091  
CV Clown Club - Dolores VanderMaaten  
..... (250)334-4255  
CV Potters Club - Laurie ..... (250)339-4229  
Courtenay Little Theatre - Gail . (250)334-3494  
CV Community Arts Council  
..... (250)338-4417 (ext.2)  
CV Pipe Band Society - Bill ..... (250)339-6444  
Co-Val Chorister - Beryl Regier . (250)339-4429  
CYMC/CV Youth Music Centre .. (250)338-7463  
Fiddlejam - 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 - Doreen..... (250)871-6739  
North Island Choral Soc.- Vivian . (250)334-2092  
North Island Music Teachers Association  
- Ginny Lawrie..... (250)338-9464  
NOVA Firespinners - Tracey..... (250)331-0880  
Pearl Ellis Gallery..... (250)339-2822  
Rainbow Youth Theatre  
..... [www.rainbowtheatre.com](http://www.rainbowtheatre.com)  
Strathcona Symphony Orchestra  
..... (250)331-0158  
Theatreworks - Kim..... (250)792-2031  
Island Phoenix Acapella Chorus  
- Sandy..... (250)923-0101  
Vancouver Island Music Fest  
- Megan ..... (250)336-7981

### Youth

#### Scouting

CV Girl Guides..... [cvdistrict.ggc@gmail.com](mailto:cvdistrict.ggc@gmail.com)  
Scouting Inquiries - Chris ..... (250)339-2424

#### Cadets

Air Cadets - 386 Squadron ..... (250)339-9198  
Army Cadets - ..... (250)339-8211 ext 7995  
Sea Cadets - Mike Smith..... (250)335-3407  
H.M.C.S. Quadra..... (250)339-8211  
St John Ambulance - Cadet Brigade (250)897-1098

#### Other

Boys and Girls Club..... (250)338-7582  
Dragon Boating Youth Team  
(Dragon Riders) - Lisa ..... (250)871-2730  
CV Girls Group - Wendy..... (250)897-5568  
Nature Kids ..... [comox@naturekidsbc.ca](mailto:comox@naturekidsbc.ca)  
Saltwater School - Michelle..... (250)871-7777

## **"MOVE FOR HEALTH DAY" GUIDED NATURE WALK**

Come join our nature guide, Gayle Bates on an informative nature walk in beautiful Nymph Falls Park. You will learn about the foliage and birds in the area while taking in the beautiful surroundings. There will be a fun scavenger hunt for the kids, healthy snacks, drinks and prize giveaways.

FREE

Saturday May 14

Location: Nymph Falls Park

Guide: Gayle Bates

9:30 am – 11:00 am



## **Thrifty Foods Young Chef's Camps**

### **Calling all Young Chefs!**

ACV is excited to announce our continued partnership with Thrifty Foods! With their generous support, we will be offering the Young Chef camps again this summer - this fun and energizing camp feature hands-on educational nutritional snack preparation and fun physical activity. Youth learn basic food preparation techniques, the importance of healthy eating and the fun of creating and enjoying their own yummy snacks. Plus there will be fun games, a tour of Thrifty Foods and swimming.

#### **Comox Community Centre**

July 12 – July 15

Ages: 9 – 12 years

9:00 am – 4:30 pm

Fee \$10 per child: call to register

#### **Black Creek Community Centre**

August 2 - August 5

Ages: 9 -12 years

9:00 am – 4:30 pm

Fee \$10 per child: call to register: (250) 337-5190



## **Bike to Work Week 2016 May 30 – June 5**

*Active Comox Valley (ACV) is funded by the Comox Valley Regional District. The initiative is supported through resources from local municipalities, recreation departments, and interested citizens and major community contributors who work collaboratively to promote healthy lifestyles and community spirit through physical activity.*

[www.activecomoxvalley.ca](http://www.activecomoxvalley.ca) or check us out on Facebook!

