

COMOX VALLEY RECREATION GUIDE | FALL 2016



CITY OF
COURTENAY
Recreation

2



TOWN OF
COMOX
Recreation

60



Comox Valley
REGIONAL DISTRICT

86



RECREATION
THE VILLAGE OF
CUMBERLAND

110



Welcome!

It's hard to believe that it's been 10 years since the opening of The LINC Youth Centre. Under the care and guidance of the facility's staff and volunteers, the LINC is a welcoming, fun, and safe place for youth. It provides opportunities to develop new skills, and fosters connections with a variety of community services.

Youth have been involved in the design of The LINC since the very beginning, everything from choosing the name, to the wall art, to the activities and programs. Youth have continued to help shape the facility over the past decade. It is truly a facility "for youth, by youth".

Happy Anniversary to The LINC, and here's to many more years ahead. For more information, see page 65.



Sincerely,
Larry Jangula
Mayor of Courtenay

Courtenay Recreation

Table of Contents

Programs

- Early Years (Preschool)..... 51
- Children's Programs 56
- Youth Programs 65
- Adult Programs 70
- Active Living 82
- Evergreen Club 94
- Fitness 86
- Wellness Centre 82

Special Events

- Halloween Parade & Party 57
- LINC Haunted House 67
- Gnarly Little Craft Fair 68
- Children's Christmas Party..... 53

Special Needs

- Regional District
- Special Needs 93

General

- Cozy Corner Preschool..... 50
- Squash..... 81
- Registration 96

Facilities

- Wellness Centre 82
- Lewis Centre Facility Rentals.. 99
- Filberg Centre & Native Sons
- Hall Facility Rentals 98
- Courtenay Parks..... 100

Program Registration

250-338-5371 or
250-338-1000

www.courtenay.ca

click on the Recreation
Guide link

Lewis Centre

Facility Hours:

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

Saturday 8:30 am - 4:00 pm

until September 25:

Sunday 8:30 am - 4:00 pm

effective October 2:

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 25:

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

effective October 2:

Sunday 8:30 am - 12:00 pm & 1:15 - 8:00 pm

Facility Closures:

Monday September 5 *Labour Day*

Monday October 10 *Thanksgiving*

Friday November 11 *Remembrance Day*



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

489 Old Island Highway Courtenay, BC V9N 3P5 www.courtenay.ca/lewis

Florence Filberg Centre

Office Hours:

(for Florence Filberg Centre
or Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm

Facility Closures:

Monday September 5 *Labour Day*

Monday October 10 *Thanksgiving*

Friday November 11 *Remembrance Day*



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

411 Anderton Avenue, Courtenay, BC V9N 6C6 www.courtenay.ca/filberg

The LINC Youth Centre & Indoor Skatepark

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

Facility Hours:

Mondays 7:00 - 9:00 pm (Adult skate starts Nov. 7)

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



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



Register now!

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

Play
Create
Socialize
Celebrate

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

Child and Family Research and Development program

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

Mashedor, 1994

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

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

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

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

Monday, Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am

Interested in afternoons?

Leave your name on our interest list.

Monthly Fees

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

489 Old Island Highway, Courtenay

250-338-5371 www.courtenay.ca



Parent Participation

BABY TALK

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

Facilitator: Andrea Postal

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

TREEFROG MUSIC TOGETHER PRESCHOOL

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

Instructor: Kazimea Sokil

#41810 Wednesdays
September 14 - November 16
9:15 - 10:00 am
Lewis Tsolum Building
\$135/10

*For more fun
turn to pages:*

- *Halloween Parade & Party page 57*
- *Parent & Tot Dance programs on page 54*
- *Parachute Fun page 53*

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

Wednesdays
September 14 - December 21
10:00 - 11:15 am
Lewis Meeting Room
\$1/Drop-in

TEENY WEENY HALLOWEENY SPECIAL

(18 months - 4 years with adult)
Come and create Halloween crafts, decorate cupcakes and sing silly songs with your tot.

#41818 Fridays
October 14 - 28
9:30 - 11:30 am
Lewis Craft Room A
\$35/3

CHILDMINDING

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

Effective September 6

Monday - Saturday
9:00 - 11:00 am
Lewis Centre
\$4/1¼ hours
punch cards also available

POWER HOUR PLAYTIME FUN!

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

#41849 Tuesdays
September 6 - November 29
10:45 am - 12:00 pm
Lewis Centre MP Hall
\$40/14
or \$4/Drop-in

No classes on stat holidays



COURTENAY
EARLY YEARS





Independent Programs

SPACE EXPLORERS!

(3 - 5 years)

Learn about space, planets, and things that fly! Make paper mache planets, star paintings and more!

Instructor: Lisa Beaulieu

#41865 Thursdays

September 22 - November 10

9:30 - 11:30 am

Lewis Craft Room A

\$70/8

BUGS!

(3 - 5 years)

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

#42155 Thursdays

October 6 - November 24

12:00 - 2:00 pm

Lewis Centre

\$70/8

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

PRINCESSES AND FAIRIES

(3 - 5 years)

Play dress up, make flowers & crowns, bead jewellery, make magic wands and have a tea party! **No class October 10.**

Instructor: Lisa Beaulieu

#41870 Mondays

September 19 - November 14

10:45 am - 12:15 pm

Lewis Craft Room A

\$65/8

TOTALLY TRAINS

(3 - 5 years)

I think I can, I think I can! Mini conductors will explore trains through play, arts, crafts and games!

Please bring a snack. All aboard for fun! **No class November 11.**

#42157 Fridays

October 7 - November 18

9:00 - 11:00 am

Lewis Centre

\$55/6

KINDERCHEFS AND PLAY

(4½ - 6 years)

Cook up a storm as you try all kinds of fun new kid friendly recipes. Play games and more as you wait for your tasty treats to take shape. **No class October 10.**

#41972 Mondays

September 26 - November 21

3:15 - 4:45 pm

Lewis Craft Room A

\$80/8

MINI CHEFS

(3 - 5 years)

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

#41864 Fridays

September 16 - November 4

12:00 - 2:00 pm

Lewis Craft Room A

\$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!

#42156 Tuesdays

September 27 - November 15

9:00 - 11:00 am

Lewis Centre Craft Room A

\$70/8

AUTUMN LEAVES

(3 - 5 years)

Explore Fall and all it has to offer as you create festive Fall crafts and treats to celebrate Thanksgiving, Remembrance Day, Halloween and more! Run and play inside while it rains outside to finish off the fun with active games. **No class October 10 or 31.**

#42198 Mondays

September 26 - November 28

12:00 - 2:00 pm

Lewis Centre Craft Room B

\$65/8



SPORTS FOR TOTS

(3 - 5 years)

Run, kick, throw, and score! Active kids will love this playful and non-competitive environment. **No class October 8 or November 12.**

Instructor: Sean Pisto

#41869 Saturdays

September 24 - November 26
10:30 - 11:30 am
Lewis Centre MP Hall
\$40/8

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.

Instructor: Richard Dobbs

#42030 Tuesdays & Thursdays

September 8 - December 15
Lewis Centre
\$199/29

SOCCER TOTS

(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 10 or 31.**

Instructor: Lisa Beaulieu

Mondays

#41850 September 12 - November 14

\$68/8

#41851 November 21 - December 19

\$45/5

9:30 - 10:30 am

Lewis Centre Gym

KARATE KIDS

(5 - 7 years)

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

Instructor: Brenda Bombini

#41971 Thursdays

September 22 - November 17

5:30 - 6:00 pm

Lewis Centre MP Hall

\$65/9

PARACHUTE FUN!

(2 - 5 years with adult)

Introduce your child to friends, games, activities and play through parachute games, activities and free play.

#42158 Mondays

November 7 - December 19

10:45 am - 12:00 pm

Lewis Centre Gym

\$50/7

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

#42056 Thursdays

September 15 - December 1

4:00 - 5:00 pm

Lewis Tsolum Building

\$144 /12



Children's Christmas Party

(9 years & under with adult)

Saturday December 3

1:00 - 2:30 pm

Lewis Centre

FREE with donation to the Food Bank

Lewis Centre 250-338-5371 489 Old Island Highway, Courtenay www.courtenay.ca/rec



COURTENAY EARLY YEARS



REGISTRATION STARTS MONDAY AUGUST 15 | See page 96

Dance



HAPPY FEET AND TAPPING TOES

(3 - 5 years)

Encourage creativity, imagination, and movement in this fun-filled environment. Little ones will be exposed to jazz, Rhythm, and Musical Theatre techniques while developing their listening skills. Dancers will learn choreography which will be presented at the end of the last class. **No class November 11.**

Instructor: Jenna Flint

#41861 Fridays

September 23 - December 2
10:15 - 11:00 am

Lewis Centre Activity Room
\$70/10

PARENT & TOT DANCE PARTY

(1 - 3 years with adult)

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

Instructor: Jenna Flint

#41942 Fridays

September 30 - November 4
11:15 am - 12:00 pm

Lewis Activity Room A
\$30/6

ITTY BITTY BALLET

(1 - 3 years)

Join this introduction to Ballet for parents and their tots! Ballet forms the base for all other dance styles, learn the basics while having fun in this child-centered class.

Instructor: Jenna Flint

#41957 Fridays

November 18 - December 16
11:15 am - 12:00 pm

Lewis Activity Room A
\$25/5

TINY TU TU'S BALLET

(3½ - 5 years)

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

Instructor: Maggie Scofield-Reid

#41853 Wednesdays

September 21 - November 23
11:15 am - 12:00 pm

Lewis Activity Room A
\$75/10

DANCE, CRAFT & PLAY

(4 - 6 years)

Play, dance, and create! There is no better way to spend the time. Explore music and movement, have a snack then play the rest of the day away. **No class November 11.**

#41979 Fridays

September 9 - November 18
1:15 - 3:30 pm

Lewis Centre
\$90/10

HIP HOPPERS

(3 - 8 years)

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

#41973 Wednesdays (3 - 5 years)

October 5 - November 23
9:30 - 10:15 am
\$40/8

#41974 Tuesdays (5 - 8 years)

October 11 - November 29
3:45 - 4:45 pm
Lewis Activity Room A
\$50/8

CREATIVE MOVEMENT

(4 - 6 years)

Explore natural movement with a wide variety of age-appropriate music. Imagination, discovery and joyfulness are the focus.

Instructor: Jenna Flint

#41936 Thursdays

September 22 - November 10
3:15 - 4:00 pm

Lewis Activity Room A
\$40/8



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 & Breanne Hague

#42007 Tuesdays
September 13 - November 22
11:00 am - 12:00 pm
Lewis Centre Gym
\$77/11
\$10/Drop-in

GYMNASTICS KIDS & CRAFTS

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

Instructor: Sheri Roffey & Lisa Beaulieu

#41852 Tuesdays
September 13 - November 15
12:00 - 2:00 pm
Lewis Gym & Craft Room A
#41980 Wednesdays
September 21 - November 23
9:30 - 11:30 am
Lewis Centre
\$95/10

Stay tuned for info on a 5 week mini Gymnastics session starting at the end of November!

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.

Instructor: Sheri Roffey & Breanne Hague

#41859 Tuesdays
September 13 - November 22
9:00 - 9:45 am
Lewis Centre Gym
\$85/11
#41860 Wednesdays
September 14 - November 23
9:00 - 9:45 am
Lewis Centre Gym
\$85/11

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, offering and accepting new ideas. **No classes October 8 or November 12.**

Instructor: Sheri Roffey, Carla Pendergast & Breanne Hague

#41855 Tuesdays
September 13 - November 22
9:45 - 10:45 am
Wednesdays
September 14 - November 23
#41857 11:00 am - 12:00 pm
or
#41858 1:00 - 2:00 pm
\$95/11
#41856 Saturdays
September 17 - November 19
9:00 - 10:00 am
\$85/8
Lewis Centre Gym



COURTENAY EARLY YEARS



Birthday Parties

• GYMNASTICS & TRAMPOLINE

Saturdays starting September 17
11:30 am - 1:30 pm \$100
Lewis Centre

• SPORTS PLAY

Saturdays starting September 17
1:00 - 3:00 pm \$100
Lewis Centre

• HULA HOOP PARTY

Sundays starting September 18
1:00 - 3:00 pm \$100 **or**
\$125 /craft & hula hoop
Lewis Centre

• PARTIES AT THE LINC

Saturdays starting September 17
12:30 - 2:30 pm **or**
Sundays starting September 11
11:00 am - 1:00 pm **or**
1:30 - 3:30 pm \$110
\$150/with 3 large pizzas



Register early as dates fill quickly!

Special Interest

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.

#42074 Wednesdays
October 5 - November 23
3:30 - 5:00 pm
Lewis Craft Room A
\$90/8

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.

#42021 Saturday September 24
#42022 Saturday November 5
#42023 Saturday December 10
1:00 - 3:30 pm
Lewis Meeting Room
\$25

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! This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross
#42057 Thursdays
September 15 - December 1
5:00 - 6:00 pm
Lewis Tsolum Building
\$144/12

(5 - 7 years) see page 53

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!

#42075 Thursdays
September 29 - November 17
3:30 - 5:00 pm
Lewis Craft Room A
\$90/8

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
#42168 Saturdays September 17
#42167 Saturdays October 22
#42169 Saturdays December 17
9:00 am - 4:30 pm
Lewis Centre
\$69

**Back to School
Tween Dance**
September 20,
4:00 - 7:00 pm
tickets \$5
DJ, games, prizes
The LINC Youth Centre



CAN YOU HEAR THE ANIMALS?

(5 - 8 years)

Based on the book "Can you Hear the Animals?" Learn the value of having compassion and respect for all life. Basic healing touch techniques are taught on stuffed animals, animal first aid and a complimentary copy of the book is provided to course participants.

Instructor: Tracey Kehler

#42170 Saturday

1:00 - 4:00 pm

September 24

Lewis Tsolum Building

\$95

GROW YOUR SELF-ESTEEM

(6 - 12 years)

Soar with self-esteem as you learn what is self-esteem, how your mind shapes your world, your uniqueness, neural pathway and self-talk, as well as how to power shift your thoughts to think positively. **Instructor:** Cheril Hansen

#42171 Mondays

September 12 - October 17

3:00 - 5:00 pm

Lewis Tsolum Building

\$125/5

ART & PLAY PRO D

(6 - 11 years)

Join this crazy art day with lego, clay and more! Then play plasma cars, racing games and more in the gym!

Instructor: Jenja McIntrye & Lisa Beaulieu

#42200 Friday September 30

8:30 am - 4:30 pm

Lewis Centre

\$40

THE STRENGTH OF SELF-CONFIDENCE

(6 - 12 years)

Build a strong, self-confident child as they learn what self-confidence is, how your mind shapes your world and the power of possibility. Neural pathways and managing fear, conditional thinking, self-talk and power shifting can help children believe in themselves.

Instructor: Cheril Hansen

#42201 Mondays

November 7 - December 19

3:30 - 5:30 pm

Lewis Meeting Room

\$175/7

PRO D DAY-HALLOWEEN WHO DUN IT?

(6 - 11 years)

Join our cast of spooky characters 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.

#42076 Friday October 21

8:30 am - 4:30 pm

Lewis Salish Building

\$40

SCHOOL'S OUT FUN ZONE

(6 - 11 years)

There's no better way to spend early dismissal days! Activities include sports, arts, crafts, music, dance, and games. Theme-related activities will be featured each week. **No class September 30, October 21, November 11 or 25.**

#42202 Fridays

September 9 - December 2

1:00 - 3:30 pm

Lewis Centre

\$90/9

No classes September 30, October 21, November 11 or 25

Halloween Parade & Party

Monday October 31

4:00 pm

Meet on Duncan Avenue for games, then trick or treat down 5th Street.

4:45 pm Party

at the Lewis Centre

Carnival games & prizes

Ask about registering for our flash mob!



CITY OF
COURTENAY
Recreation

DOWNTOWN
COURTENAY

courtenay.ca/rec

Lewis Centre 250-338-5371



COURTENAY CHILDREN



REGISTRATION STARTS MONDAY AUGUST 15 | [See page 96](#)

Arts & Crafts



CLAY SCULPTING

(6 - 10 years)

Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, mask-making, graffiti and glazing. Discover the joys of working with clay. **No class November 11.**

Instructor: Jenja McIntyre

#42073 Fridays

October 7 - December 16

3:30 - 5:00 pm

Lewis Craft Room B

\$105/10

FAMILY CLAY ART

(4 years & over with adult)

Spend a Fall evening together exploring the art of clay. Learn about hand-building as you make your choice of functional or ornamental art.

Instructor: Jenja McIntyre

Thursdays

#42070 September 22 - October 6

#42071 November 3 - 17

6:00 - 7:30 pm

Lewis Craft Room B

\$80/parent & child

CLAY DESIGNS

(8 - 14 years)

If you are older or have already completed an introductory course, continue developing your knowledge and abilities. Experience the joys and challenges of using a potter's wheel and expand your creative repertoire in working with clay. **No class November 10.**

Instructor: Jenja McIntyre

#42072 Thursdays

September 22 - December 1

4:00 - 5:30 pm

Lewis Craft Room B

\$125/10

PET PORTRAITS

(6 - 11 years)

Create a painting of your pet on a big stretched canvas! Whether you have a cat, dog, bird, iguana or hamster. Bring a picture of your pet and let's create a portrait your pet will be proud of.

Instructor: Jenja McIntyre

#42175 Fridays

October 14 - 28

1:00 - 3:00 pm

Lewis Craft Room B

\$55/3

DRAWING & MANGA

(7 - 11 years)

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

Instructor: Jenja McIntyre

#42174 Tuesdays

October 11 - November 29

3:30 - 5:00 pm

Lewis Centre Craft Room A

\$90/8

LITTLE ARCHITECTS ART CLASS

(6 - 9 years)

Create mini buildings and houses out of materials such as clay, cardboard, wire and paper mache. Challenge your mind, creativity and building skills and see what kind of houses you can make!

Instructor: Jenja McIntyre

#42176 Wednesdays

September 28 - November 16

5:30 - 7:00 pm

Lewis Craft Room B

\$96/8

MIXED MEDIA ARTS

(8 - 12 years)

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

Instructor: Jenja McIntyre

#42178 Wednesdays

October 5 - November 23

3:30 - 5:00 pm

Lewis Centre

\$100/8



STAINED GLASS DESIGNS

(9 - 14 years)

Join this creative and fun class as you learn basic cutting, grinding, and soldering to make a Halloween mobile for the window, a fall Leaf mosaic stepping stone, and decorative Christmas ornaments for the tree or as gifts. Several designs and colours to choose from.

No class October 31.

Instructor: Nancy Morrison

#42036 Mondays

October 17 - November 28

4:00 - 5:30 pm

Lewis Craft Room B

\$80/6

IT'S FUN TO SEW

(8 - 14 years)

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

Instructor: Jean Morgan

#42028 Tuesdays

October 11 - November 1

3:30 - 5:00 pm

Lewis Craft Room B

\$70/4

DIVA DELIGHTS

(6 - 9 years)

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

No class November 11.

#42179 Fridays

October 14 - November 25

1:00 - 3:30 pm

Lewis Centre

\$55/6

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 sewing career! For beginners only and is recommended prior to taking the 'It's Fun to Sew' program.

Instructor: Jean Morgan

#42027 Tuesdays

September 20 - October 4

3:30 - 5:00 pm

Lewis Craft Room B

\$50/3

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

#42180 Tuesdays

December 6 - 13

3:30 - 5:00 pm

Lewis Craft Room B

\$60/2

SEWING LEVEL 2

(9 - 14 years)

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

Instructor: Jean Morgan

#42029 Tuesdays

November 8 - 29

3:30 - 5:30 pm

Lewis Craft Room B

\$80/4

Oh no, you had to cancel the class?

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



COURTENAY CHILDREN





Dance & 7 Story Circus

COMMUNITY CIRCUS 1

(6 - 12 years)

Join 7 Story Circus! Activities include aerial silks and hoop; juggling and object manipulation; stilts and rola bola; handstands and acrobatics; partner acrobatics; improvisation and performance games. We'll finish off the season with a show for friends and family. Great for beginners, younger students and those with less than two seasons of circus experience.

No class October 10 & 31.

Instructor: Kaya Kehl

#42182 Mondays

September 19 - December 5
3:30 - 5:30 pm
\$200/10

AERIAL ARTS: INTERMEDIATE

(10 years & up)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We will focus on skills, form, combinations, creative development, strengthening, group work and much more. **No class November 11.**

#42186 Wednesdays

September 21 - December 7
6:30 - 7:30 pm
\$180/12

#42184 Fridays

September 23 - December 9
4:30 - 5:30 pm
\$165/11

AERIAL ARTS: BASICS

(10 years & over)

This class is for students new to aerial fabric. With a focus on skill and strength building you'll start close to the ground and then, gain height as your confidence and abilities increase. Eventually, you will be dancing in the air! **No Class November 11.**

Instructor: Kaya Kehl

#42183 Fridays

September 23 - December 9
3:30 - 4:30 pm
\$165/11

DANCE MIX

(5 - 7 years)

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

#41975 Thursdays

October 13 - December 1
3:45 - 4:45 pm
Lewis Activity Room B
\$50/8

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 Schofield-Reid

#41854 Wednesdays

September 21 - November 23
3:30 - 4:30 pm
Lewis Activity Room A
\$80/10

AERIAL ARTS: ADVANCED

(10 years & over)

Explore the exciting world of aerial fabric and aerial hoop. This class is for the aerialists who are working at a higher level. We will focus on skills, form, combinations, creative development, strengthening, group work, and much more. **No class November 11.**

Instructor: Kaya Kehl

#42188 Fridays

September 23 - December 9
5:30 - 6:30 pm
Lewis Centre Gym
\$165/11

Please note: a separate \$21 once per year 7 Story Circus membership fee must be paid to instructor for all Circus & Aerial Arts classes.



BEGINNER KUNG FU

(5 - 9 years)

Learn valuable life skills through self-defense techniques. Students learn to be considerate, tolerant and respectful community members. Games are used to help develop sharper reflexes and co-ordination. ***Please note:** that there is an additional \$55 fee for new students for a uniform. This includes a shirt, sash and pants.

No class November 8 or 10.

Instructor: Corny Martens

#42024 Tuesdays & Thursdays

September 13 - December 15

3:10 - 3:50 pm

Lewis Centre

\$155/26

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.

Instructor: Richard Dobbs

#42030 Tuesdays & Thursdays

September 8 - December 15

4:00 - 4:45 pm

Lewis Centre

\$199/29

INTRO TO TAEKWONDO

(5 - 10 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 skills: courtesy, confidence and perseverance. Kids over 10, please join the Junior class directly. We are sanctioned. **No class November 11.**

Instructor: Richard Dobbs

#42033 Fridays

September 16 - November 18

4:00 - 4:30 pm

Lewis Activity Room

\$64/9

LEVEL 2 & 3 ADVANCED BEGINNER KUNG FU

(5 - 9 years)

Building on the foundation of basic skills, this group will explore more advanced techniques. Students also build on having a golden sash attitude or what attributes are needed in becoming a Kung Fu Master. This class begins to learn basic staff techniques and forms from Traditional Wing Chun.

Instructor: Corny Martens

#42025 Mondays & Wednesdays

September 12 - December 14

3:10 - 4:00 pm

Lewis Centre

\$165/26

TAEKWONDO JUNIORS BEGINNER

(8 - 13 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.

Instructor: Richard Dobbs

#42031 Tuesdays & Thursdays

September 8 - December 15

4:50 - 5:50 pm

Lewis Centre

\$232/29

LEVEL 4 + INTERMEDIATE KUNG FU

(7 - 14 years)

Students in this class begin to explore the 'Cham Kui' or bridging form as well as working on 'Chi Sao' or sensitivity training. At this level, the practitioner will be learning how to stay centered in various disadvantaged fighting scenarios. Further training with staff, Dragon pole, and Chinese bladed weapons will continue.

Instructor: Corny Martens

#42026 Mondays & Wednesdays

September 12 - December 14

4:10 - 5:15 pm

Lewis Centre

\$165/26

No classes October 10 or November 10

LINC Haunted House, see page 67 for details



COURTENAY CHILDREN



VOLUNTEER

AT Courtenay Recreation



We Need Your Help!

Lots of volunteer opportunities

For more information call 250-338-5371 or text 250-650-9930

TAEKWONDO JUNIORS ADVANCED

(8 - 13 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.

Instructor: Richard Dobbs

#42032 Tuesdays & Thursdays
September 8 - December 15
6:00 - 7:00 pm
Lewis Centre Gym
\$232/29

KARATE KIDS

(5 - 7 years)

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

Instructor: Brenda Bombini

#41971 Thursdays
September 22 - November 17
5:30 - 6:00 pm
Lewis Centre MP Hall
\$65/9

NINJUTSU

(5 - 14 years)

Experience the Japanese ancient art of the Ninjam through the practice of self defense, 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 10.**

Instructor: Frank Doss

#42034 Mondays (5 - 8 years)
September 26 - November 21
#42085 Wednesdays (7 - 14 years)
September 28 - November 16
4:00 - 5:00 pm
Lewis Salish Building
\$60/8

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 sportsmanship with blocks, kicks, punches and evasive moves! Courtenay Karate teaches traditional shito-ryu karate with NCCP certified instruction sanctioned by Karate Canada and Karate BC ensuring the highest quality of expertise and safety. (an annual fee will be collected in class) Free uniform to new students registered by September 8.

Instructor: Todd Robertson, 5th Dan

#42058 Mondays & Thursdays
September 12 - December 8
6:15 - 7:15 pm
Lewis Centre MP Hall
\$138/24

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!



Sports

INDOOR SOCCER KIDS

(5 - 7 years)

For those just wanting to play soccer in a fun, supervised environment. Do a warm up and then get into a game. Please note instructors are on hand to provide warm-up and supervision only.

#42190 Thursdays

September 22 - November 3

3:15 - 4:15 pm

Lewis Centre MP Hall

\$35/7

FLOOR RINGETTE

(6 - 12 years)

Ringette is a fast-paced, non-contact team sport that encourages passing and team play. Learn to play or just come out if you already know how. It will be an active and fun hour! **No classes October 10 or 31.**

Instructors: CV Ringette Assoc.

#42189 Mondays

September 12 - November 21

4:30 - 5:30 pm

Lewis Centre MP Hall

\$40/10

FUNDAMENTAL SKILLS

(7 years & over)

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

Call for more info.

FLOOR HOCKEY

(6 - 9 years)

Fast play and action! It's a great way to end your week! Shoot, score and work hard with your teammates. Supervision and play for all levels provides fun for you and your friends. Please note, this is a non-instructional program. **No class October 9 or 31.**

#42191 Mondays

September 19 - November 21

3:15 - 4:15 pm

Lewis Centre MP Hall

\$40/8

ARCHERY

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

Instructor: Sean Pisto

#42208 Saturdays

September 24 - October 29

3:00 - 4:00 pm

Lewis Centre MP Hall

\$50/4

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 BC 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!

Instructor: Sheri Roffey, Vern Nichols & Carla Pendergast

Wednesdays

September 14 - November 23

#40600 3:30 - 4:30 pm

#40601 4:30 - 5:30 pm

Lewis Centre Gym

\$85/11

Check receipts carefully for important program information.



COURTENAY CHILDREN





Gymnastics

Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Individual progress is tracked through the Canadian Gymnastics Federation Can Gym Program. New students please get assessed. **No class October 8 or November 15.**

\$135/11 Sessions (Tuesdays)
 \$110/9 Sessions (Saturdays)
 \$210/Both Days (20 Sessions)
 Lewis Centre Gym

GIRLS & BOYS MIXED

(5 - 7 years)

#42118 Tuesdays
 September 13 - November 22
 3:30 - 5:00 pm

#42117 Saturdays
 September 17 - November 26
 10:00 - 11:30 am

GYMNASTICS ASSESSMENTS

(8 years & over)

For new students wanting into advanced or pre-advanced levels.
 Saturdays
 11:30 - 11:45 am
 Lewis Centre Gym
 FREE

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. Minimum level 6.

#42119 Tuesdays
 September 13 - November 22
 6:30 - 8:00 pm

#42120 Saturdays
 September 17 - November 26
 2:00 - 3:30 pm

Register early as classes fill quickly. Refer to report card and ensure your child is registered into the appropriate level.

GIRLS GYMNASTICS

(8 years & over)

#42212 Tuesdays
 September 13 - November 22
 5:00 - 6:30 pm

#42213 Saturdays
 September 17 - November 26
 12:30 - 2:00 pm

GIRLS ADVANCED

(8 years & over)

#42210 Tuesdays
 September 13 - November 22
 6:30 - 8:30 pm

#42211 Saturdays
 September 17 - November 26
 2:00 - 3:30 pm

BOYS GYMNASTICS

(8 years & over)

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

#42113 Tuesdays
 September 13 - November 22
 5:00 - 6:30 pm

#42114 Saturdays
 September 17 - November 26
 12:30 - 2:00 pm

BOYS ADVANCED

(8 years & over)

Prerequisite for this class: Minimum Level 5 or assessed ahead of time.

#42116 Tuesdays
 September 13 - November 22
 6:30 - 8:00 pm

#42115 Saturdays
 September 17 - November 26
 2:00 - 3:00 pm



LEADERS IN TRAINING (LIT)

(13 - 18 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome leaders, or build on their resumes. Learn to lead games, and activities, behavior management and help plan the Children's Christmas Party! Participants will also meet with the volunteer coordinator and put their skills into practice helping with the Children's Christmas Party and/or winter break programs.

#42018 Tuesdays
November 8 - December 13
4:00 - 6:00 pm
LINC Multipurpose Room
\$36/6

BADMINTON 1

(12 - 16 years)

Learn the basics of badminton, or continue to work on your technique! We'll cover proper grip, footwork, scoring, communication strategy, single and doubles play.

Instructor: Martin Pariseau

#42017 Wednesdays
September 14 - November 2
4:30 - 5:30 pm
Lewis Centre MP Hall
\$65/8

BADMINTON GROUP TRAINING

(14 - 17 years)

Geared for more serious players this course will help participants advance their existing skills and badminton strategy. Youth will also learn coaching skills and help teammates reach their potential.

Instructor: Martin Pariseau

#42199 Wednesdays
September 14 - November 2
5:45 - 6:45 pm
Lewis Centre MP Hall
\$65/8

JOB PREP

(14 - 18 years)

Ready to join the workforce and start earning your own money? Get prepared to land your first job, and gain valuable resume-building skills like cash and food handling, customer service, phone etiquette, and workplace safety. Participants will complete a resume, learn interview skills and tour local businesses. Receive a reference, resume and certificate upon completion.

#42009 Wednesdays
September 21 - November 9
4:30 - 7:00 pm
LINC Multipurpose Room
\$63/7

Oh no, you had to cancel the class?

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



HUMANICS 101

(15 - 18 years)

Learn all about human nature while developing leadership skills. We will help you reach your brain's potential and become an impactful community member. Topics may include counseling skills, conflict resolution, team building and more.

Instructor: Martin Pariseau

#42014 Saturdays
September 10 - October 15
10:00 am - 12:00 pm
LINC Multipurpose Room
\$65/6

FOOD SAFE LEVEL 1

(14 years & over)

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

Instructor: Gaetane Palardy

#42013 Saturday October 1
9:00 am - 4:00 pm
LINC Multipurpose Room
\$98

**LINC
10 Year
Anniversary
Celebration
October 11 - 15, 2016**

Free drop-in, door prizes & special activities all week
Check our monthly calendar or Facebook for more info!





SK8, SCOOT, SWIM PRO-D DAY

(7 - 12 years)

Come hang out at The LINC on your day off of school! We'll keep you busy practicing tricks in the skatepark and playing in the games room - then we'll head to the pool in the afternoon! Make-your-own pizza lunch included.

#42010 Fridays

September 30 & October 21

8:30 am - 4:30 pm

The LINC Skatepark

\$80

#42011 Friday September 30

#42012 Friday October 21

8:30 am - 4:30 pm

The LINC Skatepark

\$50

SKATEBOARD FUNDAMENTALS 1

(6 - 12 years)

Build confidence learning the basics of skateboarding! You'll learn the basics of balance, pushing and cruising, then try out the ramps, and learn a trick or two! This class is geared to new - beginner skaters. **No class October 10 or 31.**

Instructor: Jordan Savard

#41964 Mondays

September 12 - November 14

4:30 - 5:30 pm

The LINC Skatepark

\$82/8

\$92/8 with rental

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 size will give you individual time with the instructor to help you progress. This class is geared to skaters who have previously participated in Skate FUNDamentals or are novice-intermediate skaters. **No class October 10 or 31.**

Instructor: Jordan Savard

#41967 Mondays

September 12 - November 14

5:45 - 6:45 pm

The LINC Skatepark

\$82/8

\$92/with rental

ADULTS ONLY SKATEBOARD NIGHT

(18 years & over)

Dust off your skateboard and come out for 'just for adults' skate night at the Indoor Park. Purchase a Punch Pass for \$40 or drop in for \$4. This program is based on regular participation and may be canceled if numbers are low. Helmets required and available. Skateboard rentals \$4.

Mondays

November 7 - December 19

7:00 - 9:00 pm

The LINC Skatepark

\$4/Drop-in

\$40/Punch card

SCOOTER SUNDAYS

(6 - 11 years)

Learning to scooter or want to? We'll teach you the basics, and help you progress through different tricks in the skatepark. Here's your chance to get rolling! **No class October 9.**

Instructor: Jordan Savard

#42008 Sundays

September 11 - November 13

9:30 - 10:30 am

The LINC Skatepark

\$82/8

\$92/with rental

Back to School Tween Dance

September 20,

4:00 - 7:00 pm

tickets \$5

DJ, games, prizes



INTRO TO SONGWRITING

(10 - 16 years)

Learn basic vocal rhythms and rhyming schemes. Work as a group to share ideas, and build songs together. This is a great opportunity for youth to bring in short stories, poems or any sort of writing and put it to music.

Instructor: Tereza Tomek

#42016 Wednesdays

November 2 - 30

5:45 - 6:45 pm

LINC Multipurpose Room

\$40/5

BEGINNER GUITAR LESSONS

(9 - 16 years)

Playing guitar is a fun and challenging hobby! Learn the basic elements of playing music and apply it to guitar. We'll cover rhythm timing, scale and chord theory, singing, song writing and jamming. Youth are encouraged to bring songs to work on their creativity, and, if possible, a guitar.

Instructor: Tereza Tomek

#42015 Wednesdays

November 2 - December 7

4:30 - 5:30 pm

LINC Multipurpose Room

\$50/6

AROMATHERAPY 101

(8 - 15 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 mist spray!

Instructor: Deanna Papineau

#42204 Monday September 19 or

#42205 Monday October 3

4:15 - 5:15 pm

LINC Multipurpose Room

\$28

PROJECT PINTEREST

(10 - 16 years)

Bring those craft projects that you've pinned into reality! As a group we will select a few artsy projects to do and then complete pieces under the direction of an experienced artist.

Instructor: Larissa Pelletterio

#42206 Tuesdays

September 27 - October 18

4:30 - 6:30 pm

LINC Multipurpose Room

\$75/4

GHOUL SCHOOL

(8 - 18 years)

Learn to design, act or do both as you help create one of the scariest and busiest haunted houses in the Comox Valley! Information meeting September 14. Participants are encouraged to register ahead of time.

#41992 Wednesdays

September 14 - October 19

4:00 - 6:30 pm

LINC Multipurpose Room

FREE

ROCK & ROLL COOKING SHOW

(8 - 18 years)

Instead of reality TV, let's create our own cooking show! Using singers, bands & their songs as inspiration, we'll create dishes based on the music - What's Ozzy's favourite food? What did Elvis love to eat? What kind of dish would Arcade Fire inspire? **No class October 10.**

Instructor: Larissa Pelletterio

#42207 Mondays

September 12 - October 24

5:15 - 6:45 pm

LINC Games Room

\$85/6

You're Invited . . .
The LINC Haunted House
Tuesday - Saturday,
October 25 - 29
6:00 - 8:00 pm
Monday, October 31
5:00 - 7:00 pm (½ the fright night)
\$2 per person or \$5/family
Enter If You Dare!!

The LINC 250-334-8138 Lewis Centre 250-338-5371 courtenay.ca/rec



COURTENAY YOUTH



8th Annual Gnarly Little Christmas Craft Fair

(9 - 19 years)



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



Register your table now and make extra cash this Christmas showcasing your talents: painting, photography, jewelry, art-cards, baking and more are welcome for our annual Youth Christmas Craft Fair!

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

CRAFT FAIR PREP

(10 - 18 years)

Create ornaments and cards to sell at The Gnarly Little Christmas Craft Fair. We supply the space, tools, basic supplies and ideas on presentation; you come ready to get creative! Table fee for craft fair is included.

#41968 Mondays

November 7 - 28

4:45 - 6:15 pm

LINC Multipurpose Room

\$80/4

YOUTH BIRTHDAY PARTIES AT THE LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. No birthdays October 8, 9, December 3 and 17.

Saturdays starting Sept 10
12:30 - 2:30 pm **or**

Sundays starting Sept 11
11:00 am - 1:00 pm **or**
1:30 - 3:30 pm

The LINC Games Room
\$110 **or**

\$150/with 3 large pizzas

*see page 53 for the
Children's Christmas Party*

Christmas Break:

HOLIDAY 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! Participants will leave with a collection of treats to share and a recipe book to continue the baking at home!

#42020 Wednesday - Friday

December 21 - 23

10:00 am - 2:30 pm

The LINC Games Room

\$75/3

WINTER BREAK

SK8, SCOOT, SWIM

(7 - 12 years)

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

Instructor: Jordan Savard

#42019 Wednesday - Friday

December 28 - 30

10:00 am - 4:00 pm

The LINC Skatepark

\$87/3



COURTENAY YOUTH

THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

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

FALL HOURS

- 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 pass
 - \$25/11 punch pass
- Adult** (Skatepark ONLY):
 - \$4 Drop-In
 - \$20/month membership
 - \$40/11 punch pass

**skatepark is all ages Wed - Sat*

YOUTH COUNCIL

(9 - 18 years)
Develop leadership skills and the ability to plan and run events like the Haunted House, Christmas Dinner, Youth Week and drop-in activities! Join other youth looking to learn, have fun and give back to their communities! Information meeting October 6.
Thursdays
October - May
4:00 - 5:00 pm
LINC Multipurpose Room

GAMERS NIGHT

(11 years & over)
Join us Fridays as we enter the world of gaming! Try your hand at Magic the Gathering, Settlers of Catan, unique board games, card games and more. Beginners welcome - supplies included to start you off!
Fridays
starting November 18
5:30 - 8:30 pm
\$2.50/Drop-in
LINC Multipurpose Room

GIRLS NIGHT OUT

(11 years & over)
Alright girls! This night is for you! Join us for special drop-in activities every other Friday at The LINC! Activities may include baking, DIY projects, movies & snacks! Check our monthly calendar for details.
Saturdays
starting October 8
6:30 - 8:30 pm
\$2.50/Drop-in
LINC Multipurpose Room



COURTENAY YOUTH





Creative Pursuits

FALL FANCY TAGS

Using card making techniques and embellishments make 3 beautiful large size tags. A \$6 supply fee is included in the cost of the class.

Instructor: Phyllis Johnson

#41998 Saturday October 1
1:00 - 4:00 pm
Lewis Craft Room B
\$26

CHRISTMAS STAMPING

Learn how to make Christmas stamps and embellishments for 3 Christmas cards. A \$6 supply fee is included in the cost of the class.

Instructor: Phyllis Johnson

#41995 Saturday November 5
1:00 - 4:00 pm
Lewis Craft Room B
\$26

SCRAPBOOK CHRISTMAS CARDS

Learn to make 3 different homemade Christmas cards with scrapbook paper and a few embellishments. A \$6 supply fee is included in the cost of the class.

Instructor: Phyllis Johnson

#41996 Saturday November 19
1:00 - 4:00 pm
Lewis Craft Room B
\$26

A VINTAGE CHRISTMAS

Make 3 Christmas cards with vintage paper and embellishments. A \$6 supply fee is included in the cost of the class.

Instructor: Phyllis Johnson

#41997 Saturday November 26
1:00 - 4:00 pm
Lewis Craft Room B
\$26

SEWING BASICS

Review basics of a sewing machine and then put them to practice. Take on a simple project or learn how to hem, mend or alter clothing. Bring your own machine or use one of ours.

Instructor: Jean Morgan
Thursdays

#41727 September 15 - October 27
#41725 November 3 - December 15
1:00 - 2:30 pm
Lewis Craft Room B
\$70/7

CLAY WORKS

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

Instructor: Jenja McIntyre
Thursdays

#41905 September 15 - October 27
#41906 November 3 - December 15
8:00 - 9:30 pm
Lewis Craft Room B
\$125/7

PHOTOGRAPHY BASICS

This class is for people with little to no photography experience but would like to get more artistic with their photos. Topics include aperture/depth of field, shutter speed, composition and movement within photography. Then we look at creative ways to use photography in artistic ways.

Instructor: Jenja McIntyre
Mondays

#41907 September 12 - October 24
#41908 November 7 - December 12
7:00 - 9:00 pm
Lewis Craft Room A
\$105/6




BEGINNER TO NOVICE PAINTING WITH WATERCOLOURS

(55 years & over)

This beginner to novice program focuses on bringing order and direction to simplify the complexity of the watercolour medium. Simplification is realized through a demonstration driven step by step teaching process applied to each weekly project. The projects are selected to illustrate specific elements of water colour technique. Some of these are washes, graded washes, glazes, recovering highlights, masking, and more, but all focusing on light. Attention will be paid to the selection and care of materials and tools to make your efforts more rewarding.

Instructor: Bill Kerr

#41676 Mondays

 September 26 - November 21
9:00 am - 12:00 pm
Lewis Tsolum Building
\$160/8

PAINTING LANDSCAPES OIL OR ACRYLICS

Get ready for the upcoming summer season by learning how to paint beautiful landscapes now. Teresa will show you how, from making your sketch to getting the colours right to defining the leaves, water and clouds. All the skills you'll need to learn in order to tackle the fun of painting landscapes on your own! This class is fun and good for beginners or intermediate painters.

Instructor: Teresa Knight

#41734 Mondays

September 26 - November 21
6:30 - 8:30 pm
Filberg Centre Craft Room
\$120/8

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, recognise and get accurate tone, create great compositions and more! All in easy steps with a great atmosphere!

Instructor: Teresa Knight

#41735 Tuesdays

September 27 - November 15
6:30 - 8:30 pm
Native Sons Hall
\$120/8

PAINTING WITH WATERCOLOURS

In a step by step demonstration driven teaching process you will learn techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding.

Instructor: Bill Kerr

#41677 Mondays

September 26 - November 21
6:30 - 9:30 pm
Lewis Tsolum Building
\$160/8

LOOSEN UP YOUR PAINTING STYLE

Have lots of fun painting instructor's projects or using your own material in ways that will encourage you to loosen up and let go! Each class will take you further from your "tried & true" approach and help give you a kick-start towards more freedom in your painting expression.

Instructor: Teresa Knight

#41733 Wednesdays

September 28 - November 16
6:30 - 8:30 pm
Filberg Craft Room
\$120/8


TEST THE WATERS - WATER COLOURS THAT IS!

(55 years & over)

Do you know if you would enjoy painting? Find out! With a small investment of time and money, this class will allow you to try painting. Warning, you could get hooked! Come along to this session where the artists paint, brushes and small palette are supplied and you are only asked to bring things you likely have around the house. Participants will play a bit and then paint some simple things like bananas and finish up with a winter landscape'. A list of common household items will be provided. Deadline to sign up is November 10 to allow supplied material to be delivered. There is a \$16 fee to cover brushes, paint and palette that you get to keep.

Instructor: Bill Kerr

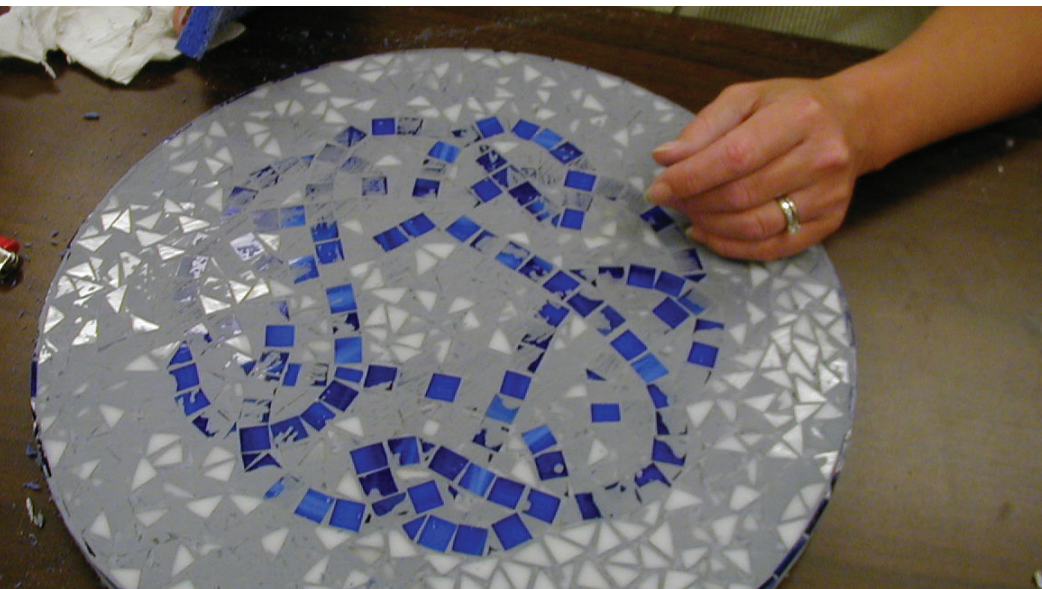
#41989 Saturday & Sunday

 November 26 & 27
10:00 am - 3:30 pm
Lewis Tsolum Building
\$100/2



COURTENAY ADULT





TRADITIONAL CHRISTMAS ORNAMENTS

Using coloured mirrors and hobby jewels create a set of rich classic ornaments for the tree or arranged in a window. Please bring instructor \$30 for materials the first class.

Instructor: Nancy Morrison
#41791 Wednesdays
 November 2 - 23
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$60/4

ALTERNATE MATERIALS JEWELRY CLASS

Be inspired as you work with alternative materials such as bone, wood, abalone and mixed metals. Create unique, symbolic piece of jewelry using crystals and semi-precious stones, learn the metaphysical properties of the stones and set them in various ways creating a one-of-a-kind piece such as an Egyptian ankh with lapis lazuli, or ying/yang symbol.

Instructor: Cheryl Jacobs
#41698 Saturday December 10
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85

RINGS, RINGS, AND MORE RINGS

Bring your creative energy to this Metalsmithing class where you will create 2 different rings while learning various skills; how to texture metal, rivet, and drill stones and pearls. You will work with brass, copper, silver and a variety of embellishments. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs
#41697 Saturday October 22
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85

FOLD FORM EARRINGS

Take a one day workshop with instructor Cheryl Jacobs and create some amazing fold-formed earrings. Learn this new technique of folding and bending metal sheet to create jewelry, you will be astounded with the results.

Instructor: Cheryl Jacobs
#41699 Saturday October 1
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85

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
#41788 Tuesday September 27
 6:30 - 9:30 pm
 Lewis Craft Room B
 \$30

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
#41790 Wednesdays
 October 5 - 19
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$45/3

STAINED GLASS 101

A more indepth 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.

Instructor: Nancy Morrison
#41789 Tuesdays
 October 4 - November 22
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$115/8



Dance

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 September 20.**

Instructor: Joan Wydenes

#41839 Tuesdays

EG September 6 - December 13
1:00 - 2:00 pm
Native Sons Grand Hall
\$90/14

#41840 Wednesdays

EG September 7 - December 7
1:00 - 2:00 pm
Lewis Activity Room A
\$90/14

GOLDEN BEATS

DRUMS ALIVE

"Golden Beats" is a new Drums Alive class designed especially for seniors and those recovering from injuries. It is a lighter workout for those who enjoy a slower pace. Drum on exercise balls to combine aerobic movement with the rhythms of popular music. Some sitting exercises will be incorporated. **No class September 22.**

Instructor: Monica Hofer

#41883 Thursdays

September 8 - December 15
10:30 - 11:30 am
Native Sons Grand Hall
\$98/14

MAITRI IN MOTION

This fitness/movement practice incorporating dance, martial arts and healing arts. Moving together to music that invigorates and inspires, this practice focuses on the natural intelligence of the body as it moves towards health. Every body welcome. **No class October 10.**

Instructor: Ann Marie Lisch

#41952 Mondays

September 26 - December 19
5:30 - 6:45 pm
Filberg Rotary Hall
\$108/12

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. **No class October 10 or November 11.**

#41886 Mondays

EG September 12 - December 19
1:30 - 3:00 pm
Lewis Activity Room
\$140/14

#41884 Fridays

EG September 9 - December 16
2:00 - 3:30 pm
Lewis Activity Room
\$140/14

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. Elements of Drum-bata may be included in classes.

Instructor: Monica Hofer

#41882 Wednesdays

September 28 - December 14
7:00 - 8:00 pm
Native Sons Grand Hall
\$84/12

ADULT BALLET

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

Instructor: Jennifer Flint

#41885 Thursdays

September 8 - December 15
7:45 - 8:45 pm
Lewis Activity Room A
\$150/15

ADULT DANCE SAMPLER

Learn about different styles by trying them out. Explore Ballet, Jazz, Modern, Contemporary and Lyrical Dance. Every class is a new dance style. Beginners welcome, no experience necessary!

Instructor: Jenna Flint

Tuesdays

#42214 September 27 - October 25

#42215 November 1 - 29

8:00 - 9:00 pm
Lewis Activity Room
\$30/5



COURTENAY ADULT





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.

#41838 \$35/1 session
\$100/3 sessions

HANDSTAND CLASS

Discover your passion in 7 Story Circus' Handstand class! This course is designed to maximize skill and strength development while building confidence in one's ability, starting with basic support holds and working up to full handstand positions in a very natural, stress free progression. All skill levels are welcome. **No class November 11.**

Instructor: Owen Wilson
#42166 Fridays
September 23 - December 2
6:45 - 7:45 pm
Lewis Centre Gym
\$120/10
\$13/Drop-in
if space available

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. **No class November 11.**

Instructor: Kaya Kehl
#41896 Fridays
September 23 - December 2
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

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 for more. Appropriate for all, from beginner to advanced levels.

Instructor: Breanne Hague & Sheri Roffey
#41983 Tuesdays
September 13 - November 22
8:00 - 9:00 pm
Lewis Centre Gym
\$88/11
\$10/Drop-in

ADULT AERIAL ARTS

Explore the world of aerial fabric and aerial hoop. Focus 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 beginners - advanced aerialists. Info @ 7storycircus.com & facebook. **No class November 11.**

Instructor: Kaya Kehl
#41892 Wednesdays
September 21 - December 7
7:30 - 8:30 pm
\$180/12
#41894 Thursdays
September 29 - December 1
9:30 - 11:00 am
\$210/10
#41895 Fridays
September 23 - December 9
6:45 - 7:45 pm
\$150/10
Lewis Centre Gym

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 finish off the session with a show for friends and family! For beginners or pre-professionals (or 10+ with circus experience & permission by instructor). Info @ 7storycircus.com & facebook. **No class October 10 & 31.**

Instructor: Kaya Kehl
#41891 Mondays
September 19 - December 5
6:00 - 8:00 pm
Lewis Centre Gym
\$200/10

**\$21 once/year Story Circus membership fee for all circus classes.*



Music

BEYOND BEGINNERS AFRICAN HAND 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! 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 will cater to returning 'beyond beginner' drummers and those students who are ready to move up from beginner's level. Please contact instructor if unsure of your level.

Instructor: Monica Hofer
Wednesdays

#41782 September 28 - November 2
\$87/6

#41783 November 9 - December 14
\$87/6
5:30 - 6:30 pm
Native Sons Grand Hall

INTERMEDIATE AFRICAN HAND 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 10.**

Instructor: Monica Hofer
Mondays

#41785 September 12 - October 31

#41784 November 7 - December 12
11:45 am - 12:45 pm
Native Sons Grand Hall
\$87/6

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. Bring a "c" harmonica.

Instructor: Larry Ayre

#41835 Thursdays

EG October 6 - November 10
2:15 - 3:15 pm
Lewis Salish Building
\$75/6

#41833 Tuesdays

October 4 - November 8
6:00 - 7:00 pm
Lewis Tsolum Building
\$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). **Instructor:** Larry Ayre

#41834 Thursdays

EG October 6 - November 10
1:00 - 2:00 pm
Lewis Salish Building
\$75/6

RECORDER

(55 years & over)

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

Instructor: Debbie Ross

#41754 Thursdays

EG September 15 - December 1
3:00 - 4:00 pm
Lewis Tsolum Building
\$192/12

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. **No class September 22.**

Instructor: Debbie Ross

EG Thursdays

September 15 - December 8

#41752 9:00 - 10:00 am (Beginner)

#41784 10:00 - 11:00 am (Novice)
Filberg Soroptimist Lounge
\$192/12



COURTENAY ADULT





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 10.**

Instructor: Todd Robertson & Brenda Bombini

#41901 Mondays & Thursdays
September 12 - December 8
7:30 - 9:15 pm
Lewis Centre MP Hall
\$146/25

DAYTIME BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport!

#41800 Mondays, Thursdays & Friday
September 8 - December 16
1:00 - 3:00 pm
Lewis Centre Gym
\$3/Drop-in

PICKLEBALL

Join in and have fun playing this exciting paddle game! Like a mini tennis game, Pickleball is played by 2 or 4 people on a badminton-sized court using wooden paddle racquets and a plastic style baseball. Equipment will be provided. This program is for intermediate to advanced players.

#39918 Tuesdays & Thursdays
September 27 - December 15
2:30 - 4:30 pm
Native Sons Grand Hall
\$2.50/Drop-in

EVENING BADMINTON

If your concept of badminton is a quiet backyard barbecue game, you've never really played the sport! Join us for fast competitive games! **No class October 10 or 31.**

Facilitator: Sabrina Geiger

#41801 Wednesdays
September 7 - December 7
7:30 - 9:30 pm
Queneesh Elementary Gym
\$54/14

#41802 Mondays
September 12 - December 12
8:00 - 10:00 pm
Lewis Centre Gym
\$30/12

ADULT KUNG FU

Applied Body Mechanics Ving Tsun (ABMVT) is a tested system of Ving Tsun (Wing Chun) Kung Fu that emphasizes small movements for maximum results. This class is skill based training in an encouraging and safe, non-threatening environment. Being a form of Chinese Boxing, this class develops fast hands with progressive sparring drills and pad work. **No class October 10 or November 9.**

Instructor: Corny Martens

#41795 Mondays & Wednesdays
September 7 - December 21
8:00 - 10:00 pm
Lewis Centre Activity Room
\$290/30

TAI CHI

(55 years & over)

Derived from the martial arts, tai chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai chi improves overall fitness, coordination, and agility. People who practice tai chi on a regular basis tend to have good posture, flexibility, and range of motion, are more mentally alert, and sleep more soundly.

Instructor: Ivy Wang

EG Wednesdays
September 7 - December 14

#41922 9:00 - 10:00 am (Int.)

#41924 10:00 - 11:00 am (Beg.)

#41923 11:15 am - 12:15 pm (Adv.)
Native Sons Lower Level
\$150/13

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!



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.

Instructor: Jennifer White
Wednesdays

#41721 September 14 - October 26

#41719 November 2 - December 14
1:00 - 3:00 pm
Native Sons Hall
\$52.50/7

QIGONG

Qi Gong is an ancient healing art that combines flowing movements and breath aiding in overall health. The movements come from the core and expand through the motions aiding in increased muscle strength, flexibility and sense of well being. Breathe in vital energy and exhale tension and stress as you discover nature's way of correcting posture and alignment. **No class November 8 or 10.**

Instructor: Corny Martens

#41796 Tuesdays & Thursdays
September 6 - December 15
9:30 - 10:15 am
Lewis Centre MP Hall
\$150/28

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

#41681 Thursdays
September 15 - December 15
7:15 - 8:15 pm
Lewis Meeting Room
\$87.50/14

NORDIC POLE WALKING LEVEL 1

(55 years & over)

Nordic pole walking is a low impact, total body workout. Ideal for jump starting a new fitness regime and strengthening muscle and bone density, stability, balance and posture. Learn the four basic steps for the correct Nordic pole walking technique. There's walking with poles - and then there's Nordic pole walking. Learn the difference and maximize the efficiency of walking with Nordic poles. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan

#41793 Fridays

EG September 9 - October 28
11:00 am - 12:00 pm
\$80/8

ADULT ONLY SKATEBOARD NIGHT

Dust off your skateboard and come out to this 'just for adults' skate night at the indoor park. This program is based on regular participation and may be cancelled if numbers are low. Helmets required and available. Skateboard rentals \$4.

#41963 Mondays

November 7 - December 19
\$40/10 punch pass
\$4/Drop-in

GLOWBALL

Now there's no reason to stop playing street hockey - especially when the sun decides to take a fall and winter vacation! Join us at the Martin Park Lacrosse Box where the hockey games will continue long after the sun disappears. No registration required.

Wednesdays & Sundays
starting November 2
\$1/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. Nordic poles available for use in class and for purchase.

Instructor: Catherine Egan

#41794 Fridays

EG September 9 - October 28
12:30 - 1:30 pm
\$80/8

Check receipts carefully for important program information.



COURTENAY ADULT





Outdoor Adventures

KAYAK RESCUES (PART 1)

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

#41999 date tba

#42000 date tba
\$58

PADDLING SKILLS (PART 2)

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

#42002 date tba

#42001 date tba
\$58

PROGRESSIVE PADDLING SKILLS (PART 3)

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

#42004 date tba

#42003 date tba
\$58

Check receipts carefully for important program information.

PADDLE CANADA BASIC STAND UP PADDLE BOARDING

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

#42005 date tba

SENIOR'S INTRO TO KAYAKING

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

#42006 date tba

MIND, BODY AND HORSE

Escape the endless demands of busy lives for a relaxing weekend in the heart of the Comox Valley. Re-connect with your authentic self. Listen to your body and mind with a horse as your guide. Learn from them how to live in the moment, experience mindfulness practices for everyday living.

#42203 Friday October 28

7:00 - 9:00 pm &

Saturday October 29

10:00 am - 5:00 pm

CVTRS Barn

\$300



Special Interest

SPANISH

This course introduces you to the basic concepts of the Spanish language starting with pronunciation and gradually working towards practical phrases and effective communication. **No class September 12 or October 10.**

Instructor: Bonita Wexler

Mondays

September 12 - November 14

#41696 3:30 - 5:00 pm

#41694 6:00 - 7:30 pm

Filberg Soroptimist Lounge
\$150/8

#41695 Tuesdays



September 13 - November 15

10:00 - 11:30 am

Lewis Salish Building
\$150/8

EXPLORING AROMATHERAPY

Join us and experience the wonderful world of Aromatherapy. Topics include Aromatherapy blending, safety, recipes, and how to choose which oil to use. You will create a take home custom blend. Supplies included in cost of class.

Instructor: Deanna Papineau

#41976 Monday September 26

7:00 - 9:00 pm

Lewis Craft Room B

#41978 Tuesday October 4

7:00 - 9:00 pm

Lewis Salish Building
\$55

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

DEFENSIVE DRIVING

This course will focus on developing decision-making, advanced behaviours and skills through observation and scenario discussion.

Instructor: Martin Pariseau

#41989 Wednesdays

November 16 - 30

1:00 - 3:00 pm

Filberg Soroptimist Lounge
\$70/3

COMPUTER SKILLS

(55 years & over)

This beginner course is for seniors who want an introduction to tools that can be used to stay in touch with friends, kids and grandkids using the wonders of the internet. Learn to search for movies and music. Also pick up some tricks for keeping personal affairs in order.

Instructor: Martin Pariseau

#41988 Fridays

September 29 - October 20

10:00 am - 12:00 pm

Filberg Computer Room
\$100/4

SCOOTER SAFETY

How to ride safely when alone or in a group. Knowing BC's regulations when operating a scooter.

Instructor: Martin Pariseau

#41991 Wednesday September 14

1:00 - 3:00 pm

Filberg Soroptimist Lounge
\$10

HOW TO MAINTAIN YOUR DRIVERS LICENSE

Did you get a letter in the mail? Do you worry that your knowledge and skills are lacking with what would be required for you to maintain your driving privileges? You don't think you should drive anymore? Do you want to attempt your best effort to improve your driving? What are options for transportation if you can't drive?

Instructor: Martin Pariseau

Wednesdays

#41990 October 5 & 12

#42159 October 19 & 26

#42160 November 2 & 9

1:00 - 3:00 pm

Filberg Centre Craft Room
\$55/2



COURTENAY ADULT





READING THE TAROT

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

Instructor: Kara Foreman
#41797 Saturday October 15
 1:00 - 4:00 pm
 Soroptimist Lounge
 \$35

WRITE YOUR LIFE STORY

Do you have a story you want to tell? Are you interested in recording your memories on paper? In this class, we'll discuss aspects of the writing craft, including description, narration and basic structure. But mostly, we'll focus on the writing itself. Priming the pump so your memories flow and cohere. Come with pen and paper and a willingness to share your life story.

No class November 10.
Instructor: Traci Skuce
#41730 Thursdays
 September 29 - November 24
 1:00 - 2:30 pm
 Filberg Soroptimist Lounge
 \$140/8

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
#41799 Saturday November 26
 1:00 - 4:00 pm
 Filberg Soroptimist Lounge
 \$35

CHEESE MAKING

Living on Gabriola Island for nearly 20 years and trying to be as sustainable as possible, Paula Maddison has spent the past 5 years hand crafting her own delicious cheeses. Paula started teaching the lost art of cheese making over 4 years ago. Using products readily available and demystifying the idea that cheese making is difficult, Paula's classes are comprehensive, delicious and a lot of fun. Bring a good appetite and be prepared to create some amazing and delicious creations.

Instructor: Paula Maddison
 Saturday October 1
#41685 **Holiday Gift Giving**
 10:00 am - 12:00 pm
#41686 **Farmhouse Cheddar**
 1:00 - 3:00 pm
 Saturday November 26
#41687 **One Hour Wonders**
 10:00 am - 12:00 pm
#41688 **Havarti**
 1:00 - 3:00 pm
 Native Sons Hall
 Lower Kitchen
 \$95

FOOD SAFE LEVEL 1

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!

#42013 Saturday October 1
 9:00 am - 4:00 pm
 LINC Multipurpose Room
 \$98



INTRODUCTION TO NUMEROLOGY

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

Instructor: Kara Foreman
#41798 Saturday November 5
 1:00 - 4:00 pm
 Filberg Centre Craft Room
 \$35



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 51)

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 25:

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

Effective October 2:

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

For Squash Club and Squash League info, contact:

dgaudia@yahoo.com

Why Play Squash?

Playing squash gives you many health benefits:

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

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

Shower Passes

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



COURTNEYAY SQUASH





Wellness Centre

Great new weightroom with the same great service!

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

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

Wellness Centre Fees

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

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

Memberships (includes 5% GST)

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

Childminding

(All ages)

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

effective September 6

Mondays - Saturdays

9:00 - 11:00 am

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

Wellness Centre & Fitness Pass Suspensions

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

Please note: Suspensions for out-of-town absences will no longer be available for passes purchased after August 15, 2016.

Wellness Centre Fall Hours

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

Saturday 8:30 am - 4:00 pm

until September 25

Sunday 8:30 am - 4:00 pm

effective October 2

Sunday 8:30 am - 8:00 pm

Hours subject to change

Equipment

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



Wellness Centre Classes & Attendant Hours

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

TRX BODY BLAST

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

Instructor: Kim Hamilton

#41733 Mondays

September 12 - December 12
5:15 - 6:15 pm
Lewis Wellness Centre
\$97.50/13

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

#41845 Tuesdays & Thursdays

September 6 - December 15
1:30 - 2:30 pm
Lewis Wellness Centre
\$180/30

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

#41486 Tuesdays & Thursdays

September 6 - December 15
7:00 - 8:00 pm
Lewis Wellness Centre
\$180/30





Strength Training

55+ STRENGTH TRAINING

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the wellness centre, guiding you through your fitness journey and offering support. **No class October 10.**

Instructor: Juan Blancas

#41841 Tuesdays & Thursdays
 EG September 6 - December 15
 10:30 - 11:30 am
 \$180/30

Mondays & Wednesdays
 September 7 - December 14

#41842 10:30 - 11:30 am

#41843 1:30 - 2:30 pm
 \$168/28

#41844 Fridays
 September 9 - December 16
 10:00 - 11:00 am
 \$84/14
 Lewis Wellness Centre

We recommend you consult your physician before beginning a fitness program

SIMPLY STRENGTH

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength. Regain or maintain your ability to climb stairs, get in and out of a chair or car, and your balance while walking and standing. **No class Sept 19, Oct 10 & Nov 23.**

Instructor: Joyce Leong & Steve Thomson

EG Mondays & Wednesdays
 September 7 - December 14

#41713 9:00 - 10:00 am **level 2**

#41710 10:15 - 11:15 am **level 1**
 Native Sons Grand Hall
 \$150/25

CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult.

Exercises are done in and out of chairs - with no floor work.

Instructor: Janet Gravouille & Wendy Matte

#41799 Tuesdays & Fridays
 EG September 6 - December 16
 9:15 - 10:15 am
 Filberg Centre Rotary Hall
 \$162/27

55+ TRX AND RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing the user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class October 10.**

Instructor: Kim Hamilton

EG **Level 1**
 Tuesdays & Thursdays
 September 6 - October 27

#41768 9:00 - 10:00 am

#41771 2:45 - 3:45 pm
 \$120/16
 November 1 - December 15

#41770 9:00 - 10:00 am

#41772 2:45 - 3:45 pm
 \$105/14

Level 2

Mondays & Wednesdays

#41767 September 7 - October 26

#41769 October 31 - December 14
 9:00 - 10:00 am
 Lewis Wellness Centre
 \$105/14

CARDIO & STRENGTH

This class takes a modern approach to low impact aerobics, stretching and strength training. This all around balanced fitness class will work your whole body. Classes are designed to improve your fitness level by using weights, tubing and stability balls and throwing in a 'healthy dose' of cardio! This class is much like Simply Strength but with a cardio component. **No class November 11.**

Instructor: Joyce Leong

#41714 Fridays
 EG September 9 - December 16
 9:00 - 10:00 am
 Native Sons Grand Hall
 \$84/14



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

#41737 September 6 - October 27
\$112/16

#41738 November 1 - December 15
\$98/14

6:30 - 7:30 am

Lewis Wellness Centre

30/30 CARDIO TRX COMBO

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

Instructor: Tammy Jones

Wednesdays & Fridays

#41745 September 7 - October 21

#41744 October 26 - December 14

6:30 - 7:30 am

Lewis Wellness Centre

\$91/14

BALANCED BODY TRAINING

This class will progressively lead you through 3 workouts a week to train your entire body. Alternating muscle groups will ensure the balance and development of strength. **No class October 10.**

Instructor: Michelle Boyd

Tues, Wed, Thurs

#41889 September 6 - October 27
\$155/24

#41890 November 1 - December 15
\$126/21

7:15 - 8:15 am

Lewis Activity Room

HIIT - HIGH INTENSITY INTERVAL TRAINING

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

Instructor: Tammy Jones

#41742 Tuesdays

September 6 - December 13

12:10 - 12:45 pm

#41743 Thursdays

September 8 - December 15

12:10 - 12:45 pm

Lewis Activity Room

\$67.50/15

\$5/Drop-in

15/15/15 INTENSE

This intense, 45 minute, high-energy class blends cardio and strength into one great workout! 15 minutes of cardio is followed by 15 minutes of strength and 15 minutes of core/stretching finishes it out. **No class October 10.**

Instructor: Wendy Matte

#41778 Mondays

September 12 - December 12

7:00 - 7:45 pm

Lewis Activity Room

\$58.50/13

\$5/Drop-in

STRETCH & STRENGTH

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class September 19 & 22 or October 10.**

Instructor: Janice Bradford

#41792 Mondays & Thursdays



September 8 - December 15

9:00 - 10:00 am

Native Sons Grand Hall

\$156/26

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 Oct 10.**

Instructor: Kim Hamilton

Mondays & Thursdays

#41775 September 26 - November 3
\$100/11

#41776 November 7 - December 15
\$109/12

1:00 - 2:00 pm

Native Sons Grand Hall



COURTENAY ACTIVE LIVING



Drop-in Fitness Schedule effective September 6, 2016 unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Cardio Chaos+	Zumba	Yoga 8:30am The Works	BootCamp Blast+	Core N' Cuts	Sizzling Saturday
10:30 am	Zumba & Kickboxing	BootCamp Blast+		55+ Zumba		
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm		
5:30 pm	Zumba Tone	Power Spin & Beyond 5:15pm	Tabata	BootCamp Blast 5:15pm	Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class	
6:45 pm	15/15/15 Intense 7:00 pm		Yin/Yang Yoga			

Pay & sign in at the office

Please note: This schedule is subject to change



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.

Childminding

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

effective until September 2

Monday - Friday

9:00 - 10:30 am

effective September 6

Monday - Saturday

9:00 - 11:00 am

Lewis Centre

\$4/1¼ hours

\$4.50/1½ hours

\$5/1¾ hours

punch cards also available

Drop-in Fitness

CARDIO CHAOS+

Monday 9:00 - 10:15 am

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

Instructor: Tammy Jones

ZUMBA

Tuesday 9:00 - 10:00 am

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

SPIN, STRETCH & STRENGTH

Mondays & Wednesdays

12:00 - 1:00 pm

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

Limited to 17 participants.

Instructor: Steve Thomson

POWER SPIN & BEYOND

Tuesdays 5:15 - 6:15 pm

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

Instructor: Kim Hamilton

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

ZUMBA TONE

Mondays 5:30 - 6:30 pm

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

Instructor: Melina Spratt

YOGA DROP-IN

Wednesdays 8:30 - 9:45 am

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

THE WORKS

Wednesdays 9:00 - 10:00 am

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

Instructor: Michelle Boyd

TABATA

Wednesdays 5:30 - 6:30 pm

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

Instructor: Wendie Matte

CORE N' CUTS

Fridays 9:00 - 10:00 am

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

Instructor: Steve Thomson



COURTENAY ACTIVE LIVING





Pre-Registered Programs

ZUMBA & KICKBOXING

Come out for a rockin' good time with this lively class that will make you sweat. Each class will be a mix of different Zumba and Kickboxing routines. Have fun dancing and kicking to popular songs in a workout designed for all ages. **No class October 10 & 31.**

Instructor: Tammy Jones

#41736 Mondays

September 12 - December 12

10:30 - 11:30 am

Lewis MP Hall

\$72/12

ZUMBA GOLD

(55 years & over)

Zumba for older active participants with easy to follow Zumba choreography that focuses on range of motion and coordination. Features cardio conditioning, flexibility & balance. **No class Nov 11.**

Instructor: Milena Spratt

Fridays

#41723 September 9 - October 21

\$42/7

#41724 October 28 - December 9

 \$36/6

3:00 - 4:00 pm

Filberg Conference Hall

ZUMBA TONE

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. **No class October 10 & 31.**

Instructor: Milena Spratt

#41722 Mondays

September 12 - December 12

5:30 - 6:30 pm

Lewis MP Hall

\$72/13


ZUMBA

(55 years & over)

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

#41690 Thursdays

 September 8 - December 15

10:30 - 11:30 am

Lewis Activity Room

\$90/15

CARDIO KUNG FU

A hard-hitting, aggression releasing, cardio, strength training, self defense work-out for those bored with the spa scene. Learn self-protection skills while gaining flexibility, strength and you get to hit things! Participants will need hand-wraps and bag gloves.

Instructor: Corny Martens

#41966 Tuesdays

September 6 - December 13

6:45 - 7:45 pm

Lewis Activity Room

\$90/15

FLEXCORE

This new class will be targeting deep core musculature along the glutes and low back. Body weight exercises progressing further to swiss ball, Bosu & 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

#41920 September 8 - October 27

\$48/8

#41921 November 3 - December 15

\$42/7

6:30 - 7:30 pm

Lewis Activity Room

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

#41781 Wednesdays

September 7 - December 14

6:45 - 7:45 pm

Activity Room

\$90/15

\$6.50/Drop-in



Yoga

55+ HATHA YOGA

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 September 19 or October 10.**

Instructor: Sheron Jutila
Mondays

#41761 September 12 - November 7
\$84/7

#41762 November 14 - December 19
GG \$72/6
2:00 - 3:30 pm
Filberg Rotary Hall
Fridays

September 9 - November 4
#41759 10:00 - 11:30 am

#41757 2:00 - 3:30 pm
\$108/9

November 18 - December 30
#41760 10:00 - 11:30 am

#41758 2:00 - 3:30 pm
\$84/7

Native Sons Lower Level

YIN YOGA

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

#41747 Tuesdays
September 20 - December 13
5:30 - 6:45 pm
Lewis Meeting Room
\$130/13

Instructor: Helen Pattinson

#41746 Wednesdays
September 28 - December 7
12:30 - 2:00 pm
Lewis Meeting Room
\$136/11

RESTORATIVE YOGA

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

No class November 11.

Instructor: Helen Pattinson
#41900 Thursdays
September 29 - December 8
5:15 - 6:45 pm
Lewis Meeting Room
\$132/11

Instructor: Akiko Shima
#41874 Fridays
September 9 - December 16
11:00 am - 12:15 pm
Lewis Meeting Room
\$140/14

GOOD MORNING YOGA

Leave this class energized yet calm. Build mind and body awareness through postures, breathing practice and meditation. Previous yoga experience recommended.

No class Oct 10 or Nov 11.

Instructor: Akiko Shima
#41867 Mondays
September 12 - December 12
10:45 am - 12:15 pm
Lewis Salish Building
\$156/13

#41868 Fridays
September 9 - December 16
9:15 - 10:45 am
Lewis Meeting Room
\$168/14

POWER YOGA

De-stress after work with the dynamic flowing sequence of yoga postures linked together by movement and breath. This energizing yoga workout will appeal to active participants who want to develop both strength and flexibility. **No class October 10.**

Instructor: Wendy Matte
#41777 Mondays
September 12 - December 12
5:15 - 6:30 pm
Lewis Craft Room A
\$130/13

YOGA FOR GUYS

(WHO'VE DONE SOME YOGA)

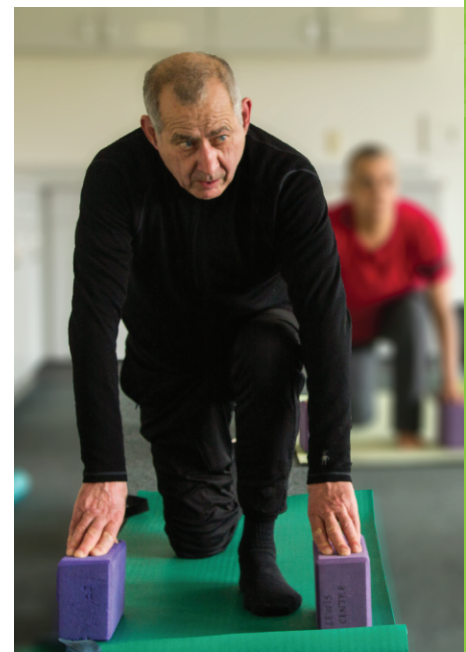
You've done some Yoga in the past. You have a basic grasp of breath-with-movement and pose alignment. In this class specifically designed for men, enjoy some stress relief and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations given.

Instructor: Catherine Reid
#41887 Wednesdays
September 14 - December 14
5:00 - 6:15 pm
Lewis Meeting Room
\$140/14

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.

Instructor: Akiko Shima
#41872 Wednesdays
September 7 - December 14
10:45 am - 12:00 pm
Lewis Salish Building
\$150/15



COURTENAY ACTIVE LIVING





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
Thursdays

#41763 September 8 - October 27
\$96/8

#41764 November 3 - December 29

 \$108/9


10:00 - 11:30 am

Lewis Meeting Room

IYENGAR YOGA

(55 years & over)

Iyengar Yoga promotes integration of body, mind and spirit through the practice of traditional yoga postures with a special emphasis on developing strength, endurance, balance and correct body alignment. **No class September 22 or November 10.**

Instructor: Traci Skuce
 Thursdays

September 15 - December 8

#41728 8:30 - 10:00 am
\$132/11

#41729 10:15 - 11:30 am
\$110/11

Filberg Rotary Hall

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. All levels welcome.

Instructor: Sheron Jutila
#41766 Thursdays

November 3 - December 29

2:00 - 3:30 pm

Lewis Meeting Room
\$108/9


MARVELOUSLY MATURE THERAPEUTIC YOGA

(55 years & up)

In this program, those with marvelously mature bodies will practice various breathing techniques (pranayama), and poses (asanas) that build stamina and energy. You will learn relaxing, therapeutic movements and use chairs to support your poses, if needed.

Instructor: Jennifer White

#41987 Tuesdays

 September 27 - November 15
10:00 - 11:30 am
Native Sons Lower Level
\$88/8

INTRO TO MEDITATION (WITH YOGA)

Class begins with a brief discussion on the day's meditation - discover a new technique each week. A short Gentle Yoga practice will warm up our bodies and shift away some of the busyness of the mind. Then we'll sample the day's meditation. Learn how to choose a practice that fits your personality. All levels welcome.

Instructor: Sheron Jutila

#41765 Thursdays

September 8 - October 27
2:00 - 3:00 pm
Lewis Meeting Room
\$96/8

YOGA FOR HEALTHY VISION

This session will focus on how breath awareness, meditation and specific movements can improve your vision. The class will include guided meditations that focus on maintaining tone and flexibility in the eyes. We will also practice special movements which reduce visual stress, stimulate the flow of nutrients around the eyeball, and exercise the focusing mechanism of your eyes.

Instructor: Catherine Reid

#41984 Saturday September 17

#41985 Saturday December 3

11:00 am - 12:15 pm
Native Sons Hall
\$10



PLUS YOGA

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

Instructor: Catherine Reid

#41888 Wednesdays

September 14 - December 7
3:30 - 4:30 pm
Lewis Meeting Room
\$104/13

55+ GENTLE YOGA

(55 years & over)

A blend of styles that includes mostly low to the ground poses with a bit of standing. Suitable for those that are slow in getting up and down from the floor or have limited mobility. **No class September 19.**

Instructor: Sheron Jutila

Mondays

#41755 September 12 - November 7
\$56/7

#41756 November 14 - December 19

EG \$48/6

10:15 - 11:15 am
Filberg Rotary Hall

FLOW YOGA

Invigorating yoga flow to increase physical strength through alignment, balance and flexibility. This class incorporates floor and standing poses. **No class October 22.**

Instructor: Gwen Frankowski

#41986 Saturdays

September 17 - December 10
10:00 - 11:15 am
Lewis Meeting Room
\$120/12

No classes October 10.

HATHA YOGA 1

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

Instructor: Catherine Reid

Mondays

September 12 - December 12

#41750 6:00 - 7:00 pm

Lewis Meeting Room
\$104/13

HATHA LEVEL 2

If you've been taking classes 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. **Instructor:** Catherine Reid

#41751 Mondays

September 12 - December 12
7:15 - 8:45 pm
Lewis Meeting Room
\$156/13

55+ YOGA FOR MEN

(55 years & over)

Hey guys! Has the idea of being the only guy in the room stopped you from joining a class before? If so, this class is for you! We will practice basic poses with options so you can explore within your current range of motion. No flexibility or experience required!

Instructor: Sheron Jutila

Tuesdays

#41981 September 6 - October 25

#41982 November 1 - December 20

EG 10:15 - 11:30 am
Lewis Meeting Room
\$80/8

PRENATAL YOGA

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

Instructor: Akiko Shima

#41862 Mondays

September 12 - December 12
9:15 - 10:30 am
Lewis Salish Building
\$130/13

#41863 Wednesdays

September 7 - December 14
6:30 - 7:45 pm
Lewis Salish Building
\$150/15

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

#41871 Wednesdays

September 7 - December 7
9:30 - 10:30 am
Lewis Salish Building
\$112/14



Personal Training Team



Juan Blancas

Personal Trainer, Weight Training,
Fitness Theory, Third Age
Certified Since: 2002

Training Specialties:

- Step, Resistance Tubing, Dumbbell
- Better Butts
- Awesome Abs/ Developing Self Esteem
- Phenomenal Abdominals - Stability Ball
- The Magic of Muscles - Body Ball, Core activation,
- Wobble Board & Balance 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



Benefits of Personal Training

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

Personal Training Prices

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

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

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



Recreation for Special Needs

Check our website & newsletter for current information

www.courtenay.ca/specialneedsrec

Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

Volunteers

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

Remember, YOU make a difference!

Volunteers particularly wanted for:

- Art Cards
- Sewing
- Bowling
- Special Events

Join a great team!

250-338-5371

specialneedsrecreation@courtenay.ca

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



Comox Valley ACCESSIBILITY COMMITTEE

Building a Barrier Free Society

Check us out on Facebook and Twitter!

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

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

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

www.cvaccess.ca



COURTENAY SPECIAL NEEDS



We heart our Evergreen Club Volunteers!



Even if you have a few hours just once a month... it can make a huge impact on others!



Membership not required to volunteer!
Deanne McRae Volunteer Coordinator, Courtenay Recreational Association
Evergreen Club 250-338-1000 ext 232, dmcr@courtenay.ca

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

Membership fees are paid annually and are required to participate in most Evergreen activities.

\$27+ GST/year

Club Membership Benefits include

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

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

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

www.evergreenclub.me

Evergreen Club Activities

Computer Lab

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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



Evergreen Events

The Evergreen Club 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 17, 9 am – 12 noon, free admission

Annual Variety Show

Wednesday September 28, starts 1 pm, \$5 per person

Pancake Breakfast

Saturday, October 15, 9 am – 12 noon, \$5 per person

Trash and Treasures

Sunday, October 23, 9 am – 2 pm, free admission

War Years Musical Tribute

Sunday, November 6, 2 - 4:30 pm, \$10 for adults, \$5 for youth

Annual Christmas Bazaar & Luncheon

Wednesday, November 2, 2 - 4:30 pm, free admission

Bazaar: 10:30 am – 2 pm & Luncheon: 11 am – 1 pm

Comox District Concert Band

Sunday, December 4, 2 - 3:30 pm, \$5 admission



Florence Filberg Centre • 250-338-1000 • www.evergreenclub.me

Travel Opportunities

Check out the Fall 2016 Evergreen Club Member trips:

- Chemainus Theatre "Lovely Sunday", Sept 14th
- 4 Day Pacific Coastal Cruise/Stay in San Diego, September
- Autumn in Quebec, October
- Okanagan Wine Festival Tour, October
- Chemainus Theatre "Hilda's Yard", Oct 26th
- IL Divo (Queen Elizabeth Theatre), November
- Tulalip Casino Resort & Spa, November
- Christmas Magic in Leavenworth, December
- Butchart Gardens, December

And much more!

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

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:*

Till Sept 2: Monto Fri, 8 am – 2 pm

As of Sept 6: Mon to Fri, 8 am – 3 pm

Friday Night Dances

Great music by local bands!

August 5 & 19

September 2, 9, 23 & 30

October 14, 21 & 28

November 4 & 25

7:30 - 10:30 pm, Florence Filberg Centre
Evergreen Club members: \$7 Non-members: \$9
Tickets available at the door



COURTENAY EVERGREEN



Sign me Up!

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

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

By Fax

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

By Mail

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

Refunds

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



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

ADMISSION IS BY DONATION



580 DUNCAN AVE. COURTENAY BC V9N 2M7
250.338.6211 COMOXVALLEYARTGALLERY.COM

GALLERY
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



Discoveries happen here!

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

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

Hours of Operation

(closed on statutory holidays)

Till Sept 5, 2016:

Mon to Sat: 10 am - 5 pm

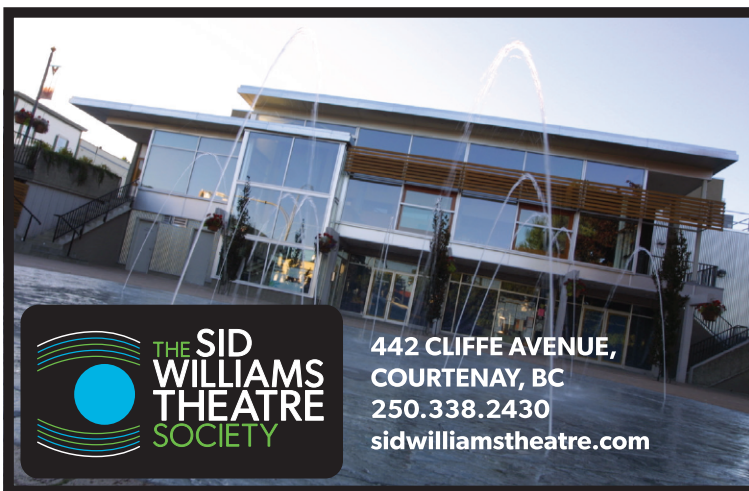
Sun: 12 noon - 4 pm

As of Sept 6, 2016:

Tues to Sat: 10 am - 5 pm

closed Sun & Mon

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



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME&SEE



COURTENAY CULTURE

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



REGISTRATION STARTS MONDAY AUGUST 15 | See page 96

Courtenay Recreation Facility Rentals

Florence Filberg Centre

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

Meetings Rooms:

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

Meeting Room Features:

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



Evergreen Lounge



Rotary Hall



Conference Hall

Native Sons Hall

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

Meetings Rooms:

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

Meeting Room Features:

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



Upper Level



Lower Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



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



Hourly Rates start at:

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

Call the Lewis Centre
at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

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



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

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 LEWIS FACILITIES



Lewis Centre Landscaping and Hydro Box



The Lewis Centre has a great outdoor look thanks to the landscaping of Courtenay Parks staff and also an artist wrap hydro box designed by Tracy Kobus.

Courtenay Parks staff designed the gardens that wrap around the front and the side of the Lewis Centre. The gardens represent local environments including a mountain top, beach front and woodland. The gardens are also designed to have four seasons of interest with winter fruit, colourful bark, small spring flowers and grasses.

A priority of the Parks team was converting the gardens to low water use drip irrigation. To do this they received outstanding help from the Parks Utilities crew.

The BC Hydro box located within the landscaped area received a transformation from Tracy Kobus. Kobus said a great deal of planning went into her choices for the artwork. "I created this design to fit in the surrounding natural landscaping, and also to be colourful and fun for kids to enjoy."

New Playgrounds coming to Courtenay

New playgrounds are coming to Courtenay Parks late this summer!

Look for playgrounds at The Ridge Park in the Buckstone Development in South Courtenay (see map) and a playground update at the Sunrise Rotary Park on Dingwall & McIntyre.

Both playgrounds will be installed by August 31, 2016. Call the Courtenay Parks Department for further information at 250-338-1525.



Did you know that Courtenay has a new Parks Interactive Map?

Access the Interactive Map through courtenay.ca/parks

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



New Expression Swingset for Rotary Sky Park

The Rotary Sky Park has a new swingset with an Expression Swing thanks to a partnership between the City and Strathcona Sunrise Rotary.

The swingset was installed this past May by members of the Strathcona Sunrise Rotary.

This innovative swing set promotes intergenerational play, and allows adults and children to swing together and see each other's facial expressions at eye level while they play.

The popular Rotary Skypark is located at the Courtenay Air Park and is accessed from the Mansfield Drive entrance.



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.

- **August 14 - The Blues Legends** ~ With Blues Report, one of Vancouver Island's premier blues bands
- **August 21 - Country Pickin** ~ With BOONDOCK, one of the island's best country bands
- **August 28 - Time Well Wasted** ~ Come to dance! Enjoy some great funk, soul, rock, rhythm and blues

For information: Lewis Centre 250-338-5371 or get updates at www.courtenay.ca/simms



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 new 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



Volunteer Opportunities

Courtenay Recreation

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

www.courtenay.ca

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



Special Needs Recreation

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

250-338-5371 Ineville@courtenay.ca or www.courtenay.ca/specialneedsrec



Mountaineer Avian Rescue Society (MARS)

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

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

Call **250-337-2021**

or visit www.wingtips.org



The Salvation Army

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

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



Giving Hope Today



106

Therapeutic Riding

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

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



Comox Valley Accessibility Committee

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

specialneedsrecreation@courtenay.ca
www.cvaccess.ca



The Gardens on Anderton

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

www.gardensonanderton.org

Call Joan **250-334-3089**



Volunteer Comox Valley

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

www.volunteercomoxvalley.ca



*Volunteers are a gift
to the community!*

Community Groups

Low Cost Recreation

Father Involvement Network

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

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

comoxvalleykidsport@kidsportcanada.ca

Active Comox Valley

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

Canadian Tire JumpStart

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

Town of Comox TRIP Program

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

New Discoveries Parent & Child Learning Centre

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

City of Courtenay

Recreation Access Coupon Books

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

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

189 Port Augusta Sea Cadets

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

FMI: commandingofficer@portaugusta.ca

or Phone: **250-339-8211** ext.3606

www.189portaugusta.ca

Prenatal Classes

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

October is Community Inclusion Month

Every October communities across BC celebrate the strengths and achievements of people with diversibilities and take the opportunity to renew a commitment to their full citizenship, participation and inclusion. The Comox Valley is no different and this year it will be hosting the 2nd annual Celebrating a Welcoming Community. This event acknowledges and awards inclusion champions who are building a welcoming Comox Valley for people with diversibilities. We invite everyone to join us for an inspiring evening.

Celebrating a Welcoming Community
Florence Filberg Centre, Courtenay
October 12, 7:00 pm All ages welcome
Email mike.mc@shaw.ca

