

# What's Inside...



**2**  
Comox  
Recreation

250-339-2255  
Registration starts  
Monday August 14

**26**  
CVRD Sports  
& Aquatic  
Centres

250-334-9622  
Registration is  
ongoing

**50**  
Courtenay  
Recreation

250-338-5371  
Registration starts  
Monday August 14

**103**  
Cumberland  
Recreation

250-336-2231  
Registration starts  
Monday August 14

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**CANADA 150**

*Cover photo supplied by  
Comox Valley Regional District*



# Welcome!

In the coming weeks, the City of Courtenay will be asking you for input on a city-wide Parks and Recreation Master Plan. It has been over 20 years since the last major review of our parks and recreation services, and your feedback is important. Of course, these services are funded by you, the taxpayer, and while the wish list for new programs or facilities may be long, we must balance this with what our community can afford. This master plan process will help the city focus our resources on where they are needed most. Watch for feedback opportunities later this summer and fall.



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

## Courtenay Recreation

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250-338-5371 or  
250-338-1000

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[www.courtenay.ca/rec](http://www.courtenay.ca/rec)  
click on Fall Programs



# Lewis Centre

## Facility Hours:

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

Saturday 8:30 am - 4:00 pm

*until September 24:*

Sunday 8:30 am - 4:00 pm

*effective October 1:*

Sunday 8:30 am - 8:00 pm

## Office Hours:

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

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

*until September 24:*

Sunday 8:30 am - 4:00 pm

*effective October 1:*

Sunday 8:30 am - 8:00 pm

## Facility Closures:

Monday Sept 4 - *Labour Day*

Monday Oct 9 - *Thanksgiving*

Saturday Nov 11 - *Remembrance Day*

Monday Nov 13 - *Stat Holiday*



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  
& Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm

## Facility Closures:

Monday Sept 4 - *Labour Day*

Monday Oct 9 - *Thanksgiving*

Saturday Nov 11 - *Remembrance Day*

Monday Nov 13 - *Stat Holiday*



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 activities and youth programs.*

## Facility Hours:

Tuesdays 3:00 - 7:00 pm (*Tween night 8 - 11 years*)

Wednesdays 3:00 - 8:00 pm

Thursdays 3:00 - 8:00 pm

Fridays 3:00 - 11:00 pm

Saturdays 3:00 - 11:00 pm

*Hours subject to change*

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



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



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# COZY CORNER

## Preschool

at the Lewis Centre  
Ages 3 - 5 years



### Register now!

*We are accepting  
registration for classes  
starting in Fall 2017*



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

Child and Family Research  
and Development program

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

Dr. Seuss

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

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

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

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

**Monday, Wednesday & Friday**

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

**Tuesday & Thursday**

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

**NEW!**

**Monthly Fees**

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

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

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

489 Old Island Highway, Courtenay

250-338-5371 [www.courtenay.ca](http://www.courtenay.ca)

# Parent Participation

## CHILDMINDING

(all ages)

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

Monday - Saturday

September 5 - December 23

9:00 - 11:00 am

Lewis Craft Room B

\$4/1¼ hours

*punch cards also available*

## TEENY WEENY HALLOWEENY SPECIAL

(18 months - 4 years with adult)

Come and create Halloween crafts, decorate cupcakes and sing silly songs with your tot.

#44317 Mondays

October 16 - 30

9:30 - 11:30 am

Lewis Craft Room B

\$35/3

## LITTLE CRUISERS

(7 - 14 months with adult)

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

**Instructor:** Sandra Allen

#44318 Wednesdays

September 13 - December 13

10:00 - 11:15 am

Lewis Meeting Room

\$1/Drop-in

## POWER HOUR PLAYTIME FUN!

(all ages)

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

#44322 Tuesdays

September 5 - December 19

10:45 am - 12:00 pm

Lewis MP Hall

\$4/Drop-in

## TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years with adult)

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

**Instructor:** Kazimea Sokil

#44270 Wednesdays

September 20 - November 22

9:15 - 10:00 am

Lewis Tsolum Building

\$135/10

\$90/second child

## 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. **No class October 9.**

**Facilitator:** Andrea Postal

Mondays

Ongoing

10:00 - 11:30 am

Lewis Meeting Room

\$1/Drop-in

## GROOVE WITH YOUR GRANDPARENTS

(2 years & over)

Bond with your grandchild through music. You will sing, play with instruments and groove together. **No class October 9.**

**Instructor:** Susie McGregor

#44591 Mondays

September 18 - October 30

9:30 - 10:30 am

Lewis Salish Building

\$50/6



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# Children's Christmas Party

(9 years & under with adult)

Saturday December 9

1:00 - 2:30 pm

Lewis Centre

FREE with donation to the Food Bank



Lewis Centre 250-338-5371 [www.courtenay.ca/christmas](http://www.courtenay.ca/christmas)

## Holiday Fun

### SANTA BABY

(1 - 18 months with adult)

Celebrate your baby's first holiday season by making memorable keepsakes. Christmas cards made with little feet imprints, and hand-print Christmas ornaments are sure ways to make lasting memories for your friends and family.

#44476 Thursdays

December 7 - 21

9:00 - 10:45 am

Lewis Craft Room B

\$35/3

### RUDOLPH & FRIENDS

(2 - 4 years)

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

#44479 Fridays

December 1 - 15

10:00 am - 12:00 pm

Craft Room A

\$35/3

### TREEFROG SANTA, SNOW & SOLSTICE

(9 months - 5 years with adult)

There's more to this season than Jingle Bells! Have lots of fun with four weeks of sparkling winter music that will make you want to jump for joy! Try Music Together® in a great short format.

**Instructor:** Kazimea Sokil

#44474 Wednesdays

November 29 - December 20

9:15 - 10:00 am

Lewis Tsolum Building

\$65/4

\$35/second child

### CHRISTMAS KINDERCRAFTS

(3 - 5 years)

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

#44477 Monday & Wednesday

December 11 - 20

10:30 - 11:30 am

Lewis Craft Room A

\$50/4

### CANDY CANE WISHES & HOLIDAY FUN

(1 - 8 years)

Celebrate this holiday season with your loved ones through making ornaments, decorating gingerbread, and sipping on hot chocolate as you finish with gym time fun and music.

#44572 Wednesday December 20

12:00 - 3:00 pm

Lewis MP Hall

\$10/Pre-Register

\$15/Drop-in



# Independent Programs

## PIANO ADVENTURES

(5 - 7 years)

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

**Instructor:** Debbie Ross

**#44268** Thursdays

September 14 - November 30

4:00 - 5:00 pm

Lewis Tsolum Building

\$144/12

## TINY TU TUS

(3½ - 5 years)

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

**Instructor:** Maggie Scofield-Reid

**#44269** Wednesdays

September 20 - November 22

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10

## KINDERCHEFS & PLAY

(3 - 5 years)

Cook up a storm as you try all kinds of fun, new kid-friendly recipes. Play games and more as you wait for your tasty treats to take shape.

**#44301** Fridays

October 20 - November 24

10:00 am - 12:00 pm

Lewis Craft Room A

\$75/6

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

## BUGS!

(3 - 5 years)

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

**#44397** Thursdays

September 7 - October 26

12:00 - 2:00 pm

Lewis Craft Room B

\$96/8

## DINO DIGGERS

(3 - 5 years)

Dig up the past as you learn all about Dinosaurs in a fun playful way! Crafts, snacks and hands-on play will take you back to a pre-historic time!

**#44592** Thursdays

November 2 - December 7

9:30 - 11:30 am

Lewis Craft Room A

\$75/6

## MINI CHEFS

(3 - 5 years)

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

**#44395** Tuesdays

November 7 - December 12

1:00 - 2:30 pm

Lewis Craft Room A

\$75/6

## FAIRYTALE ADVENTURES

(3 - 5 years)

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

**#44394** Fridays

September 8 - October 13

10:00 am - 12:00 pm

Lewis Craft Room A

\$75/6



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### L'IL KICKS SOCCER

(3½ - 5 years)  
Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No class October 9.**

- Mondays
- #44213** September 11 - November 6  
\$60/8
- #44214** November 20 - December 18  
\$37.50/5  
9:30 - 10:30 am  
Lewis Centre Gym

### MINI OUTDOOR ADVENTURES

(3 - 5 years)  
Get outside and muck it up! Go on mini adventures to explore, ask questions and interact with nature. Be sure to dress for the weather!

- #44571** Tuesdays  
10:00 am - 12:00 pm  
September 19 - October 24  
Meet in Craft Room A  
\$75/6

### SPORTS FOR TOTS

(3 - 5 years)  
Run, kick, throw, and score! Active kids will love this playful and non-competitive environment. **No class October 7, November 11 & December 2.**

- #44215** Saturdays  
September 23 - December 16  
10:30 - 11:30 am  
Lewis MP Hall  
\$50/10

### KARATE KIDS

(5 - 7 years)  
Block, kick and punch your way through this fun and focussed program designed for this age group. Playing skills based games and learning transitional karate techniques will help to improve motor skills, strength and balance.

- Instructor:** Brenda Bombini & Todd Robertson
- #44192** Thursdays  
September 21 - November 16  
5:30 - 6:00 pm  
Lewis Centre MP Hall  
\$65/9

### TAEKWONDO TIGERS

(5 - 7 years)  
Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor. **No class October 31.**

- Instructor:** Richard Dobbs
- #44216** Tuesday & Thursdays  
September 12 - December 14  
4:00 - 4:45 pm  
Lewis Centre Gym  
\$210/27

### GYMNASTICS

**ACTIVE ARTS**  
(3 - 5 years)  
Develop your child's sense of adventure and fine motor skills while shaking their sillies out by experimenting with gym equipment and discovering their artistic side with crafts. Activities will focus on balance, spatial awareness, movement and safety skills. Kids will explore painting, drawing, cutting and gluing in the craft component.

- Wednesdays
- #44199** September 20 - October 25
- #44200** November 8 - December 13  
9:30 - 11:30 am  
Lewis Gym & Craft Room B  
\$95/6

### 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!





# Gymnastics

## FAMILY GYMNASTICS

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

**Instructor:** Sheri Roffey  
Tuesdays

- #44203 September 12 - October 24
- #44206 November 7 - December 19
  - 1 child \$35/7
  - 2 children \$50/7
  - 3 children \$75/7
  - 11:00 am - 12:00 pm
  - Lewis Centre Gym
  - \$5/Drop-in, if space available

## GYMNASTICS KIDS & CRAFTS

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

- Tuesdays
- #44201 September 19 - October 24
- #44202 November 7 - December 12
  - 12:00 - 2:00 pm
  - Lewis Craft Room B
  - \$95/6

## STEPPING STONES TO KINDERGYM

(2½ - 3½ years with adult)  
Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience. **No class October 31 & November 1.**

- Instructor:** Sheri Roffey
- #44211 Tuesdays
  - September 12 - November 28
- #44212 Wednesdays
  - September 13 - November 29
  - 9:00 - 9:45 am
  - Lewis Centre Gym
  - \$77/11

## KINDERGYM WITH TRAMPOLINE

(3 - 5 years)  
Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with an instructor, taking turns, moving safely around the gym, getting along with others, and offering and accepting new ideas. **No class October 7, 31, November 1 & 11.**

- Instructor:** Sheri Roffey
- #44208 Tuesdays
  - September 12 - November 28
  - 9:45 - 10:45 am
  - Wednesdays
  - September 13 - November 29
- #44209 11:00 am - 12:00 pm
- #44210 1:00 - 2:00 pm
  - \$100/11
  - Saturdays
- #44207 September 16 - December 2
  - 9:00 - 10:00 am
  - Lewis Centre Gym
  - \$95/10

*Check receipts carefully for important program information.*



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



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## Special Interest

### ST JOHN BABYSITTER COURSE

(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

#44290 Saturday September 9

#44289 Saturday October 14

#44291 Saturday November 4

#44292 Saturday December 2

9:00 am - 4:30 pm

Lewis Meeting Room

\$69

### FLOUR POWER

(7 - 10 years)

'Mix' things up and 'beat' your afterschool boredom. This class will teach you everything you 'knead' to bake up delicious christmas season goodies. 'Doughnut' wait to register!

#44555 Wednesdays

November 15 - December 20

3:00 - 5:00 pm

Lewis Craft Room B

\$90/6

### HOME SENSE & SAFETY

(9 - 12 years)

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

#44294 Saturday September 23

#44296 Saturday November 18

#44295 Saturday December 9

1:00 - 3:30 pm

Lewis Meeting Room

\$25

### COOKING AROUND THE WORLD

(7 - 12 years)

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

#44293 Thursdays

September 21 - November 9

3:30 - 5:00 pm

Lewis Craft Room A

\$90/8

### GET OUTSIDE ADVENTURES

(6 - 12 years)

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

#44556 Tuesdays & Thursdays

September 12 - November 2

3:00 - 5:00 pm

Lewis Meeting Room

\$160/16

### PIANO ADVENTURES

(8 - 11 years)

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

**Instructor:** Debbie Ross

#44267 Thursdays

September 14 - November 30

5:00 - 6:00 pm

Lewis Tsolum Building

\$144/12

### KITCHEN ADVENTURES

(6 - 9 years)

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

#44298 Wednesdays

September 13 - November 1

3:30 - 5:00 pm

Lewis Craft Room A

\$90/8



## OPTI SAILING WET FEET

(5 - 7 years)

Just for little sailors! This course aims to help young children feel comfortable around, near, on and in the water. Sail in an Optimist dinghy which is a small sailboat specially designed for young sailors. Skills are taught using fun games and activities both on and off the water. **No class September 22.**

**Instructor:** Comox Bay Sailing

#44538 Fridays

September 8 - October 6

3:30 - 5:00 pm

\$95/4

## LEARN TO SAIL OPTI - INTERMEDIATE

(8 - 13 years)

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

**No class October 9.**

**Instructor:** Comox Bay Sailing

#44539 Mondays

September 11 - October 30

4:00 - 6:30 pm

\$175/7

## LEARN TO SAIL OPTI - ADVANCED

(9 - 13 years)

This course focuses on beginner racing skills such as mark rounding's, accelerating off a start line, and sailing independently around a race course and follows the OptiSail 3 curriculum.

**Instructor:** Comox Bay Sailing

#44540 Thursdays

September 14 - October 26

4:00 - 6:30 pm

\$175/7

## OPTIMIST SAILING TEAM

(10 - 13 years)

Our best value Opti program for sailors who have a competitive spirit and are eager to refine their existing skills to compete at local Regattas. Please contact Comox Bay sailing Club to register.

**Instructor:** Comox Bay Sailing Club

Sundays 10:00 am - 3:30 pm &

Thursdays 4:00 - 6:30 pm

September 10 - November 9

\$375

## 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!

# HALLOWEEN PARADE & PARTY

(11 years & younger)

## Tuesday October 31

### 4:00 pm Parade down 5th Street

Meet in the Parking lot of the Golden Carriage restaurant (corner of 5th & Fitzgerald)

### 4:45 pm Party at the Lewis Centre

Carnival games & prizes

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

Lewis Centre 250-338-5371



# Birthday Parties

## HULA HOOPY PARTY

(5 years & over)  
Sundays starting September 10  
1:00 - 3:00 pm  
\$100 Party only  
\$130 Party & Hula Hoop keepsake

## SATURDAY SPORTS PLAY

(3 years & over)  
Saturdays starting September 9  
1:00 - 3:00 pm  
\$100

## GYMNASTICS/TRAMPOLINE

(3 - 14 years)  
Saturdays starting September 16  
No parties on October 7 & November 11.  
11:30 am - 1:30 pm  
\$100



# Creative Pursuits

## MIXED MEDIA

(6 - 12 years)  
Explorations in new materials and techniques. Expand your creative process through expressions, mark making and developing ideas. Each week create and take home a finished project! Materials supplied and professional guided art instruction provided.

**Instructor:** TaraLee Houston  
**#44549** Tuesdays  
September 19 - October 24  
6:00 - 7:30 pm  
Lewis Salish Building  
\$85/6

## LEARN TO DRAW

(6 - 12 years)  
Fun and encouraging guided drawing projects in a creative, safe space where mistakes are encouraged and drawing outside of the lines is expected! New drawing each week, learn life skills and confidence with basic drawing skills and quality finished pieces to take home every week. Materials supplied and professional guided art instruction provided.

**Instructor:** TaraLee Houston  
**#44548** Tuesdays  
September 19 - October 24  
3:00 - 4:30 pm  
Lewis Salish Building  
\$75/6

## ECO ARTS

(10 - 15 years)  
Connect with the earth through art making. Creating expressions through process based projects will be explored in using sustainable and recyclable materials. Learn about stewardship and ways to up-cycle through art making. Fun, encouraging, professional guided art instruction and materials.

**No class on November 11.**  
**Instructor:** TaraLee Houston  
**#44553** Saturdays  
November 4 - 25  
10:00 am - 1:00 pm  
Lewis Tsolum Building  
\$75/3

*Check receipts carefully for important program information.*

## DRAWING EXPRESSIONS

(6 - 12 years)  
Exploring themes, emotions, and senses through a variety of drawing materials and techniques. Each week take home a finished drawing. Fun, encouraging, professional guided art instruction and materials provided.

**Instructor:** TaraLee Houston  
**#44552** Tuesdays  
November 7 - December 12  
3:00 - 4:30 pm  
Lewis Salish Building  
\$75/6

## PAINTING EXPRESSIONS

(6 - 12 years)  
Exploring themes, emotions, and our senses through a variety of paint materials and techniques. Each week take home a finished painting. Fun, encouraging, professional guided art instruction and materials provided.

**Instructor:** TaraLee Houston  
**#44551** Tuesdays  
November 7 - December 12  
6:00 - 7:30 pm  
Lewis Salish Building  
\$75/6



## SEWING BASICS

(8 - 14 years)

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

**Instructor:** Jean Morgan

**#44279** Tuesdays  
September 12 - 26  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$50/3

## IT'S FUN TO SEW

(8 - 14 years)

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

**Instructor:** Jean Morgan

**#44281** Tuesdays  
October 3 - 24  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$70/4

## STAINED GLASS DESIGNS

(9 - 12 years)

Make a Mosaic Box! Create a design of your initials by gluing and grouting stained glass onto a 6x9 in. wooden box supplied in the class. Also, make a Spring Stepping Stone where you will cut and grind making stained glass flowers, bees and dragonflies. Then, incorporate them into cement. **No class November 13.**

**Instructor:** Nancy Morrison

**#44282** Mondays  
October 16 - November 27  
4:00 - 5:30 pm  
Lewis Craft Room B  
\$90/6

## CHILDREN'S SEWING

### LEVEL 2

(9 - 14 years)

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

**Instructor:** Jean Morgan

**#44280** Tuesdays  
November 7 - 28  
3:30 - 5:30 pm  
Lewis Craft Room A  
\$80/4

## CHRISTMAS SEWING

(8 - 14 years)

Make your own fabric gift bags, tote bags, or ornaments. Decide as a class what you will create to surprise your friends and family.

**Instructor:** Jean Morgan

**#44278** Tuesdays  
December 5 & 12  
3:30 - 5:00 pm  
Craft Room A  
\$60/2

## MANGA DRAWING

### CLASS

(6 - 10 years)

Learn to draw your favourite manga/cartoon characters! Explore different techniques and gain new skills.

**Instructor:** Erin McDonagh

**#44579** Thursdays  
September 28 - November 2  
6:00 - 7:30 pm  
Lewis Craft Room B  
\$60/6

## DRAWING & PAINTING: BACK TO BASICS

(8 - 13 years)

Practice basic drawing and painting techniques with a variety of different exercises. You will primarily be drawing cartoons and will practice simple lighting exercises.

**No class October 7 & November 11.**

**Instructor:** David Thrasher

**#44580** Saturdays  
September 16 - December 16  
10:00 - 11:00 am  
Lewis Centre Craft Room A  
\$110/12





# Movement

## BUDDING BALLERINAS

(5 - 7 years)

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

**Instructor:** Maggie Scofield-Reid

**#44265** Wednesdays

September 20 - November 22

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

## HIP HOP DANCE

(9 - 12 years)

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

**#44577** Thursdays

September 21 - October 26

6:30 - 7:30 pm

Lewis Craft Room A

\$60/6

## CHILDREN'S BEGINNER ARCHERY

(7 - 12 years)

Learn the basics of using a bow and arrow. Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. You'll gain an understanding of this fun sport which has a long history. **No class**

**October 7.**

**#44173** Saturdays

September 23 - November 4

3:00 - 4:00 pm

Lewis MP Hall

\$75/7

## DANCE MIX

(6 - 9 years)

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

**#44578** Thursdays

September 28 - November 16

3:30 - 4:30 pm

Lewis Activity Room

\$80/8

## INDOOR SOCCER & HOCKEY

(6 - 8 years)

Come out and spend 30 minutes playing indoor soccer and then 30 minutes playing indoor hockey. It's the best of both worlds!

Fridays

**#44558** September 15 - November 3  
\$28/8

**#44557** November 10 - December 22  
\$24.50/7

3:00 - 4:00 pm

Lewis Centre MP Hall

## DODGEBALL!

(7 - 11 years)

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

Thursdays

**#44390** September 14 - October 5

**#44391** November 16 - December 7

4:00 - 5:00 pm

Lewis MP Hall

\$35/4

## FUNDAMENTAL SKILLS

(5 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 7-11 years. Develop sport-related motor skills such as running, jumping, skipping and throwing in this fun, non-competitive environment. Children will be introduced to sports such as; soccer, basketball, floor hockey and more. The FUNdamental skills will then help children transition into community or traditional Special Olympic Programs.

**No classes October 7, November 11 & December 2.**

**#44177** Saturdays

September 23 - December 16

9:15 - 10:15 am

Lewis Centre MP Hall

\$25/10

\$2.50/Drop-in



COURTENAY CHILDREN



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## EVERYTHING YOU ALWAYS WANTED TO DO PRO-D DAY

(6 - 11 years)

Psst-parents! Elevate yourselves from villains to heroes and sign up your child in this action packed day. Participate in wild, wonderful and messy activities. Your kids will have a ball and we'll clean up the mess. Please wear old duds that can get a little dirty.

**#44574** Friday September 29  
8:30 am - 3:30 pm  
Lewis Craft Room B  
\$40

## KITCHEN CAPERS

(6 - 11 years)

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

**#44576** Friday November 24  
8:30 am - 3:30 pm  
Lewis Craft Room B  
\$45

*Children must be 6 years of age or be attending full day Kindergarten.*

## HALLOWEEN WHO DUNNIT

(6 - 11 years)

Join us as you stir up mysterious potions that ooze and bubble. Become the mastermind behind a day full of tricks and treats. Hands-on projects, games and a mystery hunt will keep you spell-bound. Bring your lunch.

**#44575** Friday October 20  
8:30 am - 3:30 pm  
Lewis Craft Room B  
\$40

## NINJUTSU

(5 - 14 years)

Experience the Japanese ancient art of the Ninjam through the practice of self defence, invisibility, awareness, and more. Learn how it leads to health, confidence and knowledge of one's place in the environment through games, stories, and the teaching of traditional skills. **No class October 9 or November 13.**

**Instructor:** Frank Doss  
**#44193** Mondays (5 - 8 years)  
September 25 - November 27  
**#44194** Wednesdays (7 - 14 years)  
September 27 - November 15  
4:00 - 5:00 pm  
Lewis Salish Building  
\$60/8

## BEGINNER KUNG FU

(7 - 14 years)

This class is focused on building a strong foundation in the basics. Through the practice of Kung Fu, students will become more flexible, build strength and learn to be confident and considerate. With a focus on learning through games, this class will empower your child. \*Please note there is a \$55 uniform fee for new students. **No class October 9 & November 13.**

**Instructor:** Corny Martens  
**#44484** Mondays & Wednesdays  
September 11 - December 13  
5:30 - 6:30 pm  
Native Sons Hall  
\$210/26

## ADVANCED KUNG FU

(7 - 14 years)

Having completed level 1, this class focuses on many different scenarios of self defense and disadvantaged fighting. Traditional Chinese Kung Fu weapons are introduced and studied in depth as well. Students will be challenged at a higher level both physically and mentally. **No class October 9 & November 13.**

**Instructor:** Corny Martens  
**#44485** Mondays & Wednesdays  
September 11 - December 13  
4:10 - 5:15 pm  
Native Sons Hall  
\$225/26



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



# Martial Arts

## INTRO TO TAEKWONDO

(5 - 9 years)

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

**Instructor:** Richard Dobbs

**#44190** Fridays

September 15 - November 3

4:00 - 4:30 pm

Lewis Activity Room

\$65/8

## TAEKWONDO JUNIORS WHITE TO GREEN BELT

(7 years & over)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor. **No class October 31.**

**Instructor:** Richard Dobbs

**#44196** Tuesdays & Thursdays

September 12 - December 14

4:50 - 5:50 pm

Lewis Centre MP Hall

\$239/27

## TAEKWONDO JUNIORS BLUE STRIPE TO BLACK BELT

(8 years & over)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by a 3rd Dan Instructor. **No class October 31.**

**Instructor:** Richard Dobbs

**#44195** Tuesdays & Thursdays

September 12 - December 14

6:00 - 7:00 pm

Lewis Centre Gym

\$239/27

## JUNIOR KARATE

(7 - 14 years)

Karate is a fun and focused way for fitness, flexibility and personal development. Learn self defense, improve concentration, confidence, self-discipline and sportmanship with blocks, kicks, punches and evasive moves! Courtenay Karate teaches traditional shi-to-ryu karate with NCCP certified instruction sanctioned by Karate Canada and Karate BC ensuring the highest quality of expertise and safety. (An annual fee will be collected in class) **No class October 9 & November 13.**

**Instructor:** Brenda Bombini & Todd Robertson

**#44191** Mondays & Thursdays

September 11 - December 14

6:15 - 7:15 pm

Lewis Centre MP Hall

\$138/26

*Check receipts carefully for important program information.*



COURTENAY CHILDREN



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Both boys and girls will enjoy the sport of Gymnastics, for fun and fitness. Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program, with pictorial report cards and participation certificates. Students are grouped by levels: Beginner (1,2,3); Pre-Advanced (4, Silver 1,2); Advanced (Silver 3, 4, Gold 1-6). **No class October 7 & 31 or November 11.**

\$135/11 sessions (Tuesdays)  
 \$125/10 sessions (Saturdays)  
 \$220/Both Days/21 sessions  
 Lewis Centre Gym

### GIRLS & BOYS MIXED

(5 - 7 years)  
**#44169** Tuesdays  
 September 12 - November 28  
 3:30 - 5:00 pm  
**#44168** Saturdays  
 September 16 - December 2  
 10:00 - 11:30 am

### GIRLS GYMNASTICS

(8 - 16 years)  
**#44184** Tuesdays  
 September 12 - November 28  
 5:00 - 6:30 pm  
**#44185** Saturdays  
 September 16 - December 2  
 12:30 - 2:00 pm

### BOYS GYMNASTICS

(8 years & over)  
 Separate boys classes allow for dynamic energy to be channelled in creative ways. Learn the basics, then develop your skills, strength and stamina on a variety of apparatus.  
**#44178** Tuesdays  
 September 12 - November 28  
 5:00 - 6:30 pm  
**#44179** Saturdays  
 September 16 - December 2  
 12:30 - 2:00 pm

### BOYS ADVANCED

(8 years & over)  
**#44181** Tuesdays  
 September 12 - November 28  
 6:30 - 8:00 pm  
**#44180** Saturdays  
 September 16 - December 2  
 2:00 - 3:00 pm

### TRAMPOLINE

(6 years & over)  
 Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun! **No class November 1.**

Wednesdays  
 September 13 - November 29  
**#44197** 3:30 - 4:30 pm  
**#44198** 4:30 - 5:30 pm  
 Lewis Centre Gym  
 \$93.50/12

### GIRLS PRE ADVANCED

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

**#44188** Tuesdays  
 September 12 - November 28  
 6:30 - 8:00 pm  
**#44189** Saturdays  
 September 16 - December 2  
 2:00 - 3:30 pm

### GIRLS ADVANCED

(8 years & over)  
**#44187** Tuesdays  
 September 12 - November 28  
 6:30 - 8:00 pm  
**#44186** Saturdays  
 September 16 - December 2  
 2:00 - 3:30 pm

### GYMNASTICS ASSESSMENTS

(8 years & over)  
 For new students wanting to take Advanced or Pre Advanced in the Winter.

Saturdays  
 11:30 - 11:45 am  
 FREE - Please Register



# Skatepark

## SCOOTER SUNDAYS

(6 - 12 years)

Want to learn to scooter? We'll teach you the basics, and help you progress through different tricks in the skatepark. You'll gain confidence as you learn to ride the street section and bowl! Rentals available. **No class October 8 or November 12.**

**Instructor:** Casey Matsuda  
Sundays

#44419 September 17 - October 29

#44430 November 5 - December 17

9:45 - 10:45 am

LINC Skatepark

\$60/6

\$70/with rental

## PRIVATE SKATEBOARDING OR SCOOTERING LESSONS

(6 - 13 years)

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

### Scooter Private Lessons

Sundays

October 1 - December 3

9:00 - 9:45 am

### Skateboarding Private Lessons

Wednesdays

October 4 - November 29

4:15 - 5:00 pm

LINC Skatepark

\$20

*Check out Free Trial Week  
September 10 - 15.  
See page 68.*

## SKATEBOARD FUNDAMENTALS 1

(6 - 12 years)

Build confidence learning the sport of skateboarding. Learn the the basics of balance, pushing, cruising and then try out the ramps, learning a trick or two! This class is geared to beginner-novice skaters. **No class October 9 & November 13.**

Mondays

#44421 September 18 - October 30

#44431 November 6 - December 18

4:30 - 5:30 pm

LINC Skatepark

\$60/6

\$70/with rental

## SK8, SCOOT & SWIM

(7 - 13 years)

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

#44454 Wednesday - Friday

December 27 - 29

10:00 am - 4:00 pm

LINC Skatepark

\$78/3

#44459 Tuesday - Friday

January 2 - 5

10:00 am - 4:00 pm

The LINC Skatepark

\$104/4

WINTER  
BREAK

## ADULT SKATE NIGHT

(18 years & over)

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

**No drop-in November 13.**

Mondays

October 16 - December 18

7:00 - 9:00 pm

The LINC Skatepark

\$40/11 punch card

\$4/Drop-in

## SKATEBOARD FUNDAMENTALS 2

(7 - 13 years)

Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructor and help you progress. This class is geared to skaters who have participated in Skate FUNDamentals previously or are novice-intermediate skaters.

**No class October 9 & November 13.**

Mondays

#44423 September 18 - October 30

#44432 November 6 - December 18

5:45 - 6:45 pm

The LINC Skatepark

\$60/6

\$70/with rental



COURTENAY YOUTH



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## YOUTH PROGRAM FREE TRIALS

Sunday Sept 10	Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13
<b>#44418</b> Scooter Sundays (6 - 12 years) 9:45 - 10:45am	<b>#44420</b> Skateboard FUNdamentals 1 (6 - 12 years) 4:30 - 5:30pm  <b>#44612</b> Mixed Media (12 - 17 years) 4:00 - 5:30 pm  <b>#44422</b> Skateboard FUNdamentals 2 (7 - 13 years) 5:45 - 6:45pm	<b>#44433</b> Leaders in Training (13 - 18 years) 4:00 - 6:00pm  <b>#44460</b> Yo-Girls Yoga (10 - 15 years) 6:00 - 7:30pm	<b>#44424</b> Ghoul School (8 - 18 years) 4:00 - 6:30pm
<b>*Please pre-register                      for Free Trial Week</b>			

### LEADERS IN TRAINING: HALLOWEEN EDITION

(13 - 18 years)

Join this Leaders in Training program with a spooky twist! Learn to lead games, activities and develop leadership skills and then put them into practice as you help develop, design and run The LINC's Annual Haunted House and/or the Children's Halloween Party. After, choose from a variety of volunteer opportunities with Courtenay Recreation. A great edition to any resume! **No class October 31.**

**#44434** Tuesdays

September 19 - November 7  
 4:00 - 6:00 pm  
 LINC Multipurpose Room  
 \$56/7

### ECO ART

(10 - 15 years)

Connect with the earth through art making. Express yourself as you create and upcycle projects using sustainable and recyclable materials.

**Instructor:** Taralee Houston

**#44598** Saturdays

November 18 & 25  
 10:00 am - 1:00 pm  
 \$40/2

### TEA & TAROT FOR TEENS

(11 - 18 years)

Explore the symbolic stories of the tarot as you sample different teas. You'll discover your own arcana card, learn different layouts and how to have fun with these story-making cards.

**Instructor:** Larissa Pelleterio

**#44465** Wednesday November 8  
 5:30 - 8:00 pm  
 LINC Multipurpose Room  
 \$17

### GHOUL SCHOOL

(8 - 18 years)

Learn to design, act, or do both as you help create one of the scariest haunted houses in the Comox Valley! Bring your creative ideas and join us for an information meeting September 6 at 4pm. Please register ahead of time.

**#44424** Wednesdays

September 13 - October 18  
 4:00 - 6:30 pm  
 LINC Multipurpose Room  
 FREE

*The LINC's Haunted House is  
 October 25 - 28 and 31.*

*Enter ... if you dare!*

### TGIF TEEN NIGHT

(11 - 15 years)

Try something fun and different the first Friday of every month! Brought to you in partnership with Courtenay, Comox and CVRD recreation departments! Free busing may be available - watch for more info!

Fridays

**October 6** Swimapalooza  
 at CV Aquatic Centre (**page 42**)

**November 3** Teen Sports  
 Night at Comox

Community Centre (**page 18**)

**December 1** Flashback

Friday at The LINC

Youth Centre (**page 69**)

\$2/Drop-in

### TWEEN PRO D DAY

(7 - 13 years)

Enjoy your day off at school at The LINC! We'll keep you busy playing air hockey and dodgeball, practicing tricks in the skatepark and making tasty snacks in the kitchen. After lunch we'll relax at the wave pool!

**#44425** Fridays

September 29 & October 20  
 8:30 am - 4:00 pm  
 LINC Games Room  
 \$60/2

**#44428** Friday September 29

**#44429** Friday October 20  
 \$35

### MIXED MEDIA

(12 - 17 years)

Push your creativity as you explore new materials and techniques and put them together to make unique projects. Materials and professional guided art instruction provided. **No class October 9.**

**Instructor:** Taralee Houston

**#44597** Mondays

September 18 - October 30  
 4:00 - 5:30 pm  
 LINC Multipurpose Room  
 \$90/6



# Get Active

## YO-GIRLS YOGA

(10 - 15 years)

A playful Hatha Flow Yoga class, welcome to all levels and bodies. Enjoy this 70 minute class designed to strengthen and build awareness of your body. End each class with a cup of tea to enjoy and ask questions regarding yoga.

**Instructor:** Sydney Eurchuk

**#44461** Tuesdays

September 19 - October 17

6:00 - 7:30 pm

LINC Multipurpose Room

\$45/5

## LEARN TO SAIL C420 - BEGINNER

(13 - 17 years)

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

**Instructor:** Comox Bay Sailing

**#44535** Tuesdays

September 12 - October 24

4:00 - 6:30 pm

\$180/7

## C420 SAILING TEAM

(13 - 17 years)

Calling all 2017 sailors! The C420 team is perfect for sailors with a competitive spirit who are eager to refine their existing skills to compete at local Regattas. Please contact CBSC to register: [comoxbaysailingclub.ca/sailing-school](http://comoxbaysailingclub.ca/sailing-school) or email [cbcs.sailing@gmail.com](mailto:cbcs.sailing@gmail.com).

**Instructor:** Comox Bay Sailing

**#44536** Tuesdays & Saturdays

September 9 - November 14

10:00 am - 3:30 pm

\$375

*Check receipts carefully for important program information.*

## YOGA FITNESS FUSION

(11 - 18 years)

Join us for a fun fusion of yoga and high intensity interval training (HIIT) with body weight workouts and smart stretching! Strengthen your core, upper and lower body and increase your flexibility - let's get moving!

**Instructor:** Larissa Pelletterio

**#44464** Tuesdays

November 14 - December 19

4:30 - 6:00 pm

LINC Multipurpose Room

\$70/6

## LEARN TO SAIL LASER - BEGINNER

(13 - 17 years)

New sailors will be introduced to basic sailing skills in the Laser, the world's most popular one person boat, and follow the CANSail 1 and 2 course curriculum.

**Instructor:** Comox Bay Sailing

**#44533** Tuesdays

September 12 - October 24

4:00 - 6:30 pm

\$180/7

## LASER SAILING TEAM

(13 - 17 years)

The Laser team is for competitive sailors who want to refine their existing skills to a higher level and compete at local Regattas. Please contact CBSC to register: [Comox-BaySailingClub.ca/sailing-school](http://Comox-BaySailingClub.ca/sailing-school) or e-mail [cbcs.sailing@gmail.com](mailto:cbcs.sailing@gmail.com).

**Instructor:** Comox Bay Sailing

**#44534** Tuesdays

4:00 - 6:30 pm

Saturdays

10:00 am - 3:30 pm

September 9 - November 14

\$375

## FLASHBACK FRIDAY

(11 - 15 years)

Let's go RETRO! Prizes for best costume and best retro skater. Foosball, ping pong, air hockey, pool and old school video game tournaments. Concession specials all night long! Skateboards & scooters welcome! Part of TGIF Teen Night (see page 68).

Friday December 1

8:00 - 10:00 pm

LINC Youth Centre

\$2/Drop-in

## Birthday Parties at The LINC

(8 - 18 years)

We'll organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, make & take (tie dye, slime or bath salts) or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. **No birthdays October 7, 8, November 11, 12, and December 16.**

Saturdays starting September 9

12:30 - 2:30 pm or

Sundays starting September 10

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

LINC Games Room

\$110

\$150/with 3 large pizzas

\$150 Make & Take Party

(tie dye, slime or bath salts)

\$190 Make & Take with 3 large pizzas

**NEW!**



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You're Invited . . .

# The LINC Haunted House



October 25 - 28

Wednesday - Thursday, 6:00 - 8:00 pm

Friday - Saturday, 6:00 - 9:00 pm

Tuesday, October 31 (½ the Fright Night), 5:00 - 7:00 pm

\$2/person or \$5/family

*½ the Fright Night is geared to our younger ghouls & visitors*



CITY OF  
**COURTENAY**  
Recreation

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

The LINC 250-334-8138

300 Old Island Highway, Courtenay



# Special Interest

## GARAGEBAND

(10 - 16 years)

Artists like Rhianna, Fall Out Boy and James Blunt all use Garageband. It's a simple yet powerful tool for making music. Bobby Herron has recorded tons of demos and an entire album on Garageband. Explore what can be done with home recording and learn how much fun it can be to create your own media!

**Instructor:** Bobby Herron

#44462 Thursdays

November 9 - 30

7:00 - 8:30 pm

LINC Multipurpose Room

\$75/4

## FUN WITH ESSENTIAL OILS & AROMATHERAPY

(10 - 16 years)

Smell, create and take! Explore the world of smell as you learn the basics of aromatherapy from a certified clinical aromatherapist. Blend and learn about safety as you create your own take-home bath and shower melts!

**Instructor:** Deanna Pappineau

#44463 Tuesday November 21

6:15 - 7:45 pm

LINC Multipurpose Room

\$22

## NEW YEAR'S BAKE OFF

(9 - 15 years)

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

#44453 Wednesday - Friday

December 27 - 29

10:00 am - 2:00 pm

LINC Multipurpose Room

\$85/3

WINTER  
BREAK

## PARENT & TEEN

### PAINT NIGHT

(9 - 99 years)

Join us for a different workshop each week as we delve into different painting projects. Explore different artists, techniques, mediums and tools as we put our own spin on each piece. Bring your creativity, get ready to paint and express your artistic side!

**Instructor:** Larissa Pelletterio

#44466 Fridays

September 22 - October 6

6:00 - 8:30 pm

LINC Multipurpose Room

\$30/3

#44467 September 22:

**Night Reflections**

#44468 September 29:

**Magic Jellyfish**

#44469 October 6:

**Sunset Silhouette**

\$12/night

## SATURDAY ADVENTURES

(10 - 15 years)

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

#44455 September 9 - 23

10:30 am - 4:00 pm

LINC Multipurpose Room

\$90/3 days

#44456 September 9:

**Go Karts & Mini Golf**

#44457 September 16:

**Air House (trampoline park)**

#44458 September 23:

**Rock Climbing & Swimming**

\$35/day



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

9th Annual

# GNARLY LITTLE CHRISTMAS CRAFT FAIR

(9 - 19 years)

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

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



CITY OF  
**COURTENAY**  
Recreation

Lewis Centre 250-338-5371  
489 Old Island Highway  
[courtenay.ca/gnarly](http://courtenay.ca/gnarly)



# 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

### FALL HOURS

(effective September 5)

- Mondays** 7 - 9 pm  
(Adult Skate Night 18+ years)  
*starting October 16*
- Tuesdays** 3 - 7 pm  
(Tween Night 8 - 11 years)
- Wednesdays** 3 - 8 pm
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm

### FEES

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

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

### JOB PREP

(14 - 18 years)  
Ready to get a job? Create your resume as you learn skills like cash and food handling, customer service, and workplace safety. You'll also learn interview skills, tour local businesses and receive a reference upon completion.  
#44426 Saturdays  
September 9 - October 28  
2:00 - 4:30 pm  
LINC Multipurpose Room  
\$75/8  
\$52 if registered in Food Safe

### FOOD SAFE LEVEL 1

(13 years & over)  
Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program. A must for resumes!  
**Instructor:** Gaetane Palardy  
#44427 Saturday November 4  
9:00 am - 4:00 pm  
LINC Multipurpose Room  
\$98

### YOUTH COUNCIL

(9 - 18 years)  
Develop leadership skills by planning and running LINC events like the Haunted House, Christmas Party, Youth Week and drop-in activities! Meet new friends, give back to the community and have fun! Info meeting October 5.  
Thursdays  
October - May  
4:00 - 5:00 pm  
LINC Multipurpose Room  
FREE





# Creative Pursuits

## DRAWING

Learn the basic skills of drawing in a welcoming and supportive space. All artist-quality supplies are included. **No class October 9.**

**Instructor:** Lupine Art Studio

Mondays

**#44584** September 18 - October 23  
\$155/5

**#44600** November 6 - December 11  
\$185/6

3:00 - 5:00 pm

Lupine Art Studio

## BEGINNERS PAINTING (OILS OR ACRYLICS)

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

**Instructor:** Teresa Knight

**#44271** Wednesdays

September 27 - November 15

6:30 - 8:30 pm

Filberg Centre Craft Room

\$125/8

## PAINTING LANDSCAPES IN OIL OR ACRYLICS

Get ready for the upcoming fall season by learning how to paint beautiful landscapes now. From making your sketch to getting the colours right and defining the leaves, water and clouds. This class is fun and good for beginners or intermediate painters. **No class October 9 or November 13.**

**Instructor:** Teresa Knight

**#44274** Mondays

September 25 - November 27

6:30 - 8:30 pm

Filberg Centre Craft Room

\$125/8

*"Art washes from the soul the dust of everyday life."*

*Pablo Picasso*

## RINGS, RINGS AND MORE RINGS

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

**Instructor:** Cheryl Jacobs

**#44275** Sunday October 22

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## FOLD FORM EARRINGS

Take a one day workshop with instructor Cheryl Jacobs & create some amazing fold formed earrings. Learn this new technique of folding and bending metal sheet to create jewelry and you will be astounded with the results. A \$50 supply fee will be collected by the instructor.

**Instructor:** Cheryl Jacobs

**#44283** Sunday September 17

9:30 am - 4:30 pm

Filberg Craft Room

\$85

## BEACHSTONE & SILVER JEWELRY CLASS

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

**Instructor:** Cheryl Jacobs

**#44284** Sunday October 8

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85



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



COURTENAY ADULT



follow us  

REGISTRATION STARTS MONDAY AUGUST 14 | See page 97

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## PAINTING

Come and play with paint! Learn a range of skills and let us help you with your ideas in this fun evening class! All artist-quality supplies are included.

**Instructor:** Lupine Art Studio

Thursdays

#44583 September 21 - October 26

#44582 November 9 - December 14

6:00 - 8:00 pm

Lupine Art Studio

\$210/6

## ART WITH HEART RETREATS

Retreats involve art exploration through connecting body, mind and spirit, making Art with Heart. Relax and rejuvenate while we create in a safe and creative environment meant to nurture each individual's level of explorations. We will make ephemeral art, projects focused on gratitude and positive affirmations. Meditative and expressionistic explorations will also be guided on this retreat. Supplies and professional art and mindfulness instruction are included.

### Autumn Retreat

#44550 Saturday & Sunday

October 14 & 15

### Mid-Winter Retreat

#44554 Saturday & Sunday

December 2 & 3

9:00 am - 3:30 pm

Lewis Tsolum Building

\$99/2

### Benefits of Creative Expression:

- creating art relieves stress
- encourages creative thinking
- boosts self-esteem & provides a sense of accomplishment
- increases brain connectivity & plasticity
- increases empathy, tolerance, & feelings of love
- art is for everyone!

## INTRO TO STAINED GLASS

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

**Instructor:** Nancy Morrison

#44272 Tuesday September 26

6:30 - 9:30 pm

Lewis Craft Room B

\$30

## STAINED GLASS 101

A more in-depth class to unleash your creativity! Several designs and custom colour choices make this a popular choice. You will be making a small suncatcher to introduce you to the step by step process and then a 8x14 in. window panel. Register early! A \$40 supply fee will be collected by the instructor. **No class October 31.**

**Instructor:** Nancy Morrison

#44276 Tuesdays

October 3 - November 28

7:00 - 9:00 pm

Lewis Craft Room B

\$115/8

## PRINT STAMP PAINT & GLUE

Who knows what we'll get into?? (Well we have an idea...but you know what we mean!) Use lots of different media to create interesting art works in this mixed media class! All artist-quality supplies are included.

**Instructor:** Lupine Art Studio

Wednesdays

#44585 September 20 - October 25

#44601 November 8 - December 13

12:00 - 2:00 pm

Lupine Art Studio

\$210/6

## STAINED GLASS STEPPING STONES

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

**Instructor:** Nancy Morrison

#44277 Wednesdays

October 4 - 18

7:00 - 9:00 pm

Lewis Craft Room B

\$45/3



# Special Interest

## BUILD A BASIC WEBSITE

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

**Instructor:** Kara Foreman

**#44590** Saturdays  
October 21 & 28  
10:00 am - 4:00 pm  
Filberg Soroptimist Lounge  
\$99/2

## READING THE TAROT

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

**Instructor:** Kara Foreman

**#44287** Saturday October 21  
1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$35

## LUNCH BOX IDEAS

Add zing to your lunches with tasty raw cuisine that's Gluten-Free, Dairy-Free, Soy-Free & Guilt Free. See how quick and easy it is to prepare Cinnamon Rolls (with Caramel Icing & Almond Milk), Tahini Turmeric Salad in a Jar, Hummus on Red Peppers, No Egg Dip & Veggies. Enjoy samples, get recipes and lots of info.

**Instructor:** Rose Vasile

**#44480** Wednesday September 20  
6:00 - 8:30 pm  
Filberg Evergreen Lounge  
\$40

## INTRODUCTION TO NUMEROLOGY

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

**Instructor:** Kara Foreman

**#44273** Saturday November 4  
1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$35

## AROMATHERAPY FOR MOMS

Learn practical and safe applications for Children, Teens and Moms with Essential Oils. Workshop will cover: Recipes, Essential Oil profiles, Chemistry, Blending & Safety.

**#44595** Wednesday October 11  
7:00 - 9:00 pm  
Lewis Craft Room A  
\$60

## WRITING YOUR MEMOIRS

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

**Instructor:** Kara Foreman

**#44288** Saturday November 25  
1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$35

## ESSENTIAL OILS AND THE CHAKRA SYSTEM

Join us for a very informative Aromatherapy class. Learn how Essential Oils work with the Chakra's (our Energy centres). Create a Chakra blend to take home.

**Instructor:** Deanna Papineau

**#44596** Wednesday November 22  
7:00 - 9:00 pm  
Lewis Craft Room B  
\$60

*Check receipts carefully for important program information.*





## BEGINNER PIANO

(55 years & over)

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

**Instructor:** Debbie Ross

#44254 Thursdays

**EG** September 14 - November 30  
2:00 - 3:00 pm  
Lewis Tsolum Building  
\$192/12

## Music

### GROOVE WITH YOUR GRANDPARENTS

Bond with your grandchild through music. You will sing, play with instruments and groove together. **No class October 9.**

**Instructor:** Susie McGregor

#44591 Mondays

September 18 - October 30  
9:30 - 10:30 am  
Lewis Salish Building  
\$50/6

### BLUES HARMONICA

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock, but the harmonica is truly at home with the blues. No previous musical experience is necessary. **No class November 13.**

**Instructor:** Larry Ayre

#44219 Mondays

October 16 - November 27  
6:00 - 7:00 pm

#44220 Thursdays

October 19 - November 23  
1:00 - 2:00 pm  
\$75/6

### BEGINNER BLUES GUITAR

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases). **No class November 13.**

**Instructor:** Larry Ayre

#44252 Mondays

October 16 - November 27  
7:15 - 8:30 pm

#44252 Thursdays

October 19 - November 23  
2:15 - 3:30 pm  
\$90/6

### 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.

#44260 Thursdays

September 14 - November 30  
1:00 - 2:00 pm  
Lewis Tsolum Building  
\$144/12

### BEYOND BEGINNER PIANO

(55 years & over)

Are you looking for a way to continue to improve your piano skills? These small group classes are for participants with a little experience that would like to study the basics of music, and then choose more! The first book costs \$30 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

#44255 Thursdays

**EG** September 14 - November 30  
3:00 - 4:00 pm  
Lewis Tsolum Building  
\$192/12



## BEGINNERS AFRICAN DRUMMING

Drumming in community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming or those not ready to move to the beyond beginner level. Please contact instructor if unsure.

**Instructor:** Monica Hofer  
Thursdays

#44246 September 14 - October 26  
\$98/7

#44247 November 2 - December 21  
\$112/8  
5:00 - 6:00 pm  
Native Sons Lower Level

## BEYOND BEGINNER AFRICAN DRUMMING

If you are looking for a place to enhance your drumming skills, but you aren't a beginner and not quite ready to leap to intermediate level, this is the class for you! Please contact instructor if unsure of your level. **No class November 15 or 22.**

**Instructor:** Monica Hofer  
Wednesdays

#44248 September 6 - November 8  
\$140/10

#44249 November 29 - December 20  
\$56/4  
5:30 - 6:30 pm  
Native Sons Grand Hall

### 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!

## INTERMEDIATE AFRICAN DRUMMING

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove'! New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. This class is intended for those with previous experience. **No Class October 9 or November 13.**

**Instructor:** Monica Hofer  
Mondays

#44250 September 11 - October 23

#44251 October 30 - December 11  
11:45 am - 12:45 pm  
Native Sons Grand Hall  
\$84/6

## DRUMS ALIVE POWER BEATS

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit! **No Class November 22.**

**Instructor:** Monica Hofer

#44116 Wednesdays

September 6 - December 20  
7:00 - 8:00 pm  
Native Sons Grand Hall  
\$105/15

## GOLDEN BEATS DRUMS ALIVE

'Golden Beats' is a new Drums Alive offering 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. **No Class November 16.** **Instructor:** Monica Hofer

#44115 Thursdays

September 7 - December 21  
10:30 - 11:30 am  
Native Sons Grand Hall  
\$105/15





## Dance & Movement

### TWO LEFT FEET DANCING

This class is for the 'rhythmically impaired'. If you are a true beginner and want to pick up a few moves this is the class for you. Come as a couple or on your own.

**Instructor:** Jenna Flint

#44586 Wednesdays

September 20 - December 6

7:45 - 8:45 pm

Lewis Activity Room

\$72/12

### ADULT BALLET - BEGINNER

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

**Instructor:** Jennifer Flint

#44218 Thursdays

September 21 - December 7

7:45 - 8:45 pm

Lewis Activity Room

\$72/12

### INTERMEDIATE BALLET

This intermediate class is designed for participants who have a lot of ballet experience. You will continue to develop strength & flexibility through classical technique while challenging yourself. Experience necessary.

**Instructor:** Jenna Flint

#44217 Tuesdays

September 19 - December 5

7:45 - 9:00 pm

Lewis Activity Room

\$72/12

### HULA

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

**Instructor:** Jacqueline Nybo

#44527 Tuesdays

November 7 - 28

9:30 - 10:30 am

Lewis Craft Room A

\$60/4

### LINE DANCE

(55 years & over)

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

**November 21.**

**Instructor:** Joan Wydenes

#44245 Tuesdays **Beyond Beginner**

EG September 12 - November 28

1:00 - 2:00 pm

Native Sons Grand Hall

\$48/11

#44244 Wednesdays **Beginner**

EG September 13 - November 29

1:00 - 2:00 pm

Lewis Activity Room A

\$54/12

### SILVER SWANS BALLET

(55 years & over)

Develop strength and flexibility through classical technique in this 55+ class. Beginners welcome!

No experience necessary. Class is based on Royal Academy of Dance Graded syllabus. Please wear comfortable and non-restrictive clothing and tie back long hair.

**Instructor:** Jenna Flint

#44264 Tuesdays

EG September 19 - December 5

6:30 - 7:30 pm

Lewis Activity Room

\$72/12

## FOAM ROLLING

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

**Instructor:** Michelle Boyd  
Wednesdays

#44560 September 6 - October 25

#44561 November 1 - December 20  
10:15 - 11:25 am  
Lewis Activity Room B  
\$48/8  
\$6.50/Drop-in

## FALL PROOF BALANCE & MOBILITY TRAINING

(55 years & over)

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class October 9, November 13 & 16.**

**Instructor:** Kim Hamilton

Mondays & Thursdays

#44096 September 18 - November 2  
\$96/14

#44097 November 6 - December 21

EG \$84/12  
1:00 - 2:00 pm  
Native Sons Grand Hall

See page 89 for  
Zumba & Kickboxing

## ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. **No class October 9 & November 13.**

#44153 Mondays

September 11 - December 18  
5:30 - 6:30 pm  
Lewis Activity Room  
\$78/13

## 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.

Wednesdays

#44074 September 6 - October 25

#44073 November 1 - December 20  
1:00 - 3:00 pm  
Native Sons Lower Level  
\$60/8

## ZUMBA

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

#44151 Tuesdays with Lyla  
September 5 - December 19  
9:00 - 10:00 am

Lewis Activity Room

#44150 Wednesdays with Gloria  
September 6 - December 20  
5:00 - 6:00 pm

Lewis Centre MP Hall

\$96/16

\$6.50/Drop-in

## 55+ ZUMBA

Ditch the workout, Join the Party! Fun, easy Zumba moves inspired by Latin and International music as well as current hits. Guaranteed to keep you smiling and moving! Drop-in's welcome.

**Instructor:** Lyla Pettis

#44152 Thursdays

EG September 7 - December 21

10:30 - 11:30 am

Lewis Activity Room

\$96/16

\$6.50/Drop-in



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REGISTRATION STARTS MONDAY AUGUST 14 | See page 97

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## CIRCUS OPEN TRAINING

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

**Instructor:** Kaya Kehl

**#44242** Fridays

September 15 - December 8

7:45 - 8:45 pm

Lewis Centre Gym

\$10/Drop-in

## OPEN TRAINING FOR PROFESSIONALS

This class is a non-instructional, practice space for Professional Circus Artists who are training at an advanced level. Please contact info@7storycircus.com if you have any questions about whether this training space is right for you.

**#44243** Thursdays

September 28 - December 7

11:00 am - 12:30 pm

Lewis Centre Gym

\$4/Drop-in

## ADULT AERIAL ARTS

Explore the world of aerial fabric and aerial hoop. Focus is on skill & strength building, starting close to the ground and gaining height as your confidence & abilities increase. Meet others who love it, too! This class is for beginner - advanced aerialists. Info at www.7storycircus.com & facebook.

**Instructor:** Kaya Kehl

**#44232** Wednesdays

September 13 - December 13

7:30 - 8:30 pm

Lewis Centre Gym

\$238/14

Thursdays

**#44231** September 21 - October 26

**#44587** November 2 - December 7

9:30 - 11:00 am

Lewis Centre Gym

\$150/6

## HANDSTAND CLASS

Open to 12 years & over with experience. Discover your next passion in 7 Story Circus's Handstand classes! Our course is designed to maximize skill and strength development while building confidence in one's abilities. Starting with basic support holds and working up to full handstand positions in a very natural, stress free progression. All skill levels are welcome.

**Instructor:** Rikki Frances

**#44240** Fridays

September 22 - December 8

6:45 - 7:45 pm

Lewis Centre Gym

\$144/12

\$13/Drop-in

## PRIVATE HULA HOOP SKILLS CLINIC

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

**Instructor:** Tracey Clarke

**#44259** date determined when

registering

\$35/1

\$100/3

## COMMUNITY CIRCUS 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals! (OR 10+ with CIRCUS experience & permission by teacher) Info at www.7storycircus.com & facebook. **No class**

**October 9 & November 13.**

**Instructor:** Kaya Kehl

**#44241** Mondays

September 11 - December 11

6:00 - 8:00 pm

Lewis Centre Gym

\$240/12

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

*For more information on 7 Story Circus, go to [www.7storycircus.com](http://www.7storycircus.com) & facebook.*



## ADULT KUNG FU

Applied Body Mechanics Ving Tsun is a tested system of Chinese Boxing that emphasizes small movements for maximum results. This class is skill-based training in an encouraging, safe and non-threatening environment. Practitioners will develop fast hands and good body structure through progressive sparring drills and pad work.

**No class October 9, November 11, 13 & December 9.**

**Instructor:** Corny Martens

**#44486** Mondays & Wednesdays

@ Lewis Centre &

Saturdays @ Native Sons Hall

September 6 - December 13

8:00 - 10:00 pm

\$285/2 classes/week

\$385/3 classes/week

## KARATE

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). **No class October 9 & November 13.**

**Instructor:** Brenda Bombini & Todd Robertson

**#44171** Mondays & Thursdays

September 11 - December 21

7:30 - 9:15 pm

Lewis Centre MP Hall

\$146/28

*Benefits of Martial Arts include: self defense, muscle strengthening, stress release, improved cardiovascular health & toning body muscles.*

## TAI CHI

Derived from the martial arts, Tai Chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai chi improves overall fitness, coordination, and agility. **No class November 22.**

**Instructor:** Ivy Wang

Wednesdays

September 6 - December 13

**#44112** 9:00 - 10:00 am **Level 2**

**#44111** 10:00 - 11:00 am **Level 1**

**#44113** 11:15 am - 12:15 pm **Level 3**

Lower Native Sons Hall

\$168/14

## TAI CHI

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

**Instructor:** Albert Balbon

**#44076** Thursdays

September 14 - December 14

7:15 - 8:15 pm

Lewis Meeting Room

\$112/14

## ADULT GYMNASTICS

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

**Instructor:** Sheri Roffey

**#44170** Tuesdays

September 12 - December 19

8:00 - 9:00 pm

Lewis Centre Gym

\$120/15

\$10/Drop-in

## QIGONG

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

**Instructor:** Corny Martens

**#44075** Tuesdays & Thursdays

September 12 - December 14

9:00 - 9:40 am

Lewis Meeting Room

\$168/28

## ADULT TAEKWONDO

Get a full body workout while building new skills! Taekwondo is an Olympic Martial Art. Students will improve strength/endurance/coordination/flexibility/balance. Sanctioned by BC/Canadian Taekwondo Federations. Taught by 4th Dan instructor Richard Dobbs. **No class October 31.**

**#44530** Tuesdays & Thursdays

September 12 - December 14

7:00 - 8:00 pm

Lewis Centre

\$239/27





## INTRO TO NORDIC POLE WALKING

(55 years & over)

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles. Benefits include burning 46% more calories over walking without poles, use 90% of your body muscles; it improves your endurance, cardio, posture, balance, and much more. Nordic poles available for use in class and for purchase.

#44285 Fridays

**EG** September 15 - November 3  
11:00 am - 12:00 pm  
\$80/8

## ADULT INTRODUCTION TO SAIL C420

In this very popular course, new adult sailors are introduced to basic double-handed sailing skills in the C420 dinghy and follow the CANSail 1 curriculum. A perfect way to try the sport! **No class September 22.**

#44541 Wednesdays & Fridays  
September 13 - October 6  
5:30 - 8:30 pm  
\$225/7

## PICKLEBALL

Join in and have fun playing this exciting paddle game! Equipment will be provided. **No games November 16 & 21.**

#44172 Tuesdays & Thursdays  
September 5 - December 14  
2:30 - 4:30 pm  
Native Sons Grand Hall  
\$2.50/Drop-in

*Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball over a net.*

## DAYTIME BADMINTON

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

#44165 Mondays, Thursdays & Fridays  
September 7 - December 22  
1:00 - 3:00 pm  
Lewis Centre Gym  
\$3/Adult Drop in  
\$2/Evergreen Club Drop In

#44166 Mondays  
September 11 - December 18  
8:00 - 10:00 pm  
Lewis Centre Gym  
\$39/13

#44167 Wednesdays  
September 6 - November 29  
7:30 - 9:30 pm  
Queneesh Elementary School Gym  
\$54/13

## FLOOR HOCKEY

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

#44529 Thursdays  
October 12 - December 14  
8:15 - 9:45 pm  
Lewis Centre Gym  
\$5/Drop-in

## NORDIC POLE WALKING LEVEL 2

(55 years & over)

Are you a runner or hiker with sore knees, physically active and looking for a low impact outdoor fitness sport - why not try Nordic Pole Walking? Nordic Pole Walking is a total body workout for cardio, strength and flexibility. The focus in this class is fitness training with Nordic Poles using different terrains and elevation in our local parks. **Instructor:** Catherine Egan

#44286 Fridays

**EG** September 15 - November 3  
12:30 - 1:30 pm  
Lewis Centre  
\$80/8

## SQUASH LESSONS

Squash is a healthy sport for fun and fitness. Learn how to swing, rally and keep score in 6 easy lessons. Equipment is included. Intermediate lessons are for those players who would like to bump their game up a notch. **No class November 13.**

**Instructor:** Sue Tompkins  
October 16 - November 27  
#44589 5:30 - 6:30 pm **Beginner**  
#44588 6:45 - 7:45 pm **Intermediate**  
Lewis Squash Courts  
\$60/6



# 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 53)

## 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 September 24:

Saturday ..... 9:00 am - 3:45 pm  
Sunday ..... 9:00 am - 3:45 pm

## Effective September 30:

Saturday ..... 9:00 am - 3:45 pm  
Sunday ..... 9:00 am - 7:45 pm

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

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

## Why Play Squash?

Playing squash gives you many health benefits:

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

*See page 82 for Squash Lessons*

## 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 ½ court bookings.

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

## Shower Passes

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





# Wellness Centre

## Ages 13 & Over

(13 - 15 years with adult supervision)

### Services Include:

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

### Wellness Centre Fall Hours:

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 4:00 pm

*effective October 1:*

Sunday 8:30 am - 8:00 pm

*Hours & schedule subject to change*

### Pass Suspensions

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

### Equipment

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

### NOTE:

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

## Fees

### Drop-in & Punch Cards

(includes 5% GST)

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

### Memberships (includes 5% GST)

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

## Childminding

(All ages)

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

*effective September 5, 2017*

Mondays - Saturday

9:00 - 11:00 am

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



# Wellness Centre Classes & Supervision Hours

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

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

Schedule subject to change

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

## 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

**#44141** Tuesdays & Thursdays  
September 5 - December 21  
7:00 - 8:00 pm  
Lewis Wellness Centre  
\$192/32

## 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

**#44143** Tuesdays & Thursdays  
September 5 - December 21  
1:30 - 2:30 pm  
Lewis Wellness Centre  
\$192/32

## 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 October 9 & November 13.**

**Instructor:** Kim Hamilton

**#44148** Mondays  
September 11 - December 18  
5:15 - 6:15 pm  
Lewis Wellness Centre  
\$104/13



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REGISTRATION STARTS MONDAY AUGUST 14 | See page 97



## FRIDAY FIT MIX

This program is designed to rotate through a different class style each week. Start with Cardio & Abs, the next week will be Cardio Intervals using step, swiss balls, aerobics and weights, next will be a Total Strength class and finally a Balance, Bands & Balls. All classes have a 10-15 minute stretch at the end. **No class September 22.**

**Instructor:** Joyce Leong

**#44136** Fridays  
September 8 - December 22  
9:00 - 10:00 am  
Native Sons Grand Hall  
\$90/15

## BUTTS & GUTS

The name sums up this one! Core and Glutes Galore! This strengthening workout is taught so any fitness level can participate. Quality of the work-out will be the main focus, so control and technique are key components of this class! **No class October 9 & November 13.**


**#44581** Mondays  
September 11 - December 18  
Lewis Activity Room  
7:00 - 8:00 pm  
\$78/13  
\$6.50/Drop-in

## 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 October 9, November 13 & 16.**

**Instructor:** Janice Bradford

**#44154** Mondays & Thursdays  
 September 7 - December 21  
9:00 - 10:00 am  
Native Sons Grand Hall  
\$168/28

## FLEX CORE

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

**Instructor:** Steve Thomson  
Thursdays

**#44117** September 7 - October 26  
**#44118** November 2 - December 21  
6:30 - 7:30 pm  
Lewis Activity Room  
\$48/8

## 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. **No class October 9 & November 13.**

**Instructor:** Juan Blancas

**#44129** Tuesdays & Thursdays  
 September 5 - December 21  
10:30 - 11:30 am  
\$192/32  
Mondays & Wednesdays  
September 6 - December 20  
**#44124** 10:00 - 11:00 am  
**#44126** 1:00 - 2:00 pm  
**#44125** 11:15 am - 12:15 pm  
**#44127** 2:15 - 3:15 pm  
\$174/29  
**#44128** Fridays  
September 8 - December 22  
10:00 - 11:00 am  
\$96/16  
Lewis Wellness Centre

## 55+ TRX AND RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic.. **No class October 9 & November 13.**

**Instructor:** Kim Hamilton

 Tuesdays & Thursdays  
September 12 - October 26  
**#44131** 9:00 - 10:00 am **level 1**  
**#44134** 2:45 - 3:45 pm **level 2**  
\$112/14  
October 31 - December 21  
**#44133** 9:00 - 10:00 am **level 1**  
**#44135** 2:45 - 3:45 pm **level 2**  
\$128/16  
Mondays & Wednesdays  
**#44130** September 11 - November 1  
\$120/15  
**#44132** November 6 - December 20  
\$104/13  
9:00 - 10:00 am **level 2**

### 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

#44122 September 12 - November 2  
\$128/16

#44123 November 7 - December 21  
\$112/14  
6:30 - 7:30 am  
Lewis Wellness Centre


### 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 September 22 & November 10.**

**Instructor:** Wendy Matte

#44114 Tuesdays & Fridays

 September 5 - December 22  
9:15 - 10:15 am  
Filberg Rotary Hall  
\$180/30

### WOMENS SPECIFIC STRENGTH

This class focuses on resistance training to help improve muscle and bone strength, as well as increase balance, mobility and flexibility. **No class October 9 & November 13.**

#44605 Mondays

September 11 - December 18  
10:30 - 11:30 am  
Lewis Activity Room  
\$78/13

### HIIT - HIGH INTENSITY INTERVAL TRAINING

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time.

**Instructor:** Tammy Jones

#44119 Tuesdays  
September 5 - December 19

#44120 Thursdays  
September 7 - December 21  
12:10 - 12:45 pm  
Lewis Activity Room  
\$72/16  
\$5/Drop-in

### TGIFHIIT

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

**Instructor:** Michelle Boyd

#44559 Fridays  
September 8 - December 22  
12:10 - 12:45 pm  
Lewis Activity Room  
\$72/16  
\$5/Drop-in

### SIMPLY STRENGTH

Level 1 exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Level 2 is an intermediate level class offering overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class October 9, November 13, 15 & 22.**

#### Level 1

#44155 Mondays & Wednesdays  
September 6 - December 20  
10:15 - 11:15 am  
Native Sons Grand Hall  
\$162/27

#### Level 2

#44156 Mondays & Wednesdays  
September 6 - December 20  
9:00 - 10:00 am  
Native Sons Grand hall  
\$162/27



COURTENAY ACTIVE LIVING



follow us  

REGISTRATION STARTS MONDAY AUGUST 14 | See page 97

# Drop-in Fitness Schedule effective September 5, 2017 **unless otherwise noted**

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	Zumba	HathaYoga 8:30am starts Sept 20 The Works	BootCamp Blast+	Core N' Cuts	20/20/20
10:30 am	Zumba & Kickboxing	BootCamp Blast+ Flowga 10:45am (p.92)		55+ Zumba (p.79)		
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm	TGIF HIIT 12:10pm	
5:15 pm	Vinyasa Yoga Zumba Toning 5:30pm	Power Spin & Beyond	Zumba 5:00pm Tabata 5:30pm	BootCamp Blast	Spin & Core	
6:45 pm	Butts & Guts 7:00 pm (p.86)		Yin/Yang Yoga			Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class

Please note: This schedule is subject to change  
Pay & sign in at the office

For Fitness Schedule before September 5,  
please check [courtenay.ca/fitness](http://courtenay.ca/fitness)

COURTENAY ACTIVE LIVING

## Drop in & Punch Card Fees including GST

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

### Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, it is City of Courtenay's policy that children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 53.

## CORPORATE WELLNESS

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

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

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

Please contact Courtenay Recreation for more info.





# Drop-in Fitness

## CARDIO CHAOS+

Monday 9:00 - 10:15 am

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

**Instructor:** Tammy Jones

## ZUMBA

Tuesday 9:00 - 10:00 am

Wednesday 5:00 - 6:00 pm

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

**Instructor:** Lyla Pettis (Tues) & Gloria Grieve (Wed)

## 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:** Paul Healey

## ZUMBA TONING

Mondays 5:30 - 6:30 pm

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

**Instructor:** Milena Spratt

## BOOTCAMP BLAST

+ Tuesdays 10:30 - 11:45 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

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

**Instructor:** Steve Thomson

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

**Instructor:** Steve Thomson

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

## THE WORKS

Wednesdays 9:00 - 10:00 am

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

**Instructor:** Michelle Boyd

## TABATA

Wednesdays 5:30 - 6:30 pm

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

**Instructor:** Wendie Matte

## YOGA (starting Sept 20)

Wednesdays 8:30 - 9:45

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

**Instructor:** Wendy Davies

## ZUMBA & KICKBOXING

Mondays 10:30 - 11:30 am

Come out for a rockin good time with this lively class that will make you sweat. Each class will be a mix of different Zumba and Kickboxing routines. Have fun dancing and kicking to popular songs in a workout designed for all ages.

**Instructor:** Tammy Jones



## SPIN & CORE

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength. **No class October 9 & November 13.**

**Instructor:** Nancy Victoria

Mondays & Wednesdays  
6:15 - 7:15 am

#44562 September 6 - October 25  
\$84/14

#44563 October 30 - December 20  
\$90/15  
Fridays

#44564 September 8 - December 15  
5:15 - 6:15 pm  
\$90/15  
Lewis Activity Room  
\$6.50/Drop-in

### Benefits of Personal Training:

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

## FOAM ROLLING

Offset your high intensity training with our foam roller class. Foam rolling helps improve posture, reduce the risk of muscular injury by loosening up the connective tissue and releasing tension from trigger points.

**Instructor:** Michelle Boyd

Wednesdays

#44560 September 6 - October 25

#44561 November 1 - December 20  
10:15 - 11:25 am

Lewis Activity Room B

\$48/8

\$6.50/Drop-in

## 20/20/20

Challenge yourself with 20 minutes of cardio, 20 minutes of strength training, and finish off with 20 minutes of core & stretching. **No class October 7, November 11 & December 9.**

**Instructor:** Nancy Victoria

#44604 Saturdays

9:00 - 10:00 am

September 9 - December 16

Lewis Activity Room

\$72/12

\$6.50/Drop-in

## FALL PROOF BALANCE & MOBILITY TRAINING

(55 years & over)

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor's referral may be required. **No class October 9, November 13 & 16.**

**Instructor:** Kim Hamilton

Mondays & Thursdays

#44096 September 18 - November 2

#44097 November 6 - December 21

EG 1:00 - 2:00 pm

Native Sons Grand Hall

\$96/12

## Personal Training Prices

### Private

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

### Semi Private (2 people)

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

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

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

## Personal Training Team



### Juan Blancas

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



### Kim Hamilton

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



### Tammy Jones

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



### Cathy Riopelle

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



### Michelle Boyd

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



### Joyce Leong

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

## MEDITATION AND YOGA

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

**Instructor:** Sheron Julita

**#44102** Thursdays  
October 19 - December 21  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$120/10

## INTRO TO MEDITATION (WITH YOGA)

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

**Instructor:** Sheron Julita

**#44080** Thursdays  
September 7 - October 12  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$72/6

## YOGA - TRY IT

As we age, it is normal to experience changes in our bodies. Learn about your unique physiology postures that release tension and how to use your breath to increase energy.

**Instructor:** Jennifer White

Thursdays  
September 21 - October 5  
**#44606** 9:00 - 10:00 am (women)  
**#44707** 10:30 - 11:30 am (men)  
Filberg Rotary Hall  
\$24/3


## 55+ GENTLE YOGA

(55 years & over)

A blend of styles that includes mostly low to the ground poses with a bit of standing. A calming practice with stretching and easy strengthening poses. Suitable for those that are slow in getting up and down from the floor or have limited mobility. **No class October 9 & November 13.**

**Instructor:** Sheron Julita  
Mondays

**#44088** September 11 - October 30  
\$56/7

**#44089** November 6 - December 18  
 \$48/6  
10:15 - 11:15 am  
Filberg Rotary Hall

## PRENATAL YOGA

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome. **No class October 9 & November 13.**

**Instructor:** Akiko Shima

**#44104** Mondays  
September 11 - December 18  
9:15 - 10:30 am  
Native Sons Lower Level  
\$130/13

**#44103** Wednesdays  
September 13 - December 20  
6:30 - 7:45 pm  
Lewis Salish Building  
\$150/15

## YOGA PLUS

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

**#44082** Wednesdays  
September 13 - December 13  
3:30 - 4:30 pm  
Lewis Meeting Room  
\$112/14

## HATHA YOGA LEVEL 1

This class will introduce you to the basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as no pain in your body. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class October 9 & November 13.**

**Instructor:** Catherine Reid


**#44100** Mondays  
September 11 - December 18  
6:00 - 7:00 pm **Level 1**  
Lewis Meeting Room  
\$104/13

## CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class November 21.**

**Instructor:** Catherine Reid

**#44098** Tuesdays  
 September 12 - December 19  
11:00 am - 12:00 pm  
Native Sons Grand Hall  
\$112/14





## YIN YANG YOGA

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

**Instructor:** Wendy Matte

#44149 Wednesdays

September 6 - December 20

6:45 - 7:45 pm

Lewis Activity Room

\$96/16

\$6.50/Drop-in

## YIN YOGA

Yin Yoga is a quiet, meditative and slow moving practice. It uses long held, (sometimes prop supported) passive poses to release connective tissue and deeply held parts of the body and mind. This class includes mostly 'low to the ground poses' (seated, lying on back or belly). **No class October 31.**

**Instructor:** Wendy Davies

#44083 Tuesdays

September 19 - December 12

5:30 - 6:45 pm

Lewis Meeting Room

\$120/12

**Instructor:** Helen Pattinson

#44084 Wednesdays

September 27 - December 13

12:30 - 2:00 pm

Lewis Meeting Room

\$144/12

## GOOD MORNING YOGA

Leaving the class feeling energized yet calm and relaxing. Building body and mind awareness through yoga posture, breathing practice and mediation. Requires previous yoga experience.

**Instructor:** Akiko Shima

#44099 Fridays

September 8 - December 15

9:15 - 10:45 am

Lewis Meeting Room

\$180/15

# Yoga

## HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class October 9 & November 13.**

**Instructor:** Catherine Reid

#44102 Mondays

September 11 - December 18

7:15 - 8:45 pm

Lewis Meeting Room

\$156/13

## FLOWGA

Drop your little one off in Power Hour and come de-stress. This class will explore yoga moves to help strengthen and loosen muscles. **No class October 31.**

**Instructor:** Wendie Matte

#44569 Tuesdays

September 12 - December 19

10:45 - 11:45 am

Lewis Craft Room A

\$78/13

\$6.50/Drop-in

## GENTLE YOGA

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice. **No class October 9 & November 13.**

**Instructor:** Akiko Shima

#44079 Wednesdays

September 6 - December 13

10:45 am - 12:00 pm

Lewis Salish Building

\$150/15

#44078 Mondays

September 11 - December 11

10:45 am - 12:00 pm

Lewis Salish Building

\$120/12

## YOGA FOR GUYS

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

**Instructor:** Catherine Reid

#44085 Wednesdays

September 13 - December 13

5:00 - 6:15 pm

Lewis Meeting Room

\$140/14



## 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  
Tuesdays

#44109 September 12 - October 31  
\$80/8

#44110 November 7 - December 19  
\$70/7  
10:15 - 11:30 am  
Lewis Meeting Room  
Thursdays

#44107 September 7 - October 26

#44108 November 2 - December 21  
10:00 - 11:30 am  
Lewis Meeting Room  
\$96/8

## RESTORATIVE YOGA

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

**Instructor:** Helen Pattinson

#44106 Thursdays

September 28 - December 14  
5:15 - 6:45 pm  
Lewis Meeting Room  
\$144/12

**Instructor:** Akiko Shima

#44105 Fridays

September 8 - December 15  
11:00 am - 12:15 pm  
Lewis Meeting Room  
\$150/15

## YIN YANG FUSION: THE DRAGON FLOW

'Yin Yang Fusion: The Dragon Flow' is a blend of Indian yoga and Daoist practices. This practice starts up in yang cycles and stages, flowing energy and generating heat. Then the practice slows into a yin mode where postures are held in stillness for a few breaths. Just before the finale of shavasana, we cool down with the Golden Seed.

**Instructor:** Wendy Davies  
Wednesday

#44481 October 4

#44482 November 1

#44483 December 6  
5:30 - 6:45 pm  
Lewis Craft Room A  
\$10

## MOM & BABY YOGA

This class provides an opportunity to bond with your baby as you regain strength, flexibility and balance while connecting with other moms and sharing your experience. Open to babies six weeks until mobile.

**Instructor:** Akiko Shima

#44081 Wednesdays

September 6 - December 13  
9:30 - 10:30 am  
Lewis Salish Building  
\$120/15

## 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 October 9 & November 13.**

**Instructor:** Sheron Jutila  
Mondays

#44090 September 11 - October 30

#44091 November 6 - December 18

EG 2:00 - 3:30 pm  
Filberg Rotary Hall  
\$84/7

Fridays

September 8 - October 27

#44094 10:00 - 11:30 am

#44092 2:00 - 3:30 pm  
November 3 - December 22

#44095 10:00 - 11:30 am

#44093 2:00 - 3:30 pm  
Native Sons Lower Level  
\$96/8





## Join Today! Membership Includes:

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

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

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

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

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

## Evergreen Club Activities

### Computer Lab

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

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

### Special Events

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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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



## Evergreen Club Events

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

### Fall Garage Sale

Saturday September 23  
9:00 am to noon

### Pancake Breakfast

Saturday October 14  
7:30 am to 11:00 am  
Tickets \$5 at the door

### Trash & Treasures Sale

Sunday October 22  
9:00 am to 2:00 pm  
Tables available for rental

### Wars Years Musical Tribute

Sunday November 5 at 2:00 pm  
Tickets \$10

### Annual Christmas Bazaar & Luncheon

Wednesday November 22  
10:30 am to 2:30 pm  
Lunch 11:30 - 1:00 pm

### Comox Valley District Concert Band

Sunday Dec 3 2:00 pm  
Tickets \$5

## Evergreen Club Volunteers



### Volunteer Opportunities

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

Come see what volunteer positions are currently available at [www.evergreenclub.ca](http://www.evergreenclub.ca), or call 250 338-1000 ext 232 or email [dmcrae@courtenay.ca](mailto:dmcrae@courtenay.ca)

**Florence Filberg Centre • 250-338-1000**

## Friday Night Dances

*Enjoy dancing and listening to live bands most Fridays in the Rotary Hall at the Florence Filberg Centre.*  
Tickets \$7 Members  
\$9 non members & guests  
All welcome!



## Evergreen Food Service

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

*The food service is open:*

**Mon to Fri, 8:00 am – 3:00 pm**





# Recreation for Special Needs

(18 & over)

**Bowling Leagues start  
September 19 & 20  
3:00 - 4:00 pm  
Codes Country Lanes**

Special Needs Fall  
Registration starts Aug 21, 2017

- Sewing
- Fitness
- Music
- Karate
- Zumba
- Yoga
- Archery
- Cooking
- Young Adult Club
- Golf
- Seasonal Special Events

## Upcoming Special Events:

**Havest Dance**  
Friday, September 22  
12:30 - 2:30 pm

**Halloween Bingo**  
Thursday, October 19  
12:45 - 2:15 pm

**Pumpkin Carving**  
Thursday, October 26  
1:00 - 2:15 pm

*check out our newsletter for more info!*

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

## Volunteers

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

**Remember, YOU make a difference!**

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

Join a great team!

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



Comox Valley Accessibility Committee  
See page 108 for details

*Special Needs programs proudly sponsored by:*





# Sign me Up!

Fall Program Registration begins **Monday August 14** at 7:15 am

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

## In Person

At the Lewis Centre or the Filberg Centre

## By Phone

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

## By Fax

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

## By Mail

Mail registration form (this page) with payment to:

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

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

## Refunds

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

## Registration Information

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

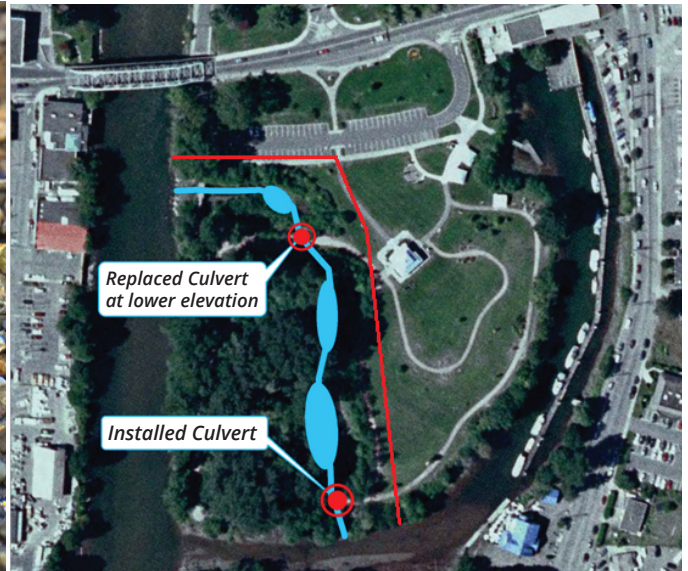
Expiry Date: \_\_\_\_\_ Phone #: \_\_\_\_\_

## Registration Policy

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



## Salmon Habitat Improvement at Simms Park



Project Watershed is working on an initiative to increase salmon survival in Simms Millennium Park. The project is set to be completed by the end of August.

Jennifer Sutherst, Project Watershed's estuary coordinator and staff biologist, said Simms Park is a key fish habitat area. "Many local residents that use the park may not realize that it provides habitat for fish", advised Sutherst. "In fact it's one of only three areas of off-channel habitat along the Courtenay River where young fish can rear."

The Simms side channel is used by species such as Coho salmon, however it is not functioning as well as it could be. Fish that access the pond habitat are often trapped, and in the summer the water becomes stagnant due to limited circulation.

The current culvert is being replaced with a larger, more "fish friendly" one installed at a lower elevation. The inner pond is being re-contoured and deepened in a couple of areas. Another culvert

will be installed on the opposite side of the pond to connect it to the Courtenay Slough, which connects back to the Courtenay River. This will create a true flow-through channel, and should improve habitat quality as well as opportunities for juvenile fish rearing and foraging.

As part of the project, invasive plants in the area are being removed. Some Alder trees are being removed for machine access, and are being replaced with native conifers.

The Rotary Pavilion, BBQ area, washrooms, and trail behind the pavilion remain accessible throughout the project. There will be construction noise, as well as temporary impacts to parking. Project Watershed staff will be on site to direct pedestrians and provide information on the project.

To learn more about the project visit the Project Watershed website:

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

Did you know that Courtenay has a Parks Interactive Map?

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

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

## Simms Park Summer Concert Series Continues

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7:00 pm. **Bring your own lawnchair or blanket and enjoy the show!**

- **August 13 - Country Pickin'** ~ A cavalcade of valley stars playing some good country tunes
- **August 20 - Duo of Duos** ~ Featuring Anela Kahiamoe, KC Hingley, Brodie Dawson and Luke Guthrie
- **August 27 - Completely Creedence** ~ A Creedence Clearwater Revival (CCR) tribute band who invites you to be transported back in time to an era of intense passions

For information: Lewis Centre 250-338-5371  
or get updates at [www.courtenay.ca/simms](http://www.courtenay.ca/simms)



## New Parks Signs

New parks signs are being installed in some city parks that will make it easy to identify what park is being visited.

This past spring, signs went up along the Rotary Trail (Rail Along the trails) located in West Courtenay beside the railway tracks. In 2015, a sign was installed along the Courtenay Riverway.

A new sign will be coming soon for the Sandpiper Road Millard Lookout.



## Courtenay Park Bookings

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

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

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

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

### Schools:

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

### City Parks:

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



# Courtenay Recreation Facility Rentals

## Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



Call the Lewis Centre  
at 250-338-5371

## Bill Moore Park Lawn Bowling Bldg

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



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



# Courtenay Recreation Facility Rentals

## Florence Filberg Centre

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

### Meetings Rooms:

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

### Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

## Native Sons Hall

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

### Meetings Rooms:

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

### Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



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

ADMISSION BY DONATION



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

GALLERY  
SHOP

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

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)

Summer Hours (till Sept.4):  
Mon to Sat: 10 am - 5 pm  
Sun: 12 noon - 4 pm

Winter Hours (after Sept.4):  
Tues to Sat: 10 am - 5 pm  
closed Sun & Mon

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



442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
[sidwilliamstheatre.com](http://sidwilliamstheatre.com)



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

COME&SEE

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



# Volunteer Opportunities

## Courtenay Recreation

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

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

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



## Special Needs Recreation

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

**250-338-5371** [Ineville@courtenay.ca](mailto:Ineville@courtenay.ca) or [www.courtenay.ca/specialneedsrec](http://www.courtenay.ca/specialneedsrec)



## MARS Wildlife Rescue Centre

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

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

Call **250-337-2021** or visit

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



The Salvation Army desires to:

**Connect** with our community. **Grow** skills, education and personal development. **Excel** in meeting the needs of the people we serve. While volunteering with The Salvation Army, you help to promote dignity in our Community.

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

or [volunteer@cvsalarmy.ca](mailto:volunteer@cvsalarmy.ca)

*Sharing the love of Jesus Christ*



Giving Hope Today

## Volunteer Comox Valley

Ready to volunteer? Not sure where to start? We can help match your interests with a group who will involve you in a good cause. Call 250-334-8063 or drop by Unit C1 - 450 Eighth Street, Courtenay (open Monday - Friday, 10 am - 3 pm). Browse our online Volunteer Directory and register to volunteer today!

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



Volunteers grow community!

## Therapeutic Riding

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

Call **250-338-1968** or visit: [www.cvtrs.com](http://www.cvtrs.com)



## Comox Valley Accessibility Committee

Help us advocate for better access for people with disabilities. Help us make the Comox Valley barrier free! Meetings are held monthly.

FMI Lydia **250-338-5371**

[comoxvac@gmail.com](mailto:comoxvac@gmail.com)

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



# Low Cost Recreation

**KidSport™** Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit: [kidsportcanada.ca](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**.

## 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).

## 189 Port Augusta Sea Cadets

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

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

*If you would like to promote or change your free/low cost service, please call 250-338-5371 and refer to this page!*

## New Discoveries Parent & Child Learning Centre

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

## City of Courtenay

### Recreation Access Coupon Books

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

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

## Town of Comox TRIP Program

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

## Fun Freebies to Do in Courtenay!

(to get and stay active)

- Walk your four-legged friend along the trails in one of our many City Parks.
- Fly a kite on a windy day.
- Work out at Courtenay Riverside Fit Park
- Watch for rare birds in the Courtenay Estuary
- Skateboard at the Courtenay Comox Skatepark or at the Lewis Park Skatepark
- Throw some hoops at The LINC's outdoor basketball court.
- Walk, cycle or rollerblade around the Courtenay Airpark.
- Find all of the playgrounds in Courtenay and swing, climb and hang upside down.
- Play table tennis or enjoy open gym at the Lewis Centre





Comox Valley ElderCollege  
 Free Information Forum  
 Saturday, September 9 10:00 a.m.  
 Stan Hagen Theatre  
 North Island College



Life long learning for adults 55+  
 No tests, no exams  
 Laughter, friendship and new knowledge

[www.nic.bc.ca/ec](http://www.nic.bc.ca/ec) 250-334-5000 local 4602  
[eldercollegecv@nic.bc.ca](mailto:eldercollegecv@nic.bc.ca)

DISCOVER  
**comox valley**

**SERVING LOCALS  
 & VISITORS  
 FROM NEAR & FAR!**



**The Vancouver Island  
 VISITOR CENTRE**

*Experience the award-winning facility  
 and service!*

- Fully-equipped boardroom & meeting space
- Tours & school group activities
- Activity & accomodation bookings
- Event tickets • Gift Store *and more!*

Open 7 days a week! At 3607 Small Road, Cumberland  
**DiscoverComoxValley.com** | 250.400.2882 or 855.400.2882



**St. John Ambulance**

**First Aid Training & Supplies**

Call Your Local Branch For a Current Class Schedule

#84—1742 Cliffe Avenue, Courtenay - 250-897-1098  
 170 Dogwood Street, Campbell River - 250-287-4627

Get **SET™** for an Emergency  
 with **Safety Education & Tools**

**sja.ca**



**We Also Book Private Classes Upon Request**

NORTH ISLAND COLLEGE



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

Comox Valley Campus  
FALL 2017

Code	Course	Date(s)
OFA 010	OFA Level 1	Sep 11
OFA 015	Transportation Endorsement	Sep 12
FAC 020	Emergency First Aid	Sep 16
HRT 011	CPR Level C	Oct 3
FAC 010	Emergency Child Care FA	Oct 14
FAC 021	Standard First Aid & CPR C	Oct 28 & 29
OFA 010	OFA Level 1	Nov 2
FAC 082	Marine Basic FA & CPR C	Nov 4 & 5
FAC 084	Marine Advanced FA	Nov 6 - 10
AET 020	Emergency Medical Responder (EMR)	Nov 20 - Dec 1

**Occupational First Aid Level 3**

OFA 030	OFA Level 3 ~ Oct 16 - 27
OFA 032	OFA Level 3 Renewal ~ Oct 23 - 27



For a complete list of all first aid courses being offered at the Comox Valley Campus or any of our other campuses visit [www.nic.bc.ca/ce](http://www.nic.bc.ca/ce)

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

For further information or to schedule contract training, please contact 250-334-5092 or [firstaid@nic.bc.ca](mailto:firstaid@nic.bc.ca)

KIDS CARNIVAL 🐷 LIVE MUSIC 🎸 DEMOS 🐷  
STRONG WOMAN/MAN 🏋️ FARMERS MARKET 🧑🌾  
SILENT AUCTION 🎁 RAFFLE 📄 FOOD 🍷 ARTISANS

# BLACK CREEK

# FALL FAIR

SAT **SEPT 9<sup>th</sup>**  
9:00 - 3:30



WE NEED VOLUNTEERS! EMAIL: [SPECIALEVENTS@BLACKCREEK-CC.COM](mailto:SPECIALEVENTS@BLACKCREEK-CC.COM)



The **COMOX VALLEY ART GALLERY** is dedicated to presenting and fostering contemporary art by professional artists from the region, the country and beyond. Admission by donation. Visit our website for information on current and upcoming events. The **GALLERY SHOP** offers a selection of original ceramics, jewelry, paintings, printed matter, glasswork, woodwork, cards and more.



580 DUNCAN AVENUE COURTENAY BC V9N 2M7  
250.338.6211 | [COMOXVALLEYARTGALLERY.COM](http://COMOXVALLEYARTGALLERY.COM)

**GALLERY SHOP**

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



## SPORTS LEAGUES



**Register for Fall Leagues  
by September 11**

- Dodgeball (Mondays or Wednesdays)
- Volleyball (Tuesdays or Wednesdays)
- Ultimate Frisbee (Mondays)
- Floor Hockey (Tuesdays)
- Indoor Soccer (Thursdays)

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



**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
- TREX 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@yahoo.com](mailto:cvdistrict@yahoo.com) or phone 1-800-565-8111

# Join Adaptive Snowsports!

## Vancouver Island Society for Adaptive Snowsports (VISAS).

Providing adaptive snowsports lessons for people with diverse abilities for over 30 years!

**Become a Volunteer Instructor:**  
 Information Meeting - early November  
 @ The Filberg Centre.



Contact: Tom Clarke 250-914-5187  
 email: [adaptive@mtwashington.ca](mailto:adaptive@mtwashington.ca)  
[www.visasweb.ca](http://www.visasweb.ca), Facebook or Flickr.

# Comox Valley Minor Hockey



Learn a new sport and  
make some new friends.  
The FUN begins when  
you hit the ice!  
Girls and boys, beginners  
and experienced players,  
from age 5 to 20.



Contact Randi Reid for information. 250-650-4463 or [randireid17@gmail.com](mailto:randireid17@gmail.com)

*New Turf, New Era for Field Hockey.*  
**Comox Valley Field Hockey League**  
*For girls, boys, women and men.*



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

## RINGETTE

**Made in Canada!**



**Come play for fun and fitness.**  
**All ages welcome!**

**Come Try Ringette free event!**  
**Sept 10, 3:30 - 4:30 pm at the Sports Centre #2**

Andrea @ 250-650-5573 or Sarah @ 250-218-1145  
[cvringette@gmail.com](mailto:cvringette@gmail.com)  
[www.comoxvalleyringette.com](http://www.comoxvalleyringette.com)

# Great Futures Start Here

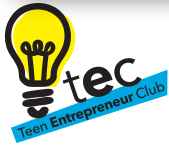


Boys & Girls Clubs  
of Central Vancouver Island



## Adventure Club

After school program at Aspen Park School offering the adventures & challenges young leaders (Gr.3-7) crave. Pick up from Brooklyn & Robb Rd available.



Youth leaders (13-18 years) and local business partners connect! Experience how passion + interests x well-developed skills = Entrepreneurial SUCCESS. Showdown style finale for this FREE program has participants pitch to win over \$10,000 in prizes to jumpstart their business!



bandgclubofcvi

Adventure Club  
250-650-2274

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



@BGCCVI

TEC  
250-898-9282



Working with you toward a healthy & vibrant community



Photo by Sara Kempner

## Providing Community School Programs & Events since 2000

- Life-long learning for all ages
- Volunteer opportunities
- 10th Annual Santa's Breakfast
- Weekly Bingo nights and more!

You can find us online at  
[www.cumberlandcommunityschools.com](http://www.cumberlandcommunityschools.com)  
or on Facebook and Instagram @cumbycss

# 4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place to learn!*



## 4R's

(K - 12)

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

Opening Doors for Learning  
since 1989



## Little R's Pre-school

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

Promoting successful learning



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



It's our 42<sup>nd</sup> Telethon!  
Please join us.

# Telethon 2017

Celebrating 42 Years of Community Support

## Sunday November 5

12:00 noon to 8:00 pm at the Sid Williams Theatre  
Money raised helps local children with special needs.

For more information call (250) 338-4288 or visit our website [www.cvcda.ca](http://www.cvcda.ca)

**8 hours of entertainment and celebrations  
all broadcast live on Shaw TV!**

**OH, CANADA,  
We Sing for Thee!**

**Starring:**  
Leisa Way & The Wayward Wind Band  
Nathan Smith, Bobby Prochaska,  
Fred Smith, Bruce Ley and Sam Cino

**BLUE CIRCLE SERIES**

**SUN SEPTEMBER 24 | 7:00 PM**

An exciting musical journey across this spectacular country with a cavalcade of hits from our greatest stars such as Gordon Lightfoot, Anne Murray, Celine Dion, Joni Mitchell, The Guess Who, Ian & Sylvia, and more!

[Visit sidwilliamstheatre.com for more info!](http://sidwilliamstheatre.com)



**Phone** 250.338.2430

**Ticket Centre Hours**

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



## Comox Valley Monarch Lions Club

Lions 911 Reflective Address Sign Sales

Monarch Lions volunteers will make your customized Lions 911 Reflective Address Sign while you wait.

A community/fundraising project - \$40 each

Every Saturday 9:00 am - 1:00 pm

Outside Farmer Market Grounds

Pre orders welcomed



PICK UP ON SATURDAYS BY  
CURLING RINK  
(LOOK FOR THE LIONS TENT)  
CASH, CHECK OR PAYPAL



[www.911reflectivesign.ca](http://www.911reflectivesign.ca)

Search

setting up a tent



First-time discoveries and cool adventures begin with Scouts. After all, it's the perfect place for kids to be kids — and have a lot of fun along the way.

Amazing adventures are not just for our youth members! Be a volunteer and share your love for the outdoors today.

To volunteer, contact Melissa at mbond@scouts.ca



It starts with Scouts.



Boys & Girls Clubs of Central Vancouver Island

## GREAT FUTURES START HERE!

Outstanding licensed before and after school programs and camps for children ages 5 - 12.



Ask about Adventure Club for Gr. 3-7s!

Vancouver Island's largest childcare provider!

- Passionate qualified staff
- Diverse weekly Core Programming
- Affordable, accessible and reliable
- Open weekdays 7:30am - 6:00pm

Aspen Park Elementary

250-650-2274

aspenspark@bgccvi.com

Brooklyn Elementary

250-650-1458

brooklyn@bgccvi.com

After school pick-ups available from Ecole Robb Road

Register Online

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



250-337-5207

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



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



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

# Comox Valley United Soccer

Get your kicks locally!

## 2017/2018 Fall Programs for Youth & Adults

Youth House Soccer for players  
born 2000 - 2013

Youth Select Soccer for players  
born 2000 - 2006

Adult programs for Men, Women and Masters

For program information,  
please visit our website [www.cvusc.org](http://www.cvusc.org)  
[cvuscsoccer@gmail.com](mailto:cvuscsoccer@gmail.com) 250-334-0422



## STEVE NASH YOUTH BASKETBALL

(for ages k to grade 12)

Starts September 20 & runs for 10 weeks



Register at  
[www.basketball.bc.ca/snyb-home](http://www.basketball.bc.ca/snyb-home)  
select Comox Valley  
to register online



## Come and Swim with the Big Fish!

### SYNCHRONIZED SWIMMING:

- is renowned for its aesthetic appeal & athletic demands
- incorporates specific body movements, strokes, & figures performed in water & synchronized with music
- involves swimming, synchro skills, land training & choreography
- develops coordination, creativity, flexibility, endurance strength, balance, & breath control
- emphasizes self-discipline & leadership while stressing the importance of commitment & teamwork



Classes for all ages start in Mid-September!

Watch Facebook or the Webpage for more details!



Contact us at [cvorcas@gmail.com](mailto:cvorcas@gmail.com) or Facebook Group  
Comox Valley Orcas Synchronized Swim Club  
[www.cvorcas.ca](http://www.cvorcas.ca)



# Community Directory

## Adult Education

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

## Community Services

Advocacy Society - Marnie.....250-338-4694  
Amnesty International.....250-897-1658  
Canadian Mental Health Association  
Courtenay Branch.....250-871-0559  
Chamber of Commerce  
- Courtenay.....250-334-3234  
- Cumberland.....250-336-8313  
Community Based Victim's Services  
Sexual Assault Services (Local 224)  
Domestic Violence Services (Local 226)  
.....250-338-7575  
Comox Valley Family Services.....250-338-7575  
CV Le Leche League-Gill.....250-941-6450  
CV Pregnancy Care Centre.....250-334-0058  
CV Military Family Resource Centre .....  
.....250-339-8290  
CV Multicultural & Immigrant Support  
Society.....250-898-9567  
CV Project Watershed.....250-703-2871  
CV Transition Society.....250-897-0511  
Vancouver Island Crisis Line  
- Crisis Line .....1-888-494-3888  
- Office.....1-877-753-2495  
Fanny Bay Community Hall  
- Vanessa.....250-335-2832  
Food Security Hub.....250-331-0152  
Help Line for Children.....Zenith 1234  
Immigrant Welcome Ctr.....250-338-6359  
Juvenile Diabetes Research Foundation ..  
.....www.jdrf.ca  
Keystone Artists Market-Leah.....250-703-3296  
Kid Start - John Howard Society NI  
Wendy.....250-338-7341 ext 335  
Kitty Cat P.A.L. Society.....www.kitycatpals.com  
Lilli House 24 hr Crisis Line.....250-338-1227  
Meals on Wheels - Diane.....250-331-8522  
Mountaineer Avian Rescue.....250-337-2021  
(Pager - Wildlife Emerg).....1-800-304-9968  
Social Planning Council  
- Elizabeth Shannon.....250-335-2003  
St. John Ambulance.....250-897-1098  
St. Joseph's Hospital Volunteer  
Services - Pat.....250-339-1548  
The Salvation Army  
- Family Services.....250-338-5133  
- Thrift Stores.....250-338-8151  
Today n' Tomorrow Young  
Parent Program.....250-338-8445  
Therapeutic Riding Association.....250-338-1968  
Transition Town CV.....www.transitiontowncv.org  
United Way (Comox Valley).....250-338-1151  
VI Regional Library Courtenay.....250-334-3369  
VI Visitor Centre.....info@investcomoxvalley.com  
Welcome Wagon - Mary Lynn.....250-338-8024  
Y.A.N.A.....250-871-0343

## Clubs & Organizations

### Church Groups

CV Aglow - Debra.....250-871-7678  
CV Community Church The Salvation Army  
.....250-338-8221  
CV Presbyterian 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 .....  
.....comoxvalleyhortsociety.ca  
N.I. Rhododendron Soc.....www.nirrhodos.ca

### Public Speaking

CV Toastmasters - Sylvain.....250-338-1431  
Komox Toastmasters-Gaynor.....250-334-3664  
60 Minute Toastmasters  
- Gaynor .....250-334-3664

### Other

Association Francophone de la  
Vallée de Comox-Pauline Tardif.....250-334-8884  
Beekeepers Association - Urs.....250-337-8858  
Beta Sigma Phi - Gerrie.....250-338-8557  
Telus Community Ambassadors  
- 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.....250-334-5000 ext 4602  
Evergreen Senior's Club.....250-338-1000  
Senior Peer Counselling Society .....  
.....seniorpeercounselling@shaw.ca

## Health & Wellness

Adult & Teen Day Therapy.....250-339-1496  
Al-Anon - Rene.....250-334-2392 Jan 250-338-2947  
Alcoholics Anonymous .....250-338-8042  
Anderton Therapeutic Garden Society  
Joan .....250-334-3089  
Canadian Cancer Society .....250-338-5454  
CV Hard of Hearing...cvhardofhearing@gmail.com  
CV Mental Health & Addictions Services  
.....250-331-8524  
CV Hospice Society  
(Info. & bereavement support).....250-339-5533  
CV Nursing Centre .....250-331-8502  
CV Stroke Recovery Branch.....250-890-0711  
Cumberland Health Centre & Lodge  
Recreation Department.....250-336-8531 ext 271  
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  
- Sandra Longland.....250-941-1013  
Strathcona Sunrise Rotary Club  
- Keith.....250-897-5055

## Fairs & Festivals

Empire Days - Leslie Baird.....250-336-2718  
CV Exhibition.....250-338-8177  
Filberg Festival - 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*

### Baseball/Softball

CV Minor Baseball .....*www.cvba.ca*

CV Minor Softball.....*www.cvba.ca*

CV Slo Pitch League - Mike.....250-792-1807

CV Ladies Fastball - Michele.....250-702-3916

CV Ladies Slo Pitch - Jennifer.....250-898-1371

Softball BC Rep - Gord.....250-338-7935

### Basketball

CV Men's Masters Basketball - James.....  
.....250-941-1204

CV Youth Basketball Assoc.  
- Anthony Edwards .....250-898-9973

Wheelchair Basketball - Rene.....250-650-8780

### Ice Sports

CV Glacier Kings Jr. Hockey

- Iris .....250-338-5409

CV Minor Hockey.....*randireid17@gmail.com*

CV Ringette .....*www.comoxvalleyringette.com*

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 - Jacque .....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

Russion Martial Arts - Vali.....250-335-2781

The Academy of Martial Arts

& Fitness.....250-465-9073

Warriors Realm.....250-703-0092

### Racquet Sports

CV Tennis Club - Pat McGrath  
.....*mcgrathpm@shaw.ca*

Courtenay Sr. Badminton Club

- Daryl Bissell.....250-339-3383

CV Squash Club - David Audia .....250-203-3215

### Skiing/Snowboarding

JumpCamp.....*www.jumpcamp.com*

Mt Washington Ski Club .....

John Trimmer (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol

Tim Baker.....250-334-0609

Strathcona Nordics Cross Country

Barb Kelly.....250-339-1904

Vancouver Island Society for Adaptive

Snowsports.....*www.visasweb.ca*

V.I. Biathlon Club.....250-338-6247

### Soccer

CV Masters - Phil.....250-338-4907

Men's Soccer - Andy.....250-339-7309

Women's Soccer - Lisa.....250-331-0281

Youth Soccer - Cheri.....250-334-0422

### Other

Chimo 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*

CV Curling Centre .....250-334-4712

CV Pickleball Assoc. ....*www.cvpickleball.ca*

Field Hockey CV.....*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*

Road Runners CV .....*www.cvr.ca*

Roller Derby.....*www.brickhousebetties.ca*

Junior Roller Derby.....*www.stonecoldstellas.com*

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

Comox Bay Sailing Club.....*comoxvaysailingclub.ca*

Compass Adventures...*www.compassadventure.ca*

Dragon Boat Society (Blazing Paddles)

- Erica Roy .....250-703-0707

Dragon Boat Team-Hope Afloat (Women

Cancer Survivors)-Glenda Wilson.....250-339-3598

Dragon Boat Team (Dragonflies)

- Colleen .....250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon .....250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

- Judy.....250-339-4824

CV Rowing Club-Geoff...*www.rowingcanada.com*

Comox Valley Yacht Club.....

.....*www.comoxvalleyyachtclub.com*

Comox Valley Paddlers Club

- Monica .....250-339-2950

Outrigger Canoe Club - Annie...250-339-1978

#### Other

Coal Hills BMX.....*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*

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*

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 - Craig 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.- Mary .. 250-338-5077

North Island Music Teachers Association

- Ginny Lawrie.....250-338-9464

NOVA Firespinners - Tracey.....250-331-0880

Pearl Ellis Gallery.....250-339-2822

Rainbow Youth Theatre

.....*www.rainbowtheatre.com*

Strathcona Symphony Orchestra

.....250-331-0158

Theatreworks - Kim.....250-792-2031

Island Phoenix Acapella Chorus

- Sandy.....250-923-0101

Vancouver Island Music Fest

- Megan .....250-336-7981

### Youth

#### Scouting

CV Girl Guides.....*cvdistrict.ggc@gmail.com*

Scouting Inquiries - Chris .....250-339-2424

#### Cadets

Air Cadets - 386 Squadron .....250-339-9198

Army Cadets - .....250-339-8211 ext 7995

Sea Cadets - Tracey Court.....250-339-6726

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade.250-897-1098

#### Other

Boys and Girls Club.....250-338-7582

Dragon Boating Youth Team

(Dragon Riders) - Lisa .....250-871-2730

CV Girls Group - Wendy.....250-897-5568

Nature Kids .....*comox@naturekidsbc.ca*

Saltwater School - Michelle.....250-871-7777

## Community Groups

# 19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC



## Membership Rates

	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



[CAFconnection.ca/Comox](http://CAFconnection.ca/Comox)  
[facebook.com/rexspo](https://facebook.com/rexspo)

## 19 WING COMMUNITY DAY



**19 WING FITNESS & COMMUNITY CENTRE**  
**SATURDAY, SEPTEMBER 9**  
**1000 - 1400 HRS**

**COME DO**

- Indoor & Outdoor Activities
- Free Swim (1 - 3 pm)
- Face Painting
- DoCo Train

**COME SEE**

- Local Exhibitors
- Demos in the Gym
- Musical Entertainment

**COME EAT**

BBQ in support of the *Chaplain's Emergency Benevolent Fund*

Event Sponsors:

