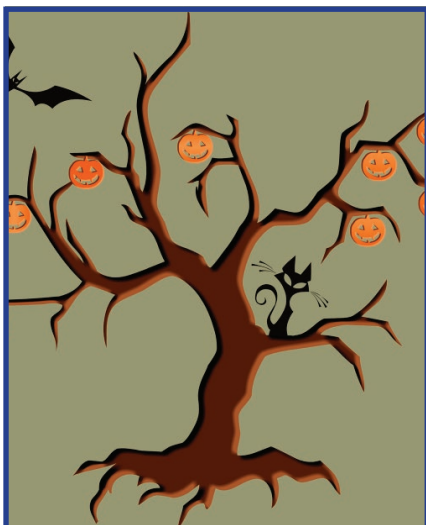


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Contact Us

Program Registration

250-338-5371 or
250-338-1000

Lewis Centre

250-338-5371
Fax 250-338-8600

Florence Filberg Centre

250-338-1000
Fax 250-338-0303

The LINC Youth Centre

250-334-8138

Community Services Dept

250-334-4441

www.courtenay.ca

click on the Recreation
Reporter link



Courtenay c.1913



Welcome!



We've had some amazing Centennial celebrations in Courtenay so far this year, with more to come in the fall. But there's another organization celebrating a milestone this year that has played an important role for countless Comox Valley families.

30 years ago, the Special Needs Recreation Program was created to provide recreation services and supports for individuals with disabilities in the Comox Valley. This innovative program began as a partnership with the Courtenay Recreational Association, the City of Courtenay, and the Comox Valley Regional District.

The accomplishments of the Special Needs Recreation Program over the years are worth celebrating, from the many adaptive programs for individuals, to the advocacy and work done by the Accessibility Committee.

We thank the original advisory committee members who had a dream of community recreation for everyone. Thank you to the dedicated and talented staff and volunteers who work hard so that no one gets left behind. And finally, we thank the many sponsors and supporters in the Comox Valley.

By helping ensure everyone in our community has opportunities for quality leisure recreation, this program makes a difference in people's lives.

Sincerely,
Larry Jangula
 Mayor of Courtenay



City of Courtenay
 Welcome



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



Register now!

We are accepting registration for classes starting in September 2015

Play
Create
Socialize
Celebrate

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

Child and Family Research and Development program

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

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



Little Cruisers

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

Instructor: Chris Chapple
Wednesdays
Sept 9 - Dec 16
10:00 - 11:15 am
Lewis Meeting Room
\$1.00/drop-in

Treefrog Music Together Preschool

(9 months - 5 years)
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
#39148 Wednesdays
Sept 16 - Nov 25
9:15 - 10:00 am
Lewis Park
Tsolum Building
\$170/10

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 free, community based program sponsored by St Joseph's Hospital.

Facilitator: Nell Divinagracia
Tuesdays Ongoing
10:00 - 11:30 am
Lewis Centre Meeting Room
Free Drop-in



Baby & Me Dancing Together

(3 - 12 months with adult)
Teach your baby rhythm while strengthening the parent-child bond. Gentle dance moves to soothing music. Parents are lead through a gentle routine plus 'warm-up' and 'cool down'.

Instructor: Jenna Flint
Thursdays
#39143 Sept 24 - Oct 29
#39144 Nov 5 - Dec 10
9:30 - 10:30 am
Lewis Craft Room A
\$35/6

Childminding

Drop your child off in our safe, friendly and fun environment. If you are participating in our morning programs, playing tennis, squash, or using our weight-room, you're invited to drop in.

Effective Sept 8:

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

punch cards also available

Nurtured Heart Approach (NHA)

(caregivers & parents)

Shift your parenting and ineffective skills. Through connected relationships and nurturing greatness, transform children's challenging/intense behaviours while helping them gain self-regulation and enduring self-worth.

Instructor: Marny Elliot

#39404 Tuesdays
October 13 - 27
6:00 - 7:00 pm
Lewis Centre
\$59/3

Mother Goose-Infants

(newborn - 4 yrs with adult)
Come play with Mother Goose to learn rhymes, songs and stories with your toddler. Set up the building blocks for a lifetime of reading and learning. You'll have fun too. Funded by School District 71. No class Oct 12.

Mondays
Sept 14 - Nov 9
#39141 Newborn - 12 months with adult
10:45 - 11:45 am
#39142 1 - 4 years with adult
9:30 - 10:30 am
Lewis Meeting Room
Free, please pre-register



Look for this symbol throughout the brochure for more Parent Participation Programs



Independant Programs

Rec 'n' Doodle

(3 - 5 years)

Dive into all kinds of arts and crafts, then burn off all that extra energy as you play games in the gym. Please bring a snack and get ready to have a blast! No class Oct 12.

Instructor: Lydia Neville

#39128 Mondays

Sept 14 - Nov 9

12:00 - 2:00 pm

Lewis Craft Room B

\$70/8

Wee Science

(3 - 5 years)

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

Instructor: Lydia Neville

#39150 Tuesdays

Oct 6 - Nov 24

10:00 - 11:30 am

Craft Room A

\$70/8

Teeny Weeny

Halloweeny Special

(18 months - 4 years with adult)

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

Instructor: Lydia Neville

#39149 Fridays

October 16 - 30

9:30 - 11:30 am

Lewis Craft Room A

\$35/3



Look for the Halloween Parade & Party on page 62

Kinderchefs & Play

(3 - 5 years)

Cook up a storm as you try all kinds of fun new kid friendly recipes. Play games and more as you wait for your tasty treats to take shape. No class Oct 12 or Nov 11.

Instructor: Alycia Maskiew

#39152 Wednesdays (3 - 5 years)

Oct 7 - Dec 2

12:00 - 1:30 pm

#39151 Mondays (4 - 6 years)

Sept 28 - Nov 16

3:30 - 5:00 pm

Lewis Craft Room A

\$80/8

Ahoy Matey's!

(3 - 5 years)

Walk the plank, or scrub the deck, for it's the life of a pirate for you. Your ship will be sailing through the sea as you explore treasure maps and create pirate crafts, and play active games. No class Nov 5.

#39405 Thursdays

Oct 15 - Dec 10

10:00 am - 12:00 pm

Lewis Craft Room A

\$75/8

Lil' Monster's Art Club

(3 - 5 years)

Paint, draw and sculpt your own monster. Use your imagination and create your own wild characters in painting and 3D versions to take home.

Instructor: Jenja McIntyre

#39402 Wednesdays

Sept 30 - Oct 28

12:00 - 1:30 pm

Lewis Craft Room B

\$75/5

Winter Family Clay & Family Clay Art
4 years & up, see page 60

Junior Space Art

(3 - 5 years)

Blast off into the fantastical! Create art that is out of this world inspired by space themes using a variety of materials.

Instructor: Jenja McIntyre

#39401 Tuesdays

Sept 29 - Nov 3

9:45 - 11:00 am

Lewis Craft Room A

\$80/6

Kids Ocean Arts

(3 - 5 years)

Discover the sea! Create a variety of art projects inspired by the ocean. Some projects may include ocean/wave bowls in ceramic, Viking ships, ocean paintings and more.

Instructor: Jenja McIntyre

#39403 Fridays

Nov 6 - Dec 11

9:45 - 11:00 am

Lewis Craft Room B

\$80/6

Please note: No classes on stat holidays



Courtenay Recreation
Early Years



Happy Feet & Tapping Toes

(3 - 5 years)

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

Instructor: Jenna Flint

#39006 Fridays

Sept 18 - Nov 20

10:45 - 11:45 am

Lewis Activity Room A

\$70/10

Kinder Tap

(4 - 6 years)

Learn basic tap dance skills in a non-competitive environment. Short performance at end of session.

Instructor: Jenna Flint

#39146 Fridays

Oct 16 - Dec 4

3:30 - 4:15 pm

Lewis Craft Room A

\$50/8

Dance Mix

(4 - 6 years)

Try out a variety of dance styles and enjoy a fun, active fusion experience at the same time. Explore Ballet, Jazz, Modern, Latin, African, and Hip Hop. Put steps, routines and music together. No class Oct 12.

Instructor: Alma Lafontaine

#39445 Mondays (4 - 6 years)

3:30 - 4:15 pm

Oct 5 - Nov 30

Activity Room A

\$50/8

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

#39145 Fridays

Oct 2 - Nov 20

1:00 - 2:00 pm

Lewis Activity Room A

\$40/8



Tiny TuTu's

(3½ - 5 years)

Join this introduction to dance, where you'll develop body awareness, creativity, coordination and an appreciation of music. No class November 11.

Instructor: Maggie Scolfield-Ried

#39004 Wednesdays

Sept 23 - Dec 2

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10

Hip Hoppers

(3 - 6 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. No class November 11.

Instructor: Alma Lafontaine

#39156 Mondays (4 - 6 years)

Nov 2 - Dec 14

3:30 - 4:30 pm

Lewis Activity Room A

\$50/7

#39155 Wednesdays (3 - 5 years)

Sept 23 - Nov 18

1:00 - 2:00 pm

Lewis Activity Room A

\$55/8

Creative Movement

(4 - 6 years)

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

Instructor: Jenna Flint

#39147 Thursdays

Oct 1 - Nov 19

4:15 - 5:00 pm

Lewis Activity Room A

\$50/8



Birthday Party options, see page 59



Sports

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 Oct 12 & 19.

Instructor: Breanne Hague

#39122 Mondays
 Sept 21 - Nov 23
 9:30 - 10:30 am
 Lewis Centre MP Hall
 \$57/8

Hockey Stars

(4 - 6 years)

Play games, practice stick handling, and have fun while being introduced to the basics of floor hockey. Learn how to play as a part of a team, develop coordination, and follow instruction as you build skills. No class Dec 5.

#39406 Saturdays
 Nov 7 - Dec 19
 9:15 - 10:15 am
 Lewis MP Hall
 \$30/6



Christmas Sneak Peak

Rudolph & Friends

(2 - 4 years with adult)

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

#39153 Fridays
 December 4 - 18
 10:00 - 11:30 am
 Lewis Craft Room A
 \$35/3



Soccer Stars

(3½ - 6 years)

Run, pass and play! For those children who have developed basic soccer skills and just want to play the game! No classes Oct 12, 19, 31 & Dec 5.

Instructor: Breanne Hague

#39125 Mondays
 Sept 21 - Nov 23
 10:45 - 11:45 am
#39127 Saturdays
 Oct 17 - Dec 19
 10:30 - 11:30 am
 Lewis Centre MP Hall
 \$57/8



Power Hour Playtime Fun

(1 month - 6 years)

Join the fun! There will be a little something for everyone with supervised free time in the gym.

#39407 Tuesdays
 Starting September 8
 10:30 am - 12:00 pm
 Lewis MP Hall
 \$40/13 Pre-registration
 \$4/Drop-in

Christmas Kindercrafts

(3 - 5 years)

Gather together as we celebrate the season and create special memories. Crafts, games, songs and more, are just some of the treasures that we'll pull out of our stocking, just for you.

#39154 Tuesdays & Thursdays
 December 8 - 17
 3:30 - 4:30 pm
 Lewis Craft Room A
 \$40/4

Children's Christmas Party

(9 years & under with adult)

Featuring
 Captain Thunderpants!

Saturday December 5

1:00 - 2:30 pm

Lewis Centre

FREE

with donation to
 the Food Bank



Also taking place,
**Gnarly Little
 Christmas Craft Fair**
 details on page 70

Courtenay Recreation
Early Years





Baby Gym

(1 month - 3 years with adult)
Join us for toddler-friendly novelty and challenge, as you play together on gymnastics and pre-school equipment. Discover and explore motor skills and learn the basics of movement. Then, end with circle time and a favourite song. No class Nov 11.

Instructor: Sheri Roffey & Breanne Hague

#39455 Tuesdays
Oct 6 - Dec 15
11:00 am - 12:00 pm
Lewis Centre Gym
\$85/11



#39133 Wednesdays
Oct 7 - Dec 16
9:45 - 10:45 am
Lewis Centre Gym
\$80/10
second child \$10 extra

Stepping Stones to Kindergym

(2½ - 3½ years with adult)
Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience. No class Nov 11.

Instructor: Sheri Roffey & Breanne Hague

#39134 Tuesdays
Oct 6 - Dec 15
\$75/11



#39135 Wednesdays
Oct 7 - Dec 16
9:00 - 9:45 am
Lewis Centre Gym
\$70/10

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, Breanne Hague & Lydia Neville

#391325 Tuesdays
Oct 6 - Dec 8
12:00 - 2:00 pm
Lewis Centre Gym
\$95/10

Gymnastics for 5 - 12 years
see page 67

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 Oct 10 & 31.

Instructor: Sheri Roffey & Breanne Hague

#39137 Tuesdays
Oct 6 - Dec 15
9:45 - 10:45 am
\$85/11

Wednesdays
Oct 7 - Dec 16
#39138 11:00 am - 12:00 pm

#39139 1:00 - 2:00 pm
\$80/10

#39136 Saturdays
Oct 3 - Dec 19
9:00 - 10:00 am
Lewis Centre Gym
\$80/10

Kindergym with Trampoline Advanced

(3 - 5 years)

For children who have successfully completed Kindergym with Trampoline. Pre approval is required prior to registration.

Instructor: Sheri Roffey & Breanne Hague

#39140 Wednesdays
Oct 7 - Dec 16
1:00 - 2:00 pm
Lewis Centre Gym
\$80/10

No classes on
stat holidays



Special Interest

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.

#39370 Saturday September 26

#39371 Saturday October 24

#39372 Saturday December 12

1:00 - 3:30 pm

Lewis Meeting Room

\$25

Babysitter Training - St. John Ambulance

(9 - 16 years)

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

Instructor: St John Ambulance

#39335 Saturday October 3

#39336 Saturday December 5

9:00 am - 4:30 pm

Lewis Tsolum Building

\$69

Finding your Talisman

(7 - 12 years)

Introduce your child to their emotional intelligence through the telling of stories. The main character of their stories will be aided by their talisman, which is generally an object, often bestowed upon them, that turns out to have magical qualities.

Instructor: Hazel Lennox

#39340 Thursdays

Nov 12 - Dec 10

3:30 - 5:00 pm

Lewis Salish Building

\$70/5

Kitchen Adventures

(5 - 7 years)

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

Instructor: Alycia Maskiew

#39373 Wednesdays

Sept 16 - Oct 21

3:30 - 5:00 pm

Lewis Craft Room A

\$65/6

Young Naturalist Club

(6 - 12 years)

Learn about the plants and animals of the Comox Valley. Make your own field guide about edible plants, animal tracks and signs, cycles of the river, types of clouds and a bit of how it all goes together. No class Oct 12.

Instructor: Frank Doss

#39342 Mondays

Sept 21 - Nov 2

3:45 - 5:15 pm

Tsolum Building

\$55/6

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!

#39369 Thursdays

Oct 22 - Dec 10

3:30 - 5:00 pm

Lewis Craft Room A

\$75/8

• Yo-yo & Kendama
see page 61

• Pro D page 60

Birthday Parties

• Gymnastics & Trampoline

Saturdays starting Oct 17

11:30 - 1:30 \$100

• Sports Play

Saturdays starting Oct 17

1:00 - 3:00 pm \$100

• LINC Youth Centre

-Skateboard

-Gaming

-General & more!!

see page 71 for details





Pro-D Halloween Who Dunit

(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 will keep you spell-bound. Bring your lunch.

#39459 Friday October 23
8:30 am - 4:30 pm
Lewis Centre Craft Room A
\$40

Piano Adventures

(5 - 11 years)

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

Instructor: Debbie Ross
Thursdays
Sept 17 - Dec 3

#39346 4:30 - 5:30 pm (5 - 7 years)
#39347 5:30 - 6:30 pm (8 - 11 years)
Lewis Tsolum Building
\$144/12

Family Clay Art

(4 years & over)

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

Instructor: Jenja McIntyre
Thursdays

#39360 October 15 - 29
#39361 November 12 - 26
6:00 - 7:30 pm
Lewis Craft Room B
\$70/3



Winter Family Clay

(4 years & over)

Spend a Winter's eve together making memorable clay Christmas pieces.

Instructor: Jenja McIntyre
Thursdays

#39362 December 3 - 17
6:00 - 7:30 pm
Lewis Craft Room
\$70/3



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 Nov 5.

Instructor: Jenja McIntyre

#39358 Thursdays
Oct 1 - Dec 10
4:00 - 5:30 pm
Lewis Craft Room B
\$95/10

Clay Sculpting

(6 - 10 years)

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

Instructor: Heili Garcia

#39359 Fridays
Oct 9 - Dec 4
3:30 - 5:00 pm
Lewis Craft Room B
\$90/9

Mixed Media Arts

(7 - 12 years)

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

Instructor: Jenja McIntyre

#39363 Saturdays
Nov 7 - Dec 19
9:30 - 11:00 am
Lewis Salish Building
\$87.50/7

Stained Glass Autumn

(7 - 12 years)

Make a colorful and whimsical falling leaves mobile incorporating crystals, a Mosaic Stepping Stone, and several fused glass pendants. Then a full set of Christmas ornaments beautiful for the tree or as gifts.

Instructor: Nancy Morrison

#39368 Mondays
Oct 19 - Nov 23
4:00 - 5:30 pm
Lewis Craft Room B
\$80/6



symbol is for Parent Participation Programs

Little Architects Artclass

(5 - 12 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! No class Oct 12.

Instructor: Jenja McIntyre

#39365 Tuesdays (5 - 7 years)

Oct 6 - Nov 10

3:30 - 5:00 pm

Lewis Craft Room A

\$72/6

#39364 Mondays (8 - 12 years)

Sept 21 - Nov 16

5:30 - 7:00 pm

Lewis Salish Building

\$96/8

Ocean Art

(6 - 9 years)

Create a variety of art projects inspired by the ocean. Some projects may include ocean/wave bowls in ceramics, viking ships, ocean paintings and more! Let our coastal environment inspire you. No class Oct 12.

Instructor: Jenja McIntyre

#39355 Mondays

Sept 21 - Oct 26

3:30 - 5:00 pm

Lewis Craft Room B

\$70/5

Learn to Play Yo-yo & Kendama

(9 years & over)

Grab a friend and don't miss this awesome opportunity to learn and practice the art of YoYo and Kendama in a relaxed, safe and FUN environment. Forever keeping the inner child alive for anyone willing to learn. Toys provided to new players.

Fridays starting Sept 25

5:45 - 7:15 pm

Lewis Centre

\$4/Drop-in

Lil' Monster's Kid's Art Club

(5 - 8 years)

Join the fun, in this class where you paint, draw, and sculpt your own monsters. Come use your imaginations and create your own wild characters in paintings and 3D versions to take home.

Instructor: Jenja McIntyre

#39353 Fridays

October 2 - 30

3:30 - 5:00 pm

Lewis Craft Room B

\$70/5

Drawing Animals

(8 - 12 years)

Learn to draw and paint animals. Look at domestic animals, farm animals, ocean creatures and even dinosaurs. Students will learn drawing techniques and skills in drawing proportion, texture and colour.

Instructor: Jenja McIntyre

#39356 Tuesdays

Sept 29 - Nov 17

6:00 - 7:30 pm

Lewis Salish Building

\$90/8

Painting and Art History

(8 - 12 years)

Discover a famous artist each week: Emily Carr, Klimt & Picasso. Learn about their paintings and the periods which they were made. These masterpieces will guide you in your painting projects. At the end of this class you will have tried your own 'Emily Carr' tree, Picasso cubist faces, and many more styles. No class Nov 11.

Instructor: Jenja McIntyre

#39357 Wednesdays

Oct 7 - Dec 2

6:00 - 7:30 pm

Lewis Salish Building

\$100/8

Space Art

(6 - 9 years)

Blast off into the fantastical!!!

Create art that is out of this world with art inspired by space themes using a variety of materials.

Instructor: Jenja McIntyre

#39354 Mondays

Nov 2 - Dec 7

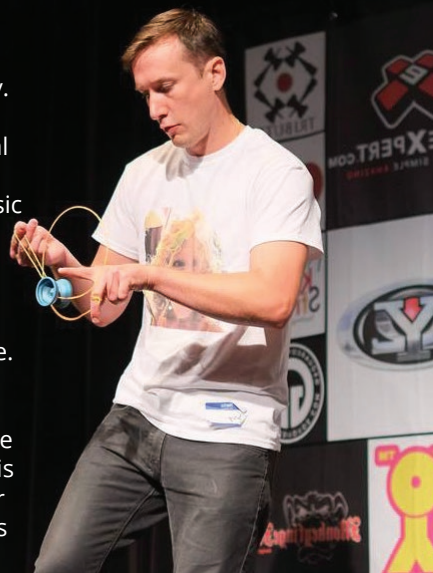
3:30 - 5:00 pm

Lewis Craft Room B

\$80/6

Jason Kirsch

Has been playing yoyo since 2010, and has demonstrated, instructed and competed in the art of yoyo play. His most notable achievement was 11th place finish at the 2015 National Return Top Competition. Enjoy the many benefits of yoyo play, from basic coordination and science knowledge to relaxation of the mind and body and boosts in creativity. Alternatives to electronics are always a healthy choice for anyone in this day and age. They fit in your pocket and you can take them anywhere with you. I look forward to sharing and growing these skills in our community. My mission is to spread passion and awareness for the skill toy culture. Open to all levels and abilities.



Halloween Parade and Party



Saturday October 31

4:00 pm Parade
down 5th Street
Meet on Duncan Ave

4:45 pm Party
at the Lewis Centre
Carnival games & prizes

Join us for our **Flash Mob**
see page 63 for details



CITY OF
COURTENAY
Recreation

courtenay.ca/rec

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



Courtenay Recreation
Children

It's Fun to Sew

(8 - 14 years)

Make and sew your very own t-shirt, boxer shorts or pyjama bottoms. You will need your own scissors that cut fabric, straight pins and tape measure. You will need to purchase your own fabric and thread.

Instructor: Jean Morgan

#39338 Tuesdays

Oct 13 - Nov 3

3:30 - 5:00 pm

Lewis Craft Room B

\$70/4

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. This class is recommended prior to taking the It's fun to sew program.

Instructor: Jean Morgan

#39337 Tuesdays

Sept 22 - Oct 6

3:30 - 5:00 pm

Lewis Craft Room B

\$50/3

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. You will also need your own fabric scissors, straight pins and tape measure.

Instructor: Jean Morgan

#39339 Tuesdays

Nov 10 - Dec 1

3:30 - 5:30 pm

Lewis Craft Room B

\$75/4

Recreation Access

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

How do I apply?

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

Sewing Instructor will call ahead of time to discuss supplies needed



Dance

Budding Ballerinas

(3 - 5 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. No class Nov 11.

Instructor: Maggie Scofield-Ried

#39005 Wednesdays

Sept 23 - Dec 2

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

Hip Hop Dance

(5½ - 13 years)

Learn the newest styles of Hip Hop. Develop the foundations of grooving, popping, locking, and the works! Then add in choreography and a whole lot of fun. No experience is required--just bring a positive attitude. No class Oct 12 or Nov 11.

Instructor: Alma Lafontaine

#39447 Mondays (5½ - 8 years)

Oct 5 - Nov 30

4:30 - 5:30 pm

Activity Room A

#39477 Wednesdays (9 - 13 years)

Sept 23 - Nov 18

4:30 - 5:30 pm

Craft Room A

\$55/8

Dance Mix

(4 - 9 years)

Try out a variety of dance styles and enjoy a fun, active fusion experience at the same time. Explore Ballet, Jazz, Modern, Latin, African, and Hip Hop. Put steps, routines and music together. No class Oct 12.

Instructor: Alma Lafontaine

#39444 Fridays (7 - 9 years)

Oct 2 - Nov 27

4:45 - 5:45 pm

Lewis Centre Craft Room A

\$60/9

#39445 Mondays (4 - 6 years)

Oct 5 - Nov 30

3:30 - 4:15 pm

Activity Room A

\$50/8

Hip Hop Intro

(6 - 12 years)

Got some attitude? Combine it with funky jazz movements, your favourite tunes and learn how to do the latest video dance routines with style. No class Oct 12.

Instructor: Alma Lafontaine

#39446 Fridays (6 - 8 years)

Oct 2 - Nov 20

3:30 - 4:30 pm

Lewis Activity Room

#39471 Mondays (9 - 12 years)

Oct 5 - Nov 30

5:45 - 6:45 pm

Tolum Building

\$55/8

Halloween Flash MOB!

(all ages)

Calling all Ghostbusters fans! From the young to the young at heart. Surprise the 5th Street trick or treaters with our 2nd annual Flash Mob. Learn the dance moves in secret, so you can take to the street in costume and break out in a choreographed dance for the audience. This year's theme is Ghostbusters!

Instructor: Kelsi Fair

Dates and times of Flash mob practices are TBA

FREE,

please pre-register



Early Years dance programs see page 56

Alma has been a dancer since a young age and has trained in Hip Hop, Jazz, Tap, Ballet and Latin Rhythms. She has taught and worked with kids and adults of all ages for over 10 years and loves sharing her passion for dance with all her students.

After several years of teaching, Alma opened her own dance studio where she was Artistic Director and Teacher and had the opportunity to meet and teach a lot of kids eager to learn the art of dance. In 2014 Alma moved to Vancouver, BC where she taught Hip Hop and Tap for a year and now she is on Vancouver Island, ready for a new adventure and excited about being part of the faculty at The Lewis Centre in Courtenay.

Alma Lafontaine





Martial Arts

Intro to Taekwondo

(5 - 9 years)

For all of our new students! This introductory class is designed to teach the basics before starting Taekwondo full time. Students learn foundation skills: kicking, blocking, punching and life skills: confidence, courtesy, perseverance. Kids over 10 please join the Junior class.

Instructor: Richard Dobbs

#39334 Fridays

Sept 18 - Nov 13

5:00 - 5:30 pm

Lewis Activity Room

\$65/9

Taekwondo Tigers

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus.

Instructor: Richard Dobbs

#39333 Tuesdays & Thursdays

Sept 22 - Dec 17

4:00 - 4:45 pm

Lewis Centre MP Hall

\$182/25

Taekwondo Juniors

(8 years & over)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus.

Instructor: Richard Dobbs

Tuesdays & Thursdays

Sept 22 - Dec 17

#39322 4:50 - 5:50 pm (lower level)

#39321 6:00 - 7:00 pm (higher level)

Lewis MP Hall

\$208/25

Ninjutsu

(7 - 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 Nov 11.

Instructor: Frank Doss

#39341 Wednesdays

Oct 7 - Dec 2

4:00 - 5:00 pm

Lewis Salish Building

\$60/8

Karate Kids

(5 - 8 years)

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

Instructor: Todd Robertson

#39349 Thursdays

Oct 1 - Dec 3

5:30 - 6:00 pm

Lewis Centre MP Hall

\$65/9

Please note: Woo Kim Taekwondo is sanctioned member of BC Taekwondo Federation. All classes are taught by a 3rd Dan Instructor.

Oh no, you had to cancel the class?

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



Beginner Kung Fu

(5 - 9 years)

Learn valuable life skills through self defence 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 Oct 12, 26, 28 or Nov 11.

Instructor: Corny Martens

#39343 Mondays & Wednesdays
Sept 9 - Dec 16
3:15 - 3:55 pm
Lewis Centre
\$155/25

Level 4 + Intermediate Kung Fu

(7 - 12 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

#39345 Mondays & Wednesdays
Sept 9 - Dec 16
4:50 - 5:55 pm
Lewis Centre
\$165/25

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. No class Oct 12, 26, 28 or Nov 11.

Instructor: Corny Martens

#39344 Mondays & Wednesdays
Sept 9 - Dec 16
3:55 - 4:55 pm
Lewis Centre
\$165/25

Junior Karate

(9 - 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) No classes Oct 12 & 19.

Instructor: Todd Robertson

#39348 Mondays & Thursdays
Sept 14 - Dec 3
6:00 - 7:20 pm
Lewis Centre MP Hall
\$129/22

Please note: Lewis Centre is having their Gym & MP Hall floors redone in Sept. This means program locations will be affected. Please look @ your receipts carefully for important information.

Check out the many **Volunteer Opportunities** available:

- Pre-school programs
- Children's programs
- Special Events
- Pro D Day
- The LINC Youth Centre



Why volunteer?

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

FMI call 250-338-5371 or drop by The Lewis Centre and fill out an application



Aerial Arts: The Basics

(10 years & over)
This class is for students new to aerial fabric. With a focus on skill & strength building you'll start close to the ground and then, gain height as your confidence and abilities increase. Eventually, you will be dancing in the air!
Info at www.7storycircus.com & find us on facebook.

Instructor: Kaya Kehl

#39476 Fridays
Oct 9 - Dec 11
3:30 - 4:30 pm
Lewis Centre Gym
\$150/10

Open Training for Circus & Aerial Artists

(10 years & up)
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 www.7storycircus.com & facebook.

Instructor: Kaya Kehl

#39268 Fridays
Oct 9 - Dec 4
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

Aerial Arts: Intermediate-Advanced

(10 years & over)
Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We will focus on skills, form, combinations, creative development, strengthening, group work & much more. Find out more about us at www.7storycircus.com & find us on facebook. No class Nov 11.

Instructor: Kaya Kehl

#39477 Wednesdays
Oct 7 - Dec 9
6:30 - 7:30 pm
\$135/9
Fridays
Oct 9 - Dec 11
#39478 4:30 - 5:30 pm
#39479 5:30 - 6:30 pm
Lewis Centre Gym
\$150/10

Community Circus 1

(6 - 12 years)
Join 7 Story Circus! Activities include: aerial silks & hoop; juggling & object manipulation; stilts & rola bola; handstands & acrobatics; partner acrobatics; improvisation & performance games. We'll finish off the session with a show for friends and family! Great for beginners, younger students, & those with less than two seasons of circus experience. Info at www.7storycircus.com & facebook. No class Oct 12.

Instructor: Kaya Kehl

#39480 Mondays
Oct 5 - Dec 7
3:30 - 5:30 pm
Lewis Centre gym
\$180/9

Community Circus 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals! (Or 10+ with Circus experience & permission by teacher). No class Oct 12.

Instructor: Kaya Kehl

#39267 Mondays
Oct 5 - Dec 7
6:00 - 8:00 pm
Lewis Centre Gym
\$180/9

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

Oh no, you had to cancel the class?

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



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, with pictorial report cards and participation certificates. New students must be evaluated for Pre Advanced and Advanced levels.

\$105/9 Sessions (Saturdays)
 \$125/11 Sessions (Tuesdays)
 \$205/Both Days
 Lewis Centre Gym

Girls & Boys Mixed

(5½ - 8 years)

#39379 Saturdays
 Oct 3 - Dec 12
 2:00 - 3:30 pm
&/or

#39378 Tuesdays
 Oct 6 - Dec 15
 3:30 - 5:00 pm

Girls Gymnastics

(8 years & over)

#39381 Saturdays
 Oct 3 - Dec 12
 12:30 - 2:00 pm
&/or

#39380 Tuesdays
 Oct 6 - Dec 15
 5:00 - 6:30 pm

Trampoline

(6 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the B.C. Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. No class Nov 11.

Instructor: Vern Nichols, Sheri Roffey & Breanne Hague

Wednesdays
 Oct 7 - Dec 16

#39386 3:30 - 4:30 pm

#39387 4:30 - 5:30 pm
 Lewis Centre Gym
 \$75/10

No classes Oct 10 & 31

Girls Pre Advanced

(7 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.

#39385 Saturdays
 Oct 3 - December 12
 2:00 pm - 3:30 pm
&/or

#39384 Tuesdays
 Oct 6 - Dec 15
 6:30 - 8:00 pm

Girls Advanced

(8 years & over)

#39383 Saturdays
 Oct 3 - Dec 12
 2:00 - 3:30 pm

#39382 Tuesdays
 Oct 6 - Dec 15
 6:30 - 8:00 pm

Early Years Programs
 See page 58

Boys Gymnastics

(8 years & over)

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

#39375 Saturdays
 Oct 3 - Dec 12
 12:30 - 2:00 pm

#39374 Tuesdays
 Oct 6 - Dec 15
 5:00 - 6:00 pm

Boys Advanced

(8 years & over)

Prerequisite for this class: Minimum Level Silver 3 or assessed ahead of time by instructor Sheri Roffey.

#39377 Saturdays
 Oct 3 - Dec 12
 2:00 - 3:30 pm
&/or

#39376 Tuesdays
 Oct 6 - Dec 15
 6:30 - 8:00 pm





Sports

Children's Beginners Archery

(7 - 12 years)

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

Fridays

#39484 Oct 23 - Nov 13

#39483 Nov 20 - Dec 11

3:30 - 4:30 pm

Lewis Centre MP Hall

\$50/4

Soccer Kids

(5 - 7 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 Nov 5.

#39129 Thursdays

Oct 1 - Nov 26

3:30 - 4:30 pm

Lewis Centre MP Hall

\$57/8

Skateboard FUNDamentals

(6 - 12 years)

Build confidence while learning the basics of skateboarding. Practice dropping into the bowl, using ramps and learning a trick or two! No class October 12.

Instructor: Jackson Daily & Jordan Savard

#39258 Mondays

Sept 14 - Nov 9

4:15 - 5:15 pm

The LINC Skatepark

\$82/9

\$92/with rental

Skateboard Essentials

(7 - 13 years)

Mastered the FUNDamentals? Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructors and help your progress. No class Oct 12.

Instructor: Jackson Daily & Jordan Savard

#39312 Mondays

Sept 14 - Nov 9

5:30 - 6:30 pm

The LINC Skatepark

\$82/9

\$92/with rental

FUNDamental Skills

(7 - 11 years)

Join this starter program designed for children with intellectual disabilities. Develop 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.

Please leave your name on our Interest List.

Skate & Scoot Sundays

(6 - 12 years)

Do you dabble in skateboarding and scootering or wish you did? Then this course new course is for you! Have fun developing in both sports as you learn new tricks in the bowl and street sections of the park. No class Oct 12.

Instructor: Jackson Daily & Jordan Savard

#39308 Sundays

Sept 13 - Nov 8

10:30 - 11:30 am

The LINC Skatepark

\$82/9

\$92/with rental

Rookie Rugby



(5 - 8 years)

Join this non-contact version of rugby. Learn the basics of rugby skills through games while also learning to move with competence and confidence. No class Oct 12.

Instructor: Comox Valley Rugby

#39367 Mondays

Sept 21 - Oct 19

4:00 - 5:00 pm

Lewis Park

\$35/4



Get Trained

Job Preparation Program

(14 - 18 years)

Want to make your own money? Landing your first job is key to making it happen! Learn the basics of cash and food handling, customer service, telephone etiquette, workplace safety, resume writing and interview skills. On the last day we will complete job tours at local businesses. Receive a reference, resume and certificate upon completion.

Instructor: Gyneil Atchison

#39317 Saturdays

Nov 7 - Dec 19

2:30 - 5:00 pm

The LINC

Multipurpose Room

\$83/7

Food Safe Level 1

(14 - 18 years)

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

Instructor: Leigh-Ellen Stoyles

#39318 Saturday October 17

9:00 am - 4:30 pm

The LINC

Multipurpose Room

\$95

Chopped

(11 - 16 years)

Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated into an appetizer, entree or dessert. You will be scored on a series of categories. Will you be the winning team? Prizes included. No class Oct 12.

Instructor: Gyneil Atchison

#39274 Mondays

Sept 14 - Oct 26

5:30 - 7:30 pm

The LINC Youth Centre

\$110/6

#HackYourResume

(14 - 18 years)

Did you know summer job postings start coming out in December!? Hack your resume now so it is ready to send off ahead of the pack! Bring your resume to this workshop and have "The Career Tutor" help you tweak your resume into a professional and concise document that you'll be proud to submit to potential employers.

Instructor: Beth Campbell-Duke

#39320 Saturday December 12

10:00 am - 2:00 pm

The LINC

Multipurpose Room

\$45



Youth Council

(9 - 18 years)

Looking for a new way to get involved in your community? Apply for The LINC's Youth Council! Develop leadership skills and the ability to plan and run events like Haunted House, Christmas Dinner, monthly activities and community projects. Join this dedicated group of youth seeking to learn, make change and give back to their community.

Thursdays

4:00 - 5:30 pm

October - June

Info meeting:

October 1 at 4:00 pm

The LINC Multipurpose Room



Check out Babysitter Training & Home Sense & Safety on page 59

7th Annual
Gnarly Little
**Christmas
Craft Fair**



**Saturday
December 5**
11:00 am - 3:00 pm
\$10 to register a table



**CITY OF
COURTENAY
Recreation**

courtenay.ca/rec
Lewis Centre 250-338-5371 | The LINC 250-334-8138 | Filberg Centre 250-338-1000

Be Creative

Craft Fair Prep

(10 - 17 years)

Create ornaments and cards to sell at The Gnarly Little Christmas Craft Fair. We supply the tools, basic supplies, and ideas on presentation you come ready to create pieces of crafty art. Table fee for craft fair is included.

Instructor: Gyneil Atchison

#39319 Mondays

Nov 2 - Nov 30

4:45 - 6:00 pm

The LINC

Multipurpose Room

\$63/5

Mixed Media

(10 - 15 years)

Photography, photo editing, graphic design, painting, collaging and more! Try out a mix of media arts and take home a variety of cool projects in this course!

Instructor: Jillian Thompson

#39275 Fridays

Sept 18 - Nov 6

4:00 - 6:00 pm

The LINC Games Room

\$120/8

New Programs

Sponsored By:

Comox Strathcona Waste Management

Instructor: Gayle Bates, CSWM Contract Waste Reduction Educator

Upcycled Expression

(11 - 18 years)

Let's get creative and upcycle! Transform unwanted products and waste materials into new, useful products or - ART! Create a variety of cool projects including wall art using musical media, bike tube projects, and mixed media masks. This course will get you thinking about repurposing items into art and reducing your carbon footprint!

#39311 Mondays

Sept 14 - Oct 5

4:00 - 5:30 pm

The LINC

Multipurpose Room

\$20/4

New!

Green Gift Giving

(10 - 18 years)

Strapped for cash this holiday season? In these idea and craft packed afternoons you will learn creative ways to give gifts that don't break the bank and you will make and take home projects for your friends and family for the holidays.

#39313 Mondays

December 7 - 14

4:00 - 5:30 pm

The LINC

Multipurpose Room

\$12/2

New!

Music Appreciation

(9 - 14 years)

Do you know the origins of your favourite band? We will examine the history of today's music as we trace your favourite band's origins back to the early 1900s and the styles that most influence today's hits: jazz, rock and roll, disco, punk and more! All participants will leave with a family tree of their favourite band.

Instructor: Katrina Cain

#39277 Tuesday & Thursday

October 6 & 8

4:00 - 6:00 pm

The LINC

Multipurpose Room

\$40/2

#39278 Tuesdays

October 13 - 20

4:00 - 6:00 pm

The LINC

Multipurpose Room

\$40/2

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, Hawaiian luau, gaming, general, or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants. No Birthdays Oct 10, 11, Dec 5 or 13.

Saturday Starting Sept 5

or

Sundays starting Sept 6

12:00 - 2:00 pm

\$110

\$150 (incl. 3 large pizzas)

The LINC

Multimedia for Songwriters & Musicians

(14 - 18 years)

Festival directors, event programmers and venue managers all want to see and hear you online before they decide to have you appear at their event. Find out from a professional performer and festival programmer how to put together online content that will get you on stage at events. Record a song, make a video and create an online presence that works so you can start getting paid!

Instructor: Bobby Herron

#39276 Mondays

Nov 2 - Dec 7

7:00 - 8:30 pm

The LINC

Multipurpose Room

\$55/6



THE LINC HAUNTED HOUSE

Tuesday - Friday, October 27 - 30
6:00 - 8:00 pm
Saturday, October 31
5:00 - 7:00 pm (half the fright night)
\$2 per person or \$5/family

ENTER IF YOU DARE!!

 CITY OF COURTENAY Recreation
courtenay.ca/rec
Lewis Centre 250-338-5371 | The LINC 250-334-8138 | Filberg Centre 250-338-1000

 100 COURTENAY 1915-2015

HARVEST DANCE

(8 - 12 years)

DJs, Games & Prizes

September 22, 2015

Doors open at 3:00 pm

Dance 4:00 - 7:00 pm

Tickets available at The LINC or Lewis Centre

\$5 in advance or \$6 at the door

Featuring Drop the Needle Entertainment

* ticket mandatory for all drop-ins



Tween Pro-D Day

(8 - 12 years)

Have fun hanging out at The LINC and skatepark all day! Create your own pizza for lunch and stay busy with active games, messy fun and creative projects!

Instructor: Jack Daley

#39306 Friday October 23

9:00 am - 4:00 pm

The LINC Games Room

\$38

Adult's Only Skateboard Night

(18 years & over)

Dust off your skateboard and come out for '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.

Mondays

Oct 26 - Dec 14

7:00 - 9:00 pm

The LINC Skatepark

\$40/11 punch card

\$4/Drop-in

Hula Hoopla

(10 - 14 years)

Have fun learning the art of hula hooping! Did you know there are 101 ways to use a hula hoop? We will explore them all - from circus-style hoop tricks to hoop-dance, games and core-body strength circuits. Hula hoops provided.

Instructor: Tracey Clarke

#39314 Tuesdays

Sept 15 - Oct 20

4:15 - 5:15 pm

Lewis Craft Room A

\$42/6

Get Active

Skate & Scoot Sundays

(6 - 12 years)

Do you dabble in skateboarding and scootering or wish you did? Then this new course is for you! Have fun developing in both sports as you learn new tricks in the bowl and street sections of the park. No class Oct 11.

Instructor: Jack Daley & Jordan Savard

#39308 Sundays

Sept 13 - Nov 8

10:30 - 11:30 am

The LINC Skatepark

\$82/8

\$92/with rental

Skateboard FUNdamentals

(6 - 12 years)

Build confidence while learning the basics of skateboarding. Practice dropping into the bowl, using ramps and learning a trick or two! No class Oct 12.

Instructor: Jack Daley & Jordan Savard

#39258 Mondays

Sept 14 - Nov 9

4:15 - 5:15 pm

The LINC Skatepark

\$82/8

\$92/with rental

Skateboard Essentials

(7 - 13 years)

Mastered the FUNdamentals? Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructors and help your progress. No class Oct 12.

Instructor: Jack Daley & Jordan Savard

#39312 Mondays

Sept 14 - Nov 9

5:30 - 6:30 pm

The LINC Skatepark

\$82/8

\$92/with rental

**Did you know . . .
If you are 16 or over,
you can register for
almost all adult
programs?
Check them out!**



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
- ping pong
- air hockey
- foosball
- XBox
- PS2
- Wii
- Super Nintendo
- Nintendo
- concession
- kitchen
- big screen TV
- basketball court
- outtrips
- special events
- private rentals

FALL HOURS

- Mondays** 7 - 9 pm
(Adult Skate Night-starts Oct.26)
- Tuesdays** 3 - 7 pm
(Tween night 8 - 11 years)
- Wednesdays** 3 - 8 pm
(Jr Youth Night 11 - 14 years)
- Thursdays** 3 - 8 pm
- Fridays** 3 - 11 pm
- Saturdays** 3 - 11 pm
- Sundays** 5 - 7 pm
(Family Drop-in 3 - 5 pm)

FEES

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

Gaming Night

(11 - 18 years)
Join us Saturdays and enter the world of gaming! Games may include D & D, Magic, board games, card games and more!
Saturdays starting
November 7
6:00 - 8:00 pm
\$2.50/Drop-in
The LINC
Multipurpose Room

Super Hooper Crafty PLC Party

(8 - 12 years)
Looking for something to do on a PLC day? Come down to The LINC and create your own personalized Hula Hoop! After, we'll test them out learning tricks and playing games. All materials provided.
Instructor: Tracey Clarke
#39315 Wednesday October 7
#39316 Wednesday November 18
1:45 - 3:45 pm
The LINC
\$34

**ask us about dropping in early*

Ghoul School

(8 - 18 years)
Plan, design and star in The LINC's Annual Haunted House. Be prepared to have fun, learn and create one of the scariest haunted houses in the Comox Valley!
#39310 Wednesdays
Sept 16 - Oct 26,
October 27 - 31
4 - 5:15 pm (set design group)
&/or 5:45 - 7:00 pm (acting group)
FREE
Info meeting Sept 16 4pm
The LINC
Multipurpose Room





Special Interest

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

#39260 Saturday October 17
10:00 am - 4:00 pm
Filberg Centre
\$45

Family Caregiver Education (Dementia and Alzheimers)

This workshop is for family members who are caring for a person with dementia. Information includes: Understanding Alzheimer's disease and related dementias, effective and creative ways of facilitating communication with a person with dementia, problem solving for responsive behaviours & self care for the caregiver.

Instructor: The Alzheimer Society

#37278 Saturday October 3
10:00 am - 3:30 pm
Filberg Centre
Free, please call to reserve your space

Introduction to Numerology

Numerology is the study of the vibrational significance of the numbers found in your name and birth date. Using numerology, you can discover your strengths and weaknesses, deep inner needs, emotional reactions, talents and the way you deal with others. You can also determine the types of stress or the access to energy that currently exists in your life and give you tools to make important decisions.

Instructor: Kara Foreman

#39261 Saturday November 7
10:00 am - 3:00 pm
Filberg Centre
\$40

Meditation for the Western Mind

Come learn this innovative system of guided, focused thought. You'll experience enhanced mental clarity and deep relaxation at the same time. If you have tried meditation and struggled, come and learn this innovative system of guided, focused thought.

Instructor: Kara Foreman

#39259 Saturday September 19
10:00 am - 3:00 pm
Filberg Centre
\$40

Writing your Memoirs

In this one day 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

#39262 Saturday November 28
10:00 am - 3:00 pm
Filberg Centre
\$45

Your Go Team

This class provides a weekly accountability framework for people who want to move steadily closer to their goals and dreams. The group meetings and weekly exercises help maintain focus and motivation while supporting each person's intention for change.

Instructor: Ann Marie Lisch

#39186 Thursdays
Sept 10 - Oct 29
9:15 - 10:30 am
Filberg Centre
\$50/8



Creative Pursuits

Drawing & Painting People Made Easy

Join our accomplished instructor as you learn her simple approach to painting your subject. You will discover how to draw, and then paint the figure, capturing the model in the right position, with proportions correct. Colour and tone will be explored to achieve depth and likeness.

Instructor: Teresa Knight

#39202 Wednesdays
Sept 16 - Nov 4
6:30 - 8:30 pm
Lewis Craft Room A
\$110/8

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

Instructor: Teresa Knight

#39200 Tuesdays
Sept 22 - Nov 10
7:00 - 9:00 pm
Lewis Tsolum Building
\$110/8

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. No class Oct 12.

Instructor: Jenja McIntyre

#39327 Mondays
Sept 21 - Nov 16
7:00 - 9:00 pm
Lewis Craft Room B
\$100/8

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. No class Oct 12.

Instructor: Bill Kerr

#39018 Mondays
Oct 5 - Nov 30
6:30 - 9:00 pm
Lewis Craft Room A
\$112.50/8

Painting from your Passion

Loosen up, free your inner artist and get ready for self expression! Teresa will show you how to paint with passion, express yourself through colour and form and use paint to communicate. Lots of learning, lots of painting, & lots of fun! No class Oct 12.

Instructor: Teresa Knight

#39201 Mondays
Sept 21 - Nov 16
6:30 - 8:30 pm
Filberg Centre
\$110/8

Putting Everything in Perspective

Using illustrators' techniques you will learn to make faultless drawings of buildings, vehicles, even boats. The perspective grid was universal until computer drawing programs took over. In this workshop you will be led through the creation of a proper perspective grid. Along the way you will discover why dimensions shrink in the distance, why circles become ovoid and you will learn to quantify the dimensional changes. We will address and gain an understanding of the actual optics or what our eyes do to create distance and

Instructor: Bill Kerr

#39228 Saturday & Sunday
November 7 & 8
9:30 am - 3:30 pm
Filberg Centre
\$85/2



Please check your receipts carefully for important program information!



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

#39443 Thursdays
 Sept 17 - Oct 8
 1:00 - 2:30 pm
 Lewis Craft Room B
 \$45/4

Stained Glass 101

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

Instructor: Nancy Morrison

#39244 Tuesdays
 Sept 29 - Nov 17
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$120/8

Fused Glass Christmas Tree Ornaments

Create fused glass Christmas Tree Ornaments using simple cutting and gluing techniques and simple but elegant patterns. Create up to 20 beautiful tree ornaments. Please bring instructor \$40 for materials first class. No class Nov 11.

Instructor: Nancy Morrison

#39245 Wednesdays
 Oct 28 - Nov 25
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$60/4

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

#39243 Tuesday September 22
 6:30 - 9:30 pm
 Lewis Craft Room B
 \$25

Exploring Aromatherapy

Join us and experience the wonderful world of Aromatherapy. Topics include Safety, Recipes, Applications, Essential Oil Profiles, History, 1st Aid, and Blending for the Physical, Emotional and Spiritual Body. We will create some take home custom blends and more. All materials provided, please bring \$40 to first class for instructor. No class Nov 11.

Instructor: Deanna Papineau, Certified Clinical Aromatherapist

#39481 Wednesdays
 Sept 9 - Oct 14
#39482 Wednesdays
 Oct 21 - Dec 2
 1:15 - 3:15 pm
 Filberg Centre
 \$75/6

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

#39326 Thursdays
 Sept 10 - Oct 29
 8:00 - 9:30 pm
 Lewis Craft Room B
 \$100/8

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

#39246 Wednesdays
 December 2 - 16
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$45/3



Beginners African Drumming

This class explores the basics of hand drumming, using djembe and bass drums. Emphasis will be on technique and developing confidence playing in a supportive group setting. Traditional rhythms will be taught, as well as improvisational grooves. This class is intended for those with little to no experience. No class Nov 11.

Instructor: Monica Hofer
Wednesdays

#39209 Sept 9 - Oct 14

#39210 Oct 21 - Dec 2
5:30 - 6:30 pm
Native Sons Hall
\$86/6

Intermediate African Drumming

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove'! New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. No class Oct 12.

Instructor: Monica Hofer
Mondays

#39204 Sept 14 - Oct 26

#39211 Nov 2 - Dec 7
11:45 am - 12:45 pm
Native Sons Hall
\$86/6

Halloween Flash MOB!

(all ages)

Calling all Ghostbusters fans!

From the young to the young at heart. Surprise the 5th Street trick or treaters with our 2nd annual Flash Mob. Learn the dance moves in secret, so you can take to the street in costume and break out in a choreographed special treat for the audience. This year's theme is Ghostbusters!

Instructor: Kelsi Fair

Dates and times of Flash mob practices are TBA

FREE, please pre-register

DrumsAlive! Choreo

This Drums Alive class is intended for those who are already familiar with the fun of getting fit while dancing and pounding on fitness balls. If you have a class or two under your belt, and are interested in focusing on more challenging choreography and faster move changes, with the same aerobic and brain benefits, this is the class for you! No class Nov 11.

Instructor: Monica Hofer

#39203 Wednesdays
Sept 16 - Dec 2
7:00 - 8:00 pm
Native Sons Hall
\$77/11

DrumsAlive! Cardio

Drums Alive is the newest fitness sensation to hit Courtenay. It is the most fun you will have getting fit. Participants dance to energetic rhythms and get aerobic exercise while pounding on fitness balls - great for left-right brain integration! Open to adults of all ages and fitness levels.

Instructor: Monica Hofer

#39226 Thursdays
Sept 17 - Dec 3
10:30 - 11:30 am
Native Sons Hall
\$84/12

For more information on DrumsAlive check out the facebook page DrumsAlive Comox Valley.

Rhythm Ensemble

Rhythm enthusiasts will want to check out this new class. We will be creating a rhythm ensemble with drums, hand held and found rhythm instruments, garbage pails and buckets...you name it, we'll use it! If you feel inspired to be part of a group that is not only having fun rhythmically, but also up for the challenge of creating performance-worthy ensemble pieces, this class is for you! No class November 2.

Instructor: Monica Hofer

#39227 Mondays
Oct 19 - Nov 30
2:30 - 3:30 pm
Native Sons Hall
\$65/6

Swing Dancing

Requires no experience. You will learn all the foundation steps for this dance as well as the principles of 'connection', leading and following.

Instructor: Oliver Winslow

#39323 Sundays
Sept 13 - Nov 1
5:00 - 8:00 pm
Lewis Activity Room
\$5/Drop-in





Dance & Movement

Plus Size Dance

Multiple dance styles will be explored in this eclectic and energizing class. Whether you are new to dance or more experienced, there is something here for everyone in this mirror free class.

Instructor: Jenna Flint

#39225 Fridays
 Sept 11 - Dec 11
 12:00 - 1:00 pm
 Lewis Activity Room B
 \$70/14

Contemporary Dance - Beginner

Introduction to Contemporary/Modern Dance, no previous dance experience necessary. Learn basic technique and explore free flowing movement to encourage circulation and muscle toning. Come and share in great music, a friendly atmosphere, and of course, fun. Drop-ins welcome. No class Oct 12.

Instructor: Melinda Tymm

#39408 Mondays
 Sept 14 - Nov 23
 5:30 - 7:00 pm
 Lewis Activity Room
 \$100/10

Dancing Freedom

Dancing Freedom is a guided free form dance practice that gets you out of your head and into your body, releasing tension and awakening your body's natural wisdom, freedom and joy. Move at your own pace, let go of self-consciousness and come alive dancing! Open to adults of all ages and fitness levels. You don't have to be a bendy "dancer". If your heart beats, you can dance!

Instructor: Helen Pattinson
 Tuesdays

#39181 Sept 29 - Dec 1
 6:30 - 8:15 pm
 Filberg Centre
 \$140/10

Contemporary Dance - Intermediate

Contemporary/Modern Dance for individuals with some previous dance training. Class will cover technique, strengthening and traveling movement. During the 10 classes, we will work toward a choreography, with the potential for a performance, based on class interest.

Instructor: Melinda Tymm

#39409 Thursdays
 Sept 17 - Nov 19
 6:30 - 8:00 pm
 Lewis Activity Room
 \$100/10

Wild Peace: Dancing Freedom & Meditation

Join us for this one-day workshop as we awaken to our natural state of wild peace through guided Dance and Meditation practices. Experience the seeming opposite yet complimentary practices of "movement" and "stillness". Learn practices to invite greater peace and aliveness into your life. Everyone welcome, no experience necessary.

Instructor: Helen Pattinson & Don McGinnis

#39184 Sunday October 25
 10:00 am - 4:00 pm
 Lewis Activity Room
 \$60

Zumba

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

Instructor: Lyla Pettis & Jessica Whitman

#39111 Tuesdays
 Sept 15 - Dec 1
 9:00 - 10:00 am
 Lewis Activity Room
 \$66/12

Zumba Party!

Tired of spending your Friday nights at home on the couch? Join our energetic instructor and party to a different theme every week. Check Facebook for upcoming themes.

#39474 Fridays
 Sept 25 - Oct 23
#39475 Fridays
 Oct 30 - Nov 27
 8:00 - 9:00 pm
 Lewis Centre
 \$35/5
 \$10/Drop-in



Nia

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

No class Oct 12.

Instructor: Ann Marie Lisch
Mondays

#39162 Sept 14 - Oct 26
\$45/6

#39163 Nov 2 - Dec 14
5:30 - 6:45 pm
Filberg Centre
\$50/7

Community Circus 2

Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; hand-stands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals! (Or 10+ with Circus experience & permission by teacher). No class Oct 12.

Instructor: Kaya Kehl

#39267 Mondays
Oct 5 - Dec 7
6:00 - 8:00 pm
Lewis Centre Gym
\$180/9

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.

Instructor: Kaya Kehl

#39268 Fridays
Oct 9 - Dec 4
7:45 - 8:45 pm
Lewis Centre Gym
\$10/Drop-in

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

#39270 Thursdays
Sept 10 - Nov 26
7:15 - 8:15 pm
Lewis Meeting Room
\$90/12

#39271 Saturdays
Sept 12 - Dec 12
10:00 - 11:00 am
Lewis Meeting Room
\$105/14

Adult Gymnastics

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

Instructor: Breanne Hague & Sheri Roffey

#39269 Tuesdays
Oct 6 - Nov 24
8:00 - 9:00 pm
Lewis Centre Gym
\$64/8

Learn more about Circus at www.7storycircus.com & Facebook. All circus programs have a separate \$21 once/year membership fee.

Adult Aerial Arts

Explore the exciting world of aerial fabric and aerial hoop. Focus on skill and strength building, starting close to the ground and gaining height as your confidence and abilities increase. Meet others who love it too! This class is for beginner - advanced aerialists. No class Nov 11.

Instructor: Kaya Kehl

#39266 Wednesdays
Oct 7 - Dec 9
7:30 - 8:30 pm
\$135/9
Thursdays

#39265 Oct 8 - Nov 5

#39486 Nov 12 - Dec 10
9:30 - 11:00 am
\$112.50/5

#39264 Fridays
Oct 9 - Dec 11
6:45 - 7:45 pm
Lewis Centre Gym
\$150/10





Movement & Music

Hula Hoop Skills Private Lessons

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

\$35/1 session

\$100/3 sessions

Call for more information

Introspective Movement

A gentle structured warm up followed by guided exercises in creative movement & interpretive dance.

Instructor: Jenna Flint

#39456 Thursdays

Sept 10 - Nov 26

6:00 - 7:00 pm

Native Sons Hall

\$60/12

Piano Lessons

Have you always wanted to play the piano? Music makes your brain work better! Explore the world of music using a wide range of musical styles. Beginners only please. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross

#39330 Thursdays

Sept 17 - Dec 3

7:00 - 8:00 pm

Lewis Tsolum Building

\$192/12

Beginner Blues Guitar

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turn-arounds, blues scales and simple blues licks (phrases).

Instructor: Larry Ayre

#39240 Thursday

Oct 8 - Nov 12

6:15 - 7:15 pm

Filberg Rotary Hall

\$75/6

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.

Instructor: Larry Ayre

#39237 Thursdays

Oct 8 - Nov 12

7:30 - 8:30 pm

Filberg Rotary Hall

\$75/6

Qigong

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

Instructor: Corny Martens

#39263 Tuesdays

Sept 8 - Dec 15

3:00 - 3:45 pm

Native Sons Hall

\$125/15



Cheese Making

Mozzarella

Learn to make your own hand stretched mozzarella cheese! This class is a demonstration, taste, touch and feel class and will show you how to make your own hand stretched mozzarella cheese with unique serving ideas. The class will give you a good basic understanding of the process of making cheese, instructions and ingredients to make your own at home.

Instructor: Paula Maddison
#39047 Saturday September 12
10:00 am - 12:00 pm
Filberg Centre
\$95

Sour Cream, Cream Cheese & Boursin!

Learn how to make your own sour cream, cream cheese and boursin cheese! This is a demonstration, taste, touch and feel class with students learning the process of the art of making cheese. Class includes instructions and ingredients/cultures to make your own at home. Delicious cheese made in class is enjoyed by students.

Instructor: Paula Maddison
#39048 Saturday September 12
1:00 - 3:00 pm
Filberg Centre
\$95

Feta Cheese

Learn how to make your own Feta cheese! This class is a demonstration, taste, touch and feel class and will show you how to make your own Feta cheese with unique serving ideas. The class will give you a good basic understanding of the process of making cheese, instructions and ingredients to make your own at home.

Instructor: Paula Maddison
#39049 Friday October 2
6:00 - 8:00 pm
Filberg Centre
\$95

Brie

Learn to make your own Brie cheese! This class is a demonstration, taste, touch and feel class and will show you how to make your own Brie cheese with unique serving ideas. The class will give you a good basic understanding of the process of making cheese, instructions and ingredients to make your own at home.

Instructor: Paula Maddison
#39050 Saturday November 14
1:00 - 3:00 pm
Filberg Centre
\$95

Formage Blanc

Learn how to make your own cheese! Fromage Blanc is the French version of cream cheese but much more delicious! This is a perfect blanc canvas for all of your daily culinary needs from dips and spreads to cream sauce bases! This is a hands on class that will explore the many uses for Fromage Blanc including Boursin cheese! Bring your appetite!

Instructor: Paula Maddison
#39051 Saturday November 14
10:00 am - 12:00 pm
Filberg Centre
\$95





Yoga

Good Morning Yoga

Try this morning yoga practice instead of having a cup of coffee to wake up your body and mind. It also helps setting the tone for a calm and peaceful day! No class Oct 12.

Instructor: Akiko Shima

#39192 Fridays
 Sept 11 - Dec 18
 9:15 - 10:45 am
 Lewis Meeting Room
 \$180/15

#39188 Mondays
 Sept 14 - Dec 14
 9:15 - 10:45 am
 Filberg Conference Hall
 \$160/13

Prenatal Yoga

This yoga practice helps you adjust, strengthen and relax your body. It's a great way to develop connection to your body while preparing for childbirth. Come and meet other expectant moms. All levels are welcome. No class Nov 11.

Instructor: Akiko Shima

#39191 Wednesdays
 Sept 9 - Dec 16
 6:30 - 7:45 pm
 Native Sons Hall
 \$140/14

Restorative Yoga

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

Instructor: Akiko Shima

#39193 Fridays
 Sept 11 - Dec 18
 11:00 am - 12:15 pm
 Lewis Meeting Room
 \$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. No class Nov 11.

Instructor: Akiko Shima

#39189 Wednesdays
 Sept 16 - Dec 16
 9:30 - 10:30 am
 Lewis MP Hall
 \$117/13

Hatha Level 1

This class will introduce you to the basics of yoga postures and breathing practices and is paced to allow you to explore postures at your own comfort and safety level while leaving you refreshed and more flexible. No class Oct 12.

Instructor: Catherine Reid

#39160 Mondays
 Sept 14 - Dec 14
 6:00 - 7:00 pm
 Lewis Meeting Room
 \$117/13

Hatha Level 2

This class for experienced students is a chance to take your practice to the next level. If you are practicing and/or taking classes regularly, are in good shape and ready to work more deeply with the postures this class is for you. No class Oct 12.

Instructor: Catherine Reid

#39161 Mondays
 Sept 14 - Dec 14
 7:15 - 8:45 pm
 Lewis Meeting Room
 \$156/13

Iyengar Yoga

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

Instructor: Traci Skuce

Thursdays
 Sept 10 - Dec 10
#39194 8:30 - 10:00 am
 \$168/14
#39195 10:15 - 11:30 am
 \$140/14
 Filberg Centre



Gentle Yoga

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice. No class Oct 12 or Nov 11.

Instructor: Akiko Shima

#39187 Mondays
 Sept 14 - Dec 14
 11:00 am - 12:15 pm
 Native Sons Hall
 \$130/13

#39190 Wednesdays
 Sept 16 - Dec 16
 11:00 am - 12:15 pm
 Lewis MP Hall
 \$130/13

Gentle Flow Yoga

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

Instructor: Helen Pattinson

#39183 Thursdays
 Oct 1 - Dec 3
 5:30 - 7:00 pm
 Lewis Meeting Room
 \$120/10

Real Yoga for Real Men

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

Instructor: Catherine Reid

#39212 Tuesdays
 Sept 8 - Dec 15
 5:15 - 6:15 pm
 Lewis Tsolum Building
 \$130/15

Yin Yoga

This yoga practice is the perfect complement to your more active, or yang, yoga practice as well as athletic disciplines such as running, skiing, bicycling and all team sports, and is suitable for students of all levels of experience. Experience the balance of flexibility and relaxation... this practice will instill a feeling of groundedness, and leave you feeling mellow, loose and very deeply relaxed.

Instructor: Wendy Davies

#39351 Tuesdays
 Sept 22 - Nov 24
 5:30 - 6:45 pm
 Lewis Meeting Room
 \$100/10

Laughter Wellness Yoga

Need to lighten up in life?! Laughter Wellness is a series of playful, interactive exercises designed to stimulate laughter. It provides an opportunity for adults to be playful in a nonjudgmental environment and to learn to laugh at life's stresses. Laughter Wellness teaches us how to connect with our inner spirit of joy, allowing us to laugh anywhere, anytime, and for no reason at all. A willingness to laugh is all that's needed! Check out www.invokelaughter.com for more info.

Instructor: Joanne McKechnie

#39413 Thursdays
 Sept 24 - Nov 26
 7:15 - 8:15 pm
 Native Sons Hall
 \$100/10

Yin Yoga

Recharge your batteries from the inside out! Yin Yoga is a quiet, meditative and slow moving practice. It uses long held, (sometimes prop supported) passive poses to release connective tissue and deeply held parts of the body and mind. This class includes mostly 'low to the ground poses' (seated, lying on back or belly). No class Oct 12 or Nov 11.

Instructor: Helen Pattinson

#39165 Mondays
 Sept 28 - Nov 30
 9:00 - 10:30 am
 Native Sons Hall
 \$108/9

#39457 Wednesdays
 Sept 30 - Dec 2
 12:30 - 2:00 pm
 Lewis Meeting Room
 \$120/9





Karate

(14 years & over)

Karate is a great way to improve overall health and fitness at any age through physical conditioning and self defense techniques. Safe and encouraging practice of blocks, kicks, punches and evasive moves will develop confidence, improve concentration and relieve stress! Courtenay Karate teaches traditional shitoryu karate with NCCP certified instruction and expertise sanctioned by Karate Canada and Karate BC (an annual fee will be collected in class). No class Oct 12 & 19.

Instructor: Brenda Bombini

#39157 Mondays & Thursdays

Sept 10 - Dec 3

7:30 - 9:30 pm

Lewis Centre MP Hall

\$125/23

Sports

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 games Oct 12, 19 & Nov 11.

#39325 Wednesdays

Sept 16 - Dec 16

7:30 - 9:30 pm

Queneesh Elementary School Gym

\$60/13

#39324 Mondays

Oct 26 - Dec 21

8:00 - 10:00 pm

Lewis Centre Gym

\$40.50/9

Basketball

Haven't played in a while? Want to keep your game up! Join us and expect competitive games and good sportsmanship! Be safe and register for the entire program to ensure that you can stay and play!

Instructors: Iris Churchill

#39452 Tuesday

Oct 20 - Nov 24

8:15 - 10:00 pm

Lewis MP Hall

\$25/6

Floor Hockey

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

Instructor: Tim Chaison

#39158 Thursdays

Oct 8 - Dec 10

8:00 - 9:30 pm

Lewis Centre Gym

\$45/10

Adult's 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 cancelled if numbers are low. Helmets are mandatory and available to borrow. Skateboard rentals \$4.

#39309 Mondays

Oct 26 - Dec 14

7:00 - 9:00 pm

The LINC Skatepark

\$40/11 punches

\$4 drop-in

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 Oct 12, 26, 28 & Nov 11

Instructor: Corny Martens

#39458 Mondays & Wednesdays

Sept 9 - Dec 16

8:00 - 10:00 pm

\$270/25



CV Kayaks & Canoes

Basic Kayak Part 1 / Rescue Skills

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

#39217 Wednesday September 16

#39218 Monday October 12

7:45 - 9:30 pm

\$58

24 hour cancellation notice is required. If less than 24 hour notice is given, we cannot guarantee a refund.

Basic Kayak Part 2 / Paddling Skills

This course can stand alone or act as the second step toward the Paddle Canada Introduction to Sea Kayaking certification. Emphasis is placed on getting out on the water and learning the basic strokes. Prerequisite: Part 1 (Rescue skills)

#39219 Saturday September 19

#39220 Saturday October 10

10:00 am - 1:00 pm

\$58

Basic Kayak Part 3 / Progressive Paddling Skills

Emphasis continues to be placed on developing an efficient forward stroke, more maneuvering strokes and an introduction to edging and bracing.

#39221 Saturday September 19

#39222 Saturday October 10

2:00 - 5:00 pm

\$58

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. Our Paddle Canada certified instructors look forward to getting out on the water with you this summer!

#39223 Saturday September 26

11:00 am - 1:00 pm

\$40

Important to Know!

Weather

For safety reasons, our water-based programs are dependant on good weather. If the instructor judges conditions to be unsafe, the program will be cancelled. An alternate date/make-up class will be scheduled whenever possible.

If you're unsure about whether or not your class will run, please call CV Kayaks at 250-334-2628, an hour before your class is scheduled to start. Fee includes kayak rental & wetsuit if needed.

What to Bring

Swimming suit

Towel

Wet suit (CV Kayaks can provide one if you need it)

Thermos with hot drink

Goggles

Nose Plugs



Fall Fitness at a Glance

See following pages for class descriptions

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Simply Strength Level 2 Native Sons Hall		9:00 am Simply Strength Level 2 Native Sons Hall	★ 9:00 am Stretch/Strength Native Sons Hall	9:00 am Cardio & Strength Native Sons Hall
★ 9:00 am Stretch/Strength Filberg Centre	9:00 am 55+ TRX & Resistance Training (Level 1) Lewis Centre	9:00 am TRX & Resistance Training (Level 2) Lewis Centre	9:00 am 55+ TRX & Resistance Training (Level 1) Lewis Centre	
9:00 am 55+ TRX & Resistance Training (Level 2) Lewis Centre	★ 9:15 am Chair Fit Filberg Centre		10:00 am Yoga for Joint Health Lewis Centre	★ 9:15 am Chair Fit Filberg Centre
10:15 am 55+ Gentle Yoga Filberg Centre		10:15 am Simply Strength Level 1 Native Sons Hall	10:15 am 55+ Gentle Yoga Filberg Centre	10:00 am 55+ Hatha Yoga Native Sons Hall
10:15 am Simply Strength Level 1 Native Sons Hall	10:30 am 55+ Strength Training Lewis Centre	10:30 am 55+ Strength Training Lewis Centre	10:30 am 55+ Strength Training Lewis Centre	10:00 am 55+ Strength Training Lewis Centre
10:30 am 55+ Strength Training Lewis Centre				
1:30 pm 55+ Strength Training Lewis Centre	1:45 pm 55+ Circuit Fit Lewis Centre	1:30 pm 55+ Strength Training Lewis Centre	1:45 pm 55+ Circuit Fit Lewis Centre	2:00 pm 55+ Hatha Yoga Native Sons Hall
2:00 pm 55+ Hatha Yoga Filberg Centre	3:00 pm 55+ Beginner Strength Training Lewis Centre		3:00 pm 55+ Beginner Strength Training Lewis Centre	

② classes run 2 days per week

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

Fitness Fees	★ Drop-in	11 Punch
Evergreen Senior Member	\$4.50	\$45
Non-Member	\$6.00	\$60

How to pay:

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

Personal Training

Private

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

Semi Private (2 people)

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

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



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 weightroom guiding you through your fitness journey and offering support.

Instructor: Juan Blancas

#36955 Tuesdays & Thursdays

Sept 8 - Dec 17

10:30 - 11:30 am

\$165/30

Mondays & Wednesdays

Sept 9 - Dec 16

#36953 10:30 - 11:30 am

#36954 1:30 - 2:30 pm

\$148/27

#36956 Fridays

Sept 11 - Dec 18

10:00 - 11:00 am

\$85/15

Lewis Wellness Centre

Dance For Health!

Chi-gong, stretching, breathing and a series of isolated movements called the 'Brain Dance' which balances the mind and spirits. Guided creative dance with silk scarves and joyful partnered activities. Come with an open mind; no experience needed. Can be done seated if required. Men and women welcome.

Instructor: Jade de Trey

#39453 Thursdays

Sept 24 - Nov 19

11:00 am - 12:00 pm

Lewis Centre

\$100/

Fall Proof Balance & Mobility Training

This class will improve balance, strength, walking ability, and confidence. Track your progress with pre and post balance assessments. The exercises are matched to your abilities and are done sitting, standing and walking. Participants must be able to walk a city block without stopping, and without the use of a walker or cane. A doctor referral is required.

Instructor: Kim Hamilton

Mondays & Thursdays

#39075 Sept 14 - Oct 19

\$100/10

#39110 Oct 26 - Dec 3

\$109/12

1:00 - 2:00 pm

Native Sons Hall

Cardio & Strength

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

Instructor: Joyce Leong

#39130 Fridays

Sept 11 - Dec 4

9:00 - 10:00 am

Native Sons Hall

\$85/13

55+ Circuit Fit

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

Instructor: Cathy Riopelle

#39116 Tuesday, Thursday

Sept 8 - Dec 17

1:45 - 2:45 pm

Lewis Activity Room

\$165/30

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 October 19.

Instructor: Janice Bradford

#39131 Mondays & Thursdays

Sept 10 - Dec 14

9:00 - 10:00 am

Native Sons Hall

\$155/26

Current Evergreen members receive a 25% discount on published Older Adult fees!



Courtenay Recreation
Older Adult

Wellness



Chair Fit

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. No class September 25 or November 13.

Instructor: Janet Gravouelle & Wendy Matte

#39044 Tuesdays & Fridays
 Sept 8 - Dec 11
 9:15 - 10:15 am
 Filberg Rotary Hall
 \$155/26

Chair Fit Level 2

If you can walk unaided or with a very light aid, such as a cane on occasions, then this class may be for you. This Chair Fit class will offer strength, stretch, and mild balance moves for 20-30 minutes out of the chair and then rest seated. This is the next step up from chair fit 1.

Instructor: Janet Gravouelle

#39388 Thursdays
 Sept 10 - Dec 10
 9:30 - 10:30 am
 Native Sons Hall
 \$115/14

Minds in Motion

This class is designed for people diagnosed with Alzheimer's disease or a related demential 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: Wendy Matte
 Wednesdays

#39256 Sept 16 - Oct 28
 \$52.50/7

#39257 Nov 4 - Dec 16
 \$45/6
 1:00 - 3:00 pm
 Native Sons Hall

Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. No class Oct 12, Nov 11 & 18.

Instructor: Joyce Leong

#39119 Mondays & Wednesdays
 Sept 14 - Dec 16
 \$150/25

#39120 Mondays
 Sept 14 - Dec 14
 \$80/13

#39121 Wednesdays
 Sept 16 - Dec 16
 \$72/12
 10:15 - 11:15 am
 Native Sons Hall

Simply Strength 2

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. No class Oct 12, Nov 11 or 18.

Instructor: Joyce Leong & Steve Thomson

#39123 Mondays & Wednesdays
 Sept 14 - Dec 16
 \$150/25

#39124 Mondays
 Sept 14 - Dec 14
 \$80/13

#39126 Wednesdays
 Sept 16 - Dec 16
 \$72/12
 9:00 - 10:00 am
 Native Sons Hall

Pickleball

Join in and have fun playing this exciting paddle game! Like a mini tennis game Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided.

#39329 Tuesdays & Thursdays
 Sept 8 - Dec 10
 12:30 - 2:30 pm
 Native Sons Hall
 \$2.50/Drop-in

Badminton

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

#39236 Mondays & Thursdays
 Sept 21 - Nov 19
 1:00 - 3:00 pm
 Lewis Centre
 \$3/Drop-in



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. Designed to enhance vitality and a sense of well being, these classes will help participants gain improved flexibility, balance, strength, and posture. No class Oct 12.

Instructor: Sheron Jutila
Mondays

#39169 Sept 14 - Nov 2
\$84/7

#39170 Nov 9 - Dec 28
\$96/8
2:00 - 3:30 pm
Filberg Centre
or
Fridays

#39174 Sept 4 - Oct 23

#39175 Oct 30 - Dec 18
10:00 - 11:30 am

#39172 Sept 4 - Oct 23

#39173 Oct 30 - Dec 18
2:00 - 3:30 pm
Native Sons Hall
\$96/8

Meditation (& Yoga) for Beginners

The poses of yoga prepare the body for meditation and the meditation practice prepares the mind for the poses. In this class you will open your bodies with Hatha Yoga and then explore a variety of meditation styles. All levels welcome.

Instructor: Sheron Jutila
Thursdays

#39178 Sept 3 - Oct 22

#39179 Oct 29 - Dec 10
2:00 - 3:30 pm
Lewis Meeting Room
\$96/8

Chair Yoga

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

Instructor: Helen Pattinson

#39180 Tuesdays
Sept 29 - Dec 1
11:00 am - 12:00 pm
Native Sons Hall
\$100/10

Zumba

Ditch the workout, Join the Party! Fun, easy Zumba moves inspired by Latin and International music as well as current hits. Guaranteed to keep you smiling and moving! No class Oct 12 or 19.

Instructor: Lyla Pettis

#39113 Mondays
Oct 5 - Dec 14
11:00 am - 12:00 pm
Lewis Centre Gym
\$49.50/9

Laughter Wellness Yoga

Need to lighten up in life?! Laughter Wellness is a series of playful, interactive exercises designed to stimulate laughter. It provides an opportunity for adults to be playful in a nonjudgmental environment and to learn to laugh at life's stresses. Laughter Wellness teaches us how to connect with our inner spirit of joy, allowing us to laugh anywhere, anytime, and for no reason at all. A willingness to laugh is all that's needed! Check out www.invokelaughter.com for more info.

Instructor: Joanne McKechnie

#39413 Thursday
Sept 24 - Nov 26
7:15 - 8:15 pm
Native Sons Hall
\$100/10

Yoga for Joint Health

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

#39176 Sept 3 - Oct 22

#39177 Oct 29 - Dec 17
10:00 - 11:30 am
Lewis Meeting Room
\$96/8

55+ Gentle Yoga

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

Instructor: Sheron Jutila
Mondays

#39166 Sept 14 - Nov 2
\$63/7

#39168 Nov 9 - Dec 28
\$72/8
10:15 - 11:15 am
Filberg Centre





Foot Care Clinic

A Foot Care Nurse will provide you with a nursing assessment of your feet along with education on the prevention of foot issues. You will receive general information about proper foot care as well as trimming/reducing your toenails, corns and calluses and if applicable a diabetic sensory test will be done. This 'treatment' finishes with a foot massage.

Instructor: Anne Lai

Wednesday

- September 16

- October 21

- November 18

- December 16

9:00 - 9:40 am

Filberg Centre

\$45/30 minute appointment

Hearing Screenings

More than three million Canadians have some degree of hearing loss that can be attributed to many different causes and disorders of the middle or inner ear.

Third Thursday
of the month

FREE *please call for
appointment*

Estate Planning

"What you don't know, you don't know...." Attend an estate planning seminar or to learn more about taxes, liabilities payable at death, how to minimize the government's share of your estate, the importance of properly prepared wills, powers of attorney and strategies to reduce taxes and fees. Presented by Don Behan, CFP, CPCA. Senior Financial Consultant of Investors Group Financial Inc.

1:00 - 2:00 pm

Oct 21

Rotary Hall

Registration: Complimentary for Evergreen members exclusively



Tai Chi

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

Instructor: Ivy Wang

Wednesdays

Sept 16 - Dec 16

#39196 9:00 - 10:00 am **Level 1**

#39197 10:00 - 11:00 am **Level 2**

#39198 11:15 am - 12:15 pm **Level 3**

Native Sons Hall

\$140/12

Intro to Kayaking

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

Instructor: Comox Valley Kayaks

#39224 Thursday September 10

1:00 - 4:00 pm

\$40

Nordic Pole Walking - Level 1

Similar to cross-country skiing in technique, this invigorating cardio workout uses nearly 90% of your muscles by working both the upper and lower body, and burns more calories than regular walking. This easy, low-impact activity is a fun way to get fit! Note: Poles will be provided for participants.

Instructor: Catherine Egan

#39213 Fridays

Sept 25 - Nov 13

11:00 am - 12:00 pm

Lewis Centre

\$80/8

Nordic Pole Walking - Level 2

If you are looking for a more challenging Nordic Walking course, this class is for you! We will take things up a notch by offering a higher fitness challenge with a faster pace, different terrain, hills, and calisthenics! Note: Poles will be provided for participants.

Instructor: Catherine Egan

#39214 Fridays

Sept 25 - Nov 13

12:30 - 1:30 pm

Lewis Centre

\$80/8

Creative Pursuits

Piano Lessons

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 \$28 and a piano or keyboard is recommended for practising at home.

Instructor: Debbie Ross

#39332 Fridays

Sept 11 - Nov 27

11:00 am - 12:00 pm

Lewis Tsolum Building

\$198/12

Blue Grass Slow Pitch Jam

The Slow Pitch Jam is a unique opportunity for beginners to learn the basics of jamming. A structured setting, patient and knowledgeable leader and safety in numbers is a perfect way for beginners to experience the sheer joy of making music in a group.

Instructor: Kazimea Sokil
Wednesdays

#39233 Sept 16 - Oct 21

#39234 Oct 28 - Dec 9

12:30 - 2:00 pm

Lewis Craft Room B

\$96/6

Recreation Access

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

How do I apply?

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



Beginner Blues Guitar

This course will cover getting started on the guitar. Simple note reading and chords for seniors who want to learn new musical skills.

Instructor: Larry Ayre

#39241 Thursdays

Oct 8 - Nov 12

1:00 - 2:00 pm

Lewis Craft Room A

\$75/6

Painting with Watercolours

In a step by step demonstration driven teaching process you will learn a variety of techniques unique to water colour such as washes, graded washes, masking, dry brush, glazing and more. Attention will be paid to the selection and care of materials and tools that will make your work more rewarding. No class Oct 12.

Instructor: Bill Kerr

#39019 Mondays

Oct 5 - Nov 30

9:00 am - 12:00 pm

Tsolum Building

\$112.50/8

Personal Technology Management 101

A beginner course focusing on understanding your apple products (iPad, iPhone, Mac Computer). Setting up social media accounts (Facebook, Twitter, YouTube, etc.) Uploading photos and videos and staying connected to family and friends online. Bring your technology problems to class and let's work through them together.

Instructor: David LeBlanc

#39416 Wednesdays

Sept 9 - Dec 2

1:00 - 2:00 pm

Filberg Centre

\$100/12

Beginner Blues Harmonica

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock and of course blues! No previous musical experience necessary.

Instructor: Larry Ayre

#39242 Thursdays

Oct 8 - Nov 12

2:15 - 3:15 pm

Lewis Craft Room A

\$75/6

Write Your Life Story

Writing your life story is telling of your experience, strength and hope passed on to your family and loved ones. Learn to access memories through a variety of writing exercises and story sharing. You will be encouraged to write small vignettes that recount different aspects of your life.

Instructor: Traci Skuce

#39199 Tuesdays

Sept 29 - Dec 1

1:00 - 2:30 pm

Lewis Salish Building

\$140/10



Our Evergreen Club Volunteers Have a Lot of Heart (and a lot of fun)!

Reach out to
Deanne McRae
our volunteer
coordinator and
see what volunteer
positions are
currently available
250-338-1000
ext 232 or
dmcrae@courtenay.ca



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

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

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

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

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

Club Membership Benefits include

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

Evergreen Club Activities

Computer Lab

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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



Evergreen Events

Fall Garage Sale



Saturday, September 26
9:00 am to noon
Florence Filberg Centre,
Rotary Hall
Come and do some shopping!

The **Evergreen Club** invites you to a...

Pancake Breakfast



Saturday, October 17
7:30 to 11:00 am

\$5
per person

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

Evergreen Club • 250-338-1000
www.evergreenclub.me



Travel Opportunities

Check out the Evergreen Club trips upcoming for 2015:

- Wine Festival Time in the Okanagan
- Chemainus Theatre: "Jeeves Intervenes"
- Chemainus Theatre: "Grace Glorie"
- The Canadian Tenors (Victoria)
- Chemainus Theatre: "Elf the Musical"
- Christmas Magic in Leavonworth
- Christmas in Tulalip

And much more!

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



Evergreen Club presents

TRASH AND TREASURES

Sunday, October 18
9:00 am to 2:00 pm,
Conference Hall,
Florence Filberg Centre
411 Anderton Avenue,
Courtenay

Tables are only \$20
We encourage individuals,
families, organizations,
clubs, and non-profit groups
to come sell anything!



A giant market, can it
get any better?

Courtenay Recreation
Evergreen



Fitness Schedule *effective September 8*

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	30/30 Spin TRX ★	30/30 Cardio TRX ★	
7:45 am	Total Body Conditioning (starts Sept 21)		Yoga Drop-in 8:30am			
9:00 am	Kick N' Core+	Zumba 9am / BootCamp Blast+ 10:30am	Total Body Fitness	BootCamp Blast+	Core N' Cuts	Sizzling Saturday+
12:00 pm	Spin, Stretch & Strength	HIIT 12:10pm	Spin, Stretch & Strength	HIIT 12:10pm		30/30 Spin-TRX 10:30am ★
5:15 pm		Power Spin & Beyond	Tabata 5:30pm	Cyclen' Lift	Class Levels Beginner/Intermediate Intermediate/Challenging Challenging +75 minute class ★ Pre-registered class, regular punch cards not accepted	
7:00 pm	Super Circuit	Zumba 6:30pm	Super Circuit			

Drop in & Punch Card Fees including GST

Pass Type	Adult	Evergreen	Student	Special Needs
Drop-in	\$6	\$4.50	\$3.50	\$3.50
11 Punch	\$60	\$45	\$35	\$35
1 Year	\$355	\$270	\$180	\$180
6 Months	\$230	\$175	\$115	\$115
3 Months	\$150	\$115	\$75	\$75
1 Month	\$65	\$50	\$35	\$35

Pay & sign in at the office (except 6:30 am class)
 See page 64 for a listing of Evergreen fitness activities. *Must be a member.

Childminding

If you're participating in our fitness programs, playing squash or using our weightroom, you're invited to use this service. See page 92 for more info.

Children in fitness classes:

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



Drop-in Fitness

Total Body Fitness

Wednesdays 9:00 - 10:15 am

Designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility, endurance and speed. You will use dumbbells, resistance bands, foam rollers, bosu's, steps and bikes. Exercises can be modified to accommodate all fitness levels.

Instructor: Glenn Whelan

Kick and Core+

Monday 9:00 - 10:15 am

A high energy mixed impact workout with a combination of boxing and kick boxing moves modified for safety and enjoyment mixed with targeted core training using a variety of equipment.

Instructor: Tammy Jones

Spin, Stretch & Strength

*Mondays & Wednesdays
12:00 - 1:00 pm*

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

Limited to 17 participants.

Instructor: Steve Thomson

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

Core N Cuts+

Fridays 9:00 - 10:15 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

Boot Camp Blast+

*Tuesdays 10:30 - 11:45 am
Thursdays 9:00 - 10:15 am*

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

Instructor: Steve Thomson

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

Participants are required to pay & sign in PRIOR to class start. Sign in begins 30 minutes before class starts.

Sizzling Saturday+

Saturdays 9:00 - 10:15 am

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

Instructors: Lyla Pettis & Jessica Anderson

Cycle N' Lift

Thursdays 5:15 - 6:15 pm

Combine the cardio of indoor cycling with the power of weight lifting. This class will move on and off the bikes for maximum benefit. Along with cycling, participants may use hand weights, body bars and resistance bands as part of the resistance workout. *Limited to 17 participants.*

Instructor: Glenn Whelan

See following page for pre-registered classes.





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:

Wednesdays & Fridays

#39056 Sept 9 - Oct 30
\$96/16

#39057 Nov 4 - Dec 18
6:30 - 7:30 am
Lewis Activity Room
\$78/13

Pre-Registered Programs

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: Tammy Jones

#39071 Mondays
Sept 14 - Dec 14
6:30 - 7:30 am
Lewis Activity Room
\$78/13

Instructor: Kim Hamilton
Tuesdays & Thursdays

#39055 Sept 8 - Oct 22
\$84/14

#39072 Oct 27 - Dec 17
\$96/16
6:30 - 7:30 am
Lewis Activity Room

HIIT - High Intensity Interval Training

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

Instructor: Tammy Jones

#39058 Tuesdays
Sept 8 - Dec 15
12:10 - 12:45 pm
Lewis Activity Room
\$90/15
\$5/Drop-in

#39059 Thursdays
Sept 10 - Dec 17
12:10 - 12:45 pm
Lewis Activity Room
\$90/15
\$5/Drop-in

Super Circuit

Looking for a fun workout that will increase your strength, firm & define your body, shed unwanted inches and pounds while building your cardio endurance? Check out our circuit class held in the beautiful activity room. Easily modified exercises allow people of different skill levels to complete and benefit from this class.

Instructor: Cathy Riopelle

#10000 Monday & Wednesdays
Sept 9 - Dec 16
7:00 - 8:00 pm
Lewis Activity Room
\$155/27

Tabata

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 areas.

Instructor: Wendy Matte

#10000 Wednesdays
Sept 9 - Dec 16
5:30 - 6:30 pm
Lewis Activity Room
\$77/14



Foam Rolling

Offset your high intensity training with our foam roller class. Foam rolling helps improve posture, reduces the risk of muscular injury by loosening up the connective tissue, releases tension from trigger points and increases blood and lymphatic circulation. Increase your core stability and strength with specific exercises on the roller and correct muscle imbalances. By freeing tight muscles and releasing fascial adhesions you will improve the mobility and the stretch reflex in muscles of your body.

Instructor: Glenny Whelan
Thursdays

#39053 Sept 10 - Oct 29
\$40/8

#39454 Nov 5 - Dec 17
\$35/7
6:30 - 7:30 pm
Lewis Centre

Total Body Conditioning

This class focuses on strengthening and sculpting the body using body weight, hand weights, and other equipment for a thorough workout. Instruction options provided for all participants and to suit different fitness levels. Includes a compliment of stretching to leave your feeling ready to go for the day.

Instructor: Wendy Davies

#39350 Mondays
Sept 21 - Dec 14
7:45 - 8:45 am
Lewis Activity Room
\$60/12

Zumba

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

Instructor: Lyla Pettis

#39115 Tuesdays
Sept 15 - Dec 1
6:30 - 7:30 pm
Lewis Activity Room
\$66/11

Qigong

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

Instructor: Corny Martens

#39263 Tuesdays
Sept 8 - Dec 15
3:00 - 3:45 pm
Native Sons Hall
\$125/15

Yoga - Drop-in!

This class delivers fundamental poses that build strength, flexibility and focus, dynamically moving you 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 is best for you on each day. Everyone is welcome.

Instructor: Wendy Davies

#39352 Wednesdays
Sept 16 - Dec 16
8:30 - 9:30 am
Lewis Meeting Room
\$8/Drop-in

Nia

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

Instructor: Ann Marie Lisch
Mondays

#39162 Sept 14 - Oct 26
\$45/6

#10000 Nov 2 - Dec 14
5:30 - 6:45 pm
Filberg Centre
\$50/7



Wellness Centre

Great new weightroom with same Great service!

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

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



Hours until September 27

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

Hours Effective September 28

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

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
9 - 10:30 am Attendant on Duty	55+ TRX 9 - 10:00 am Level 1	55+ TRX 9 - 10:00 am Level 2	55+ TRX 9 - 10:00 am Level 1	55+ TRX 9 - 10:00 am Level 2
11 am - 2:30 pm Attendant on Duty	9 - 10:30 am Attendant on Duty	9 - 10:30 am Attendant on Duty	7 - 10:30 am Attendant on Duty	55+ Strength Training 10 - 11:00 am
	55+ Strength Training 10:30 - 11:30 am			10 - 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	3 - 9 pm Attendant on Duty	3 - 6:30 pm Attendant on Duty	3 - 9 pm Attendant on Duty	3 - 5 pm Attendant on Duty
TRX Body Blast 5:15 - 6:15 pm				
8 - 9:30 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	8 - 9:30 pm Attendant on Duty	Circuit Training 7:00 - 8:00 pm	

NOTE:

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

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



Wellness Centre Fees

Drop-in & Punch Cards

(includes 5% GST)

	Drop-in	11 Punches
Adult	\$6	\$60
Student	\$3.50	\$35
Senior (55+)*	\$4.50	\$45
Special Needs	\$3.50	\$35

Memberships (includes 5% GST)

	1 year	6 mo	3 mo	1 mo
Adult	\$355	\$230	\$150	\$65
Student	\$180	\$115	\$75	\$35
Evergreen	\$270	\$175	\$115	\$50
Special Needs	\$180	\$115	\$75	\$35
Family	\$695	\$430	\$240	\$95

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

Childminding

(All ages)

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

effective ?:

Mondays - Saturdays
9:00 - 11:00 am

Drop-in:

\$4.00/1¼ hour drop-in

\$5.00/1¾ hour drop-in

other options also available

Punch Cards

\$35/10 X 1¼ hr drop-ins

\$40/10 X 1½ hr drop-ins

other options also available

Attention

New Student Members!

Teen Tune up

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

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

Tune-Up Schedule:

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

Wellness Centre & Fitness Pass Suspension

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





55+ TRX and Resistance Training

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

Instructor: Kim Hamilton

Level 1

Tuesdays & Thursdays

#39068 Sept 8 - Oct 22
\$90/14

#39070 Oct 27 - Dec 17
\$100/16

9:00 - 10:00 am

Lewis Wellness Centre

Level 2

#39067 Mondays & Wednesdays
Sept 9 - Oct 21
\$85/13

#39069 Oct 26 - Dec 16
\$95/15
9:00 - 10:00 am
Lewis Wellness Centre

55+ Beginner Strength Training

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

Instructor: Cathy Riopelle

#39117 Tuesdays & Thursdays
Sept 8 - Dec 17
3:00 - 4:00 pm
Lewis Activity Room
\$165/30

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

#39074 Mondays
Sept 14 - Dec 14
5:15 - 6:15 pm
Lewis Wellness Centre
\$78/13

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

#39411 Tuesdays & Thursdays
Sept 8 - Dec 17
1:30 - 2:30 pm
Lewis Wellness Centre
\$90/18

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 weightroom guiding you through your fitness journey and offering support

Instructor: Juan Blancas

#36955 Tuesdays & Thursdays
Sept 8 - Dec 17
10:30 - 11:30 am
\$165/30

Mondays & Wednesdays

Sept 9 - Dec 16

#36953 10:30 - 11:30 am

#36954 1:30 - 2:30 pm
\$148.50/27

#36956 Fridays

Sept 11 - Dec 18

10:00 - 11:00 am

\$85/15

Lewis Wellness Centre

Small Group Personal Training

Share the cost of a personal trainer in this individualized group training class. Our personal trainers will help you develop and implement a training program based on your personal goals. Pre-registration required.

Instructor: Kim Hamilton

\$60/4



Personal Training Team



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



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



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.



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 **30 minute sessions** (private only)

Ask about our Small Group Personal Training



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 54)

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

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

Until Sept 27:

Saturday 9:00 am - 3:45 pm

Sunday 9:00 am - 3:45 pm

Effective Sept 28:

Saturday 9:00 am - 3:45 pm

Sunday 9:00 am - 7:45 pm

Unlimited Play Passes

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

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

For Squash Club and Squash League info, contact:

Dan Lindsay 250-338-0746
danlindsaysquash@gmail.ca

Shower Passes

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





Recreation for Special Needs Recreation for Everyone!

Programs for teens, adults & families with special needs:

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

Check our website & newsletter for current information

www.courtenay.ca/specialneedsrec

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



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.

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

www.cvaccess.ca

Lewis Centre



Services

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

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



Hours

Hours until Sept 27:

Facility Hours:

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

Office Hours:

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

Effective Sept 28:

Facility Hours:

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

Office Hours:

Mon - Fri 7:15 am - 8:45 pm
 Saturday 8:30 am - 12:00 pm
 & 1:15 pm - 4:00 pm
 Sunday 8:30 am - 12:00 pm
 & 1:15 pm - 8:00 pm

Facility Closures:

Monday September 7
Labour Day
 Monday October 12
Thanksgiving
 Wednesday November 11
Remembrance Day

Hours subject to change

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



Facility Rentals

Lewis Park



Lewis Centre

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



MP Hall/Gym

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

Valley View Park



Clubhouse

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



Tsolum Building

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



Salish Building

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

Bill Moore Park



Lawn Bowling Building

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

Call the Lewis Centre at 250-338-5371

Choose the facility that best suits your needs!

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

Hourly Rates start at:

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

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

Book your Special Event with us!

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

Florence Filberg Centre Office open for bookings
 Monday to Friday (8:30 am - 4:30 pm)
 Tel. 250-338-1000 Fax. 250-338-0303
 Email: filberg@courtenay.ca



- 1 Native Sons Hall
- 2 Florence Filberg Centre

Florence Filberg Centre



Where the Comox Valley Meets!
 Email: filberg@courtenay.ca
 Take a Virtual Tour: courtenay.ca/filberg

Evergreen Lounge 1786 square feet Conference Hall 5940 square feet



Native Sons Hall



The most unique Meeting Place in the Valley!
 Email: filberg@courtenay.ca
 Take a Virtual Tour: courtenay.ca/nativesons

Lower Level 2436 square feet Upper Level 4350 square feet



Courtenay Recreation
 Filberg Facilities



Sign me Up!

Fall Program Registration begins **Wednesday August 12** at 8:30 am

4 easy ways to register for Courtenay Recreation programs!

In Person

At the Lewis Centre or the Filberg Centre

By Phone

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

By Fax

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

By Mail

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

Refunds

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



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: _____

Program Fee: \$ _____

Participant's Name: _____

Program: _____

Time: _____ Start Date: _____

Program Fee: \$ _____

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

= TOTAL: \$ _____

Payment: (Must be included with your registration)

() Cheque () Visa () MC 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 cancel any programs.
- G.S.T. will be charged on all programs with participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- Please read confirmation receipts carefully for information on dates, times, supplies, etc.

Courtenay Parks News



The Rotary Trail Expands!

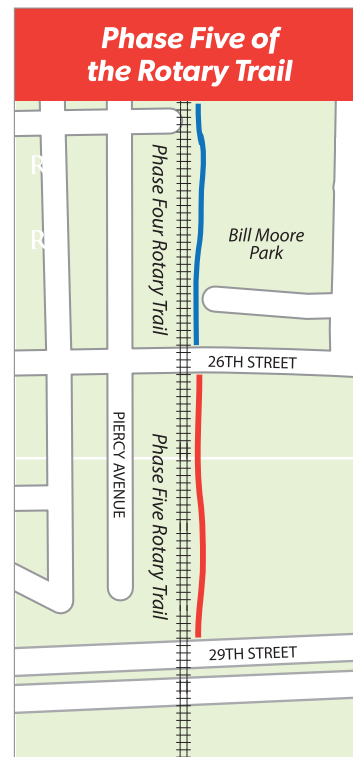
The Rotary Trail is a hard-surface gravel “rail with trail” along the E & N rail corridor in Courtenay. The first four phases are complete, connecting 5th to 26th Street - a distance of over one kilometre.

A fifth phase connecting 26th to 29th Street is under construction. The expected completion is October 2015.

The City of Courtenay is working on the trail in partnership with the Island Corridor Foundation and the Courtenay Rotary Club. Additional funding has come from TELUS and the Government of Canada through the Gas Tax Fund.

The Island Corridor Foundation’s goal is to expand multi purpose use of the rail corridor, and they are actively working with other local governments bordering the corridor to develop similar projects. Their long-term goal is a trail along the length of the rail corridor, stretching 234 kilometres.

For more information: parks@courtenay.ca or community services at 250-334-4441



Visit courtenay.ca/parks for a complete listing of Courtenay parks, special features and virtual tours.

Courtenay Recreation Parks

Simms Concerts Continue

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7:00 pm.

- **August 16 - Duo of Duos** ~ Featuring Anela Kahiamo & Blaine Dunaway and Brodie Dawson & Christy Vanden
- **August 23 - The Blues Legends** ~ Featuring blues artists from the Comox Valley
- **August 30 - Jazz in the Park** ~ Ralph Barrat and the Sharp Seven will make this a show to remember
- **September 6 - The Fabulous Mutts** ~ Vancouver Island's Grooviest Soul, Funk, Pop and Blues Band

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



Rotary Riverside Trail Open

A portion of Rotary Riverside Trail that has been closed since November due to storm damage is fully open and passable.

Wooden stairs were constructed this past spring as a detour route on the section of the trail connecting Robert Lang Drive (*behind old Rod and Gun Club*) with the Ruth Masters Greenway further west.

City parks staff asks that trail users stay clear of the closed concrete stair section as further investigation and repairs still need to be completed.



Courtenay Park Bookings

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

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

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

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

Schools:

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

City Parks:

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



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

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

ADMISSION IS BY DONATION



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 wide selection of pottery, jewelry, paintings, prints, cards, glasswork, woodwork, and more.



442 CLIFFE AVENUE,
COURTENAY, BC
250.338.2430
sidwilliamstheatre.com



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

COME&SEE

Courtenay
and District

Museum & Palaeontology Centre

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



Discoveries happen here!

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

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

Hours of Operation (closed on statutory holidays)

Summer Hours:

Mon - Sat: 10 am - 5 pm and Sun: 10 am - 4 pm

Winter Hours (as of August 29):

Tues to Sat: 10 am - 5 pm (Sun & Mon: closed)

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



Low Cost Recreation

Courtenay Riverside Fit Park!

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

New Discoveries Parent & Child Learning Centre

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

City of Courtenay

Recreation Access Coupon Books

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

189 Port August Sea Cadets

(12 - 18 years) Would you like to experience Fun, Friendship & Challenges? Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksman-ship, 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.

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 sport. 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.



Welcome to Cumberland Recreation!

The Outdoor Recreation Hub of the Comox Valley

Parent and Tot Gym

Birth to 6 years

We have riding toys, balls, climbers and more. Come play and socialize!

Mon/Tue/Fri Sep 8 - Dec 18

10:00 - 11:30 am

By donation/Drop in

Morning Munchkins

1.5 - 3 years

A morning of organized play, movement, and art with your child. Younger siblings welcome.

Instructor: Briana Noot

Wednesdays, Sep 16 - Dec 9

9:00 - 10:30 am

No class Oct 21, 28, Nov 11

\$70/10

Multigenerational Parent & Tot TreeFrog Music

9 months - 5 years

Join seniors at the Cumberland Lodge for music, movement, and play. Includes CD/songbook.

Instructor: Kazimea Sokil

Tuesdays, Sep 15 - Nov 17

11:00 - 11:45 am

\$150/10 and \$70/second sibling

Sibling under 9 months free

Polar Express TreeFrog Music

Tuesdays, Nov 24 - Dec 15

11:00 - 11:45 am

\$50/4 and \$30/second sibling

Kid's Play

3 - 5 years

Make friends and develop motor skills through a variety of games.

Instructor: Sheri Roffey

Mondays, Sep 14 - Dec 7

12:30 - 2:00 pm

\$60/12

Little Monkeys

3 - 5 years

Bounce, boogie, and play in this energetic movement and art class.

Instructor: Briana Noot

Wednesdays, Sep 16 - Dec 9

No class Oct 21, 28, Nov 11

10:45 - 12:15 pm

\$70/10

Red Dragon Taekwondo

4 - 8 years

Instructor: Paul Sitko

Mon/Wed, Sep 14 - Dec 16

7:00 - 7:45 pm

\$40/month, \$50/10 classes

Groovy Girls

8 - 12 years

Girls sports, crafts and pampering.

Instructor: Sheri Roffey

Mondays, Sep 14 - Dec 7

3:00 - 4:30 pm

\$96/12

Floor Hockey

5 - 15 years

Sponsored by *Youth Unlimited*, with an optional discussion on values.

Thursdays, Oct 1 - Dec 17

5 to 10 years 6:00 - 7:00 pm

11 to 15 years 7:15 - 8:30 pm

\$1.50/Drop in

Youth Climbing Team

11 - 18 years

Wednesdays, Oct 7 - Dec 16

3:30 - 5:30 pm

\$4/Drop in (includes gear)

Drift Mountain Biking

10 - 15 years

Technical skills session followed by trail riding and instruction.

Instructor: Amanda Ridgeway

Wed, Oct 7 (PLC) Girls Session

Wed, Oct 28 (PLC) Co-ed Session

12:45 - 3:45 pm \$11/session

Fri, Oct 23 (Pro-D) Co-ed Camp

10:00 - 3:00 pm \$19

Table Tennis

11 - 15 years

Offered with Cumberland Community Schools Society.

Instructor: Adam Kuzma

Mondays, Oct 5 - Nov 30

4:00 - 5:00 pm

No fee, email ccss.coordinator@gmail.com to register



Birthday Parties

Keep your kids active with an indoor climbing or gym themed birthday party, held on Fridays afterschool and Saturdays.

FACILITIES

Climbing Wall (Oct - Dec)

All Ages! Certified belayers and rental gear available.

Fri 6:00 - 8:45 pm

Sat 1:30 - 4:15 pm

Sun 1:30 - 4:15 pm

Weight Room & Squash Courts

Adult drop in: \$3.35

Teen/Senior drop in: \$2.45

Monthly & 10 passes available

Fall Hours

Mon - Fri 7:00 am - 9:00 pm

Sat - Sun 9:00 am - 4:30 pm

Closed all statutory holidays



Cumberland Recreation - Trails, Parks & Programs!

Fitness for Life

14 years and up

These challenging and fun workouts are full of cardio and body weight exercises.

Instructor: Paul Purin

Tuesdays, Sep 8 - Oct 20

6:00 - 7:00 pm

\$49 /7

Total Body Fit

50 years and up

A gentle introduction to strength training, resistance, balance, agility, cardio and more!

Instructor: Cathy Riopelle

Tue & Thu, Sep 8 - Dec 17

8:45 - 9:45 am

\$42/month

Circuit Fit

50 years and up

A balanced and varied workout of cardio and muscle strengthening exercises. Prereq: Total Body Fit or weight training knowledge.

Instructor: Cathy Riopelle

Mon & Wed, Sep 9 - Dec 16

8:45 - 9:45 am

\$42/month

Red Dragon Taekwondo

9 years and up

A great program for parents and kids to take together!

Instructor: Paul Sitko

Mon / Wed, Sep 14 - Dec 16

7:45 - 8:45 pm

\$42/month or \$50/10 classes

Open Badminton

Bring the whole family! Call ahead as some dates may be cancelled.

Fridays, Sep 11 - Dec 18

6:00 - 8:45 pm

\$2.40 /Drop in

Pickleball

14 years and up

Beginner session includes coaching if desired.

Sep 2 - Dec 18

Wed 10:00 - 12:00 pm (Int)

Wed, 12:00 - 1:00 pm (Beg)

Fri, 12:30 - 2:30 pm (All levels)

\$2.40 /Drop in

Table Tennis

15 years and up

Come out to the Cultural Centre for a fun game of table tennis.

Sep 14 - Dec 14

Sunday 3:00 - 6:00 pm

Monday 5:00 - 6:45 pm

\$3 /Drop in

Squash Ladder

14 years and up

The squash ladder allows you to play 1 to 4 games a month with different people at similar skill levels.

Tuesdays, Sep 15 - Dec 15

7:15 - 8:15 pm

\$5 to join plus court rental

Drift Mountain Biking

16 years and up

Intro to mountain biking with a focus on technical skills.

Instructor: Amanda Ridgeway

Sat, Oct 3

Co-ed

Sun, Oct 4

Women Only

8:30 - 12:00 pm

\$49/Session

Intermediate Skills Session

Sun, Oct 4

Co-ed

12:30 - 4:30 pm

\$56

Program Registration Policy

Preregistration is required for all classes except when specified as a drop in class. We reserve the right to cancel programs. GST will be charged on participants over the age of 14.



Cheese Making

14 years and up

Learn the art of making cheese just in time for Christmas! Go home with a cheese making kit (\$15 value) and knowledge of how to make cheese.

Instructor: Chera Gunter

Tuesdays, 6:00 - 9:00 pm

Feta & Quark Oct 6

Mozzarella & Brie Nov 3

Bring a friend for \$13 (no kit)

Havarti & Poutine Nov 24

\$78/class

Wild Mushroom Walk

Join Alison Maingon for her popular and informative mushroom tour in the Cumberland Forest.

Saturday, Sep 26

9:00 - 11:30 am

\$8 (proceeds go to kid's program equipment)

More programs listed online at Cumberland.ca and on Facebook at Cumberland Parks and Recreation!

Cumberland Recreation
General Programs

**The Latest Stats
Canada Survey
of Giving &
Volunteering reports:**

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



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

Volunteer Opportunities



Volunteer Comox Valley

Volunteer Comox Valley is dedicated to enhancing community volunteerism through the delivery of information, training, services & programs. Not sure where to volunteer, drop by Unit C - 450 Eighth Street, Courtenay. Monday - Friday 10 - 3; or call 250-334-8063 to arrange a time to meet with one of our Volunteer Advisors. To browse community volunteer opportunities visit our online Volunteer Directory & register to volunteer.

www.volunteercomoxvalley.ca



Special Needs Recreation

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

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

The Gardens on Anderton

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

Joan **250-334-3089**



www.gardensonanderton.org



Giving Hope Today

The Salvation Army

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

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

Volunteer Opportunities



Mountaineire Avian Rescue Society (MARS)

MARS is "Spreading Our Wings" - we need YOUR help working with Public Education and Special Events. We are seeking volunteers interested in helping us fundraise for our new flight pen, organize events, prepare media communications and assist with educational outreach. 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**



Comox Valley Accessibility Committee

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

FMI Heather **250-338-5371**
hcrites@courtenay.ca



Therapeutic Riding

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

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



Courtenay Recreation

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

Call **250-338-5371** or text **250-650-9930** or **www.courtenay.ca**



Who can volunteer?

Anyone!

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

What can volunteers do?

Anything!

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

When can volunteers work?

Anytime!

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

Why volunteer?

All reasons!

meet people! learn! work experience! fun!!

Where volunteer?

Everywhere!

Check us out!

19 Wing Comox Fitness & Community Centre

1575 Military Row, Lazo, BC

Membership Rates Effective 1 April 15

	Regular	Ordinary	Associate
Single 1year	\$124	\$230	\$454
Family 1year	\$191	\$317	\$620 Plus gst

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

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

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



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



cfcommunitygateway.com
facebook.com/rexspo
familyforce.ca

19 WING COMMUNITY DAY

REXSPO

19 WING FITNESS & COMMUNITY CENTRE
SATURDAY, SEPTEMBER 12
1000 - 1400 HRS

EVENT SPONSORS



COME DO
 Lego Zone
 Indoor & Outdoor Activities
 Free Fun Swim (1 - 3 pm)

COME SEE
 Local Exhibitors
 Demos in the Gym
 Musical Entertainment

COME EAT
 BBQ*

Also Returning: Military Police Child Ident & MUCH MORE to explore!

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

COURTENAY CENTENNIAL CELEBRATIONS HOMECOMING WEEK A GREAT SUCCESS

Centennial Homecoming Week wrapped up on July 5, and the City of Courtenay extends a big THANKYOU to everyone that helped make it such a special week: the Centennial Committee and their volunteers, the event sponsors, and of course everyone who attended the many events throughout the week. Over 50 local entertainers and artists performed and community pride was evident as organizations came together to provide free family events.

The Centennial's not over yet, though! Simms Summer Concerts continue till September 6 on Sunday evenings at 7 pm

More events celebrating the City of Courtenay's 100th birthday will take place in the fall.
Staytuned for more information.

#courtenay100 | courtenay.ca/100



Thank-you to our sponsors!



follow the celebration: courtenay.ca/100
#Courtenay100



Comox Valley Aboriginal Head Start



Early Years Program

Focusing on Aboriginal children and families birth - 4+ years of age.

Program Includes

- Snacks & Transportation assistance
- Parent participates with child
- Licensed Early Childhood Educator

Located in Courtenay
Elementary School

Please call 250-465-9944
for more information

Preschool

All children of Aboriginal ancestry, Status, Non-status, Metis, Inuit, aged 30 months - 5 years accepted (must be 3 years old by December 31)

Free of charge

- Meals & Transportation provided
- Registrations are taken on an on-going basis

Six Major Components

Culture & Language	Social Support
Education	Parental Involvement
Health Promotion	Nutrition

956 Grieve Avenue Courtenay, BC
For more information call **250-334-2477**

Funded by Public Health Agency of Canada and Success By Six **Sponsored by** Upper Island Women of Native Ancestry

Ski with us this winter!

StrathconaNordics.com
Programs for children, youth, and adults
recreational and racing

Registration opens October 1 ❄️ Early bird deadline October 31
StrathconaNordics.com

Comox Valley United Soccer

Get your kicks locally!

**2015 Youth Fall Soccer Programs
For players born 1998 - 2011
Season - Sept through Nov 2015**

Registration available online @ cvusc.org
For more information, please contact the soccer office
cvuscsoccer@gmail.com 250-334-0422



Comox Valley Skating Club

Learn to Skate

The Comox Valley Skating club offers Canada's premier Learn to Skate Program. All ages and abilities welcome. All you need is a helmet and a pair of skates. Skate rentals are available.

CanSkate (5+ years)

Mondays 5:15 - 6:00 - October 5 - December 14
Wednesdays - 5:15 - 6:00 - October 7 - December 9
Saturdays - 9:45 - 10:30 - October 3 - December 12
Pre-School CanSkate (3 - 4 years)
Saturdays 9:15 - 9:45 - October 3 - December 12

Power Skate

Monday and Wednesdays - 5:15 - 6:00 - September 9 - 30
Saturdays - 9:45 - 10:30

Pre-Power Skate (5+ years)

Saturdays - 9:45 - 10:30 - October 3 - December 12

Registration Dates:

Monday, August 31 - 5:00 - 6:15pm - Sports Centre #1
Wednesday, September 2 - 5:00 - 6:15pm - Sports Centre #1
Wednesday, September 9 - 5:00 - 6:15pm - Sports Centre #1
Saturday, September 12 - 9:15 - 10:30 - Sports Centre #1
Monday, September 14 - 5:00 - 6:15pm - Sports Centre #1

For more information go to www.comoxvalleyskatingclub.ca
Email us: comoxvalleyskatingclub@gmail.com Call: 250- 339-9872



New Turf, New Era for Field Hockey.

Comox Valley Field Hockey League

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

Fall Sessions

On the new turf field
September - December 2015



For more info & registration
contact: info.cvfh@gmail.com
www.comoxvalleyfieldhockey.ca



Comox Valley

Youth Basketball Association

Programs for Boys and Girls Ages 8-17

For general inquiries please contact:

Peter Parke

drpedro@telus.net

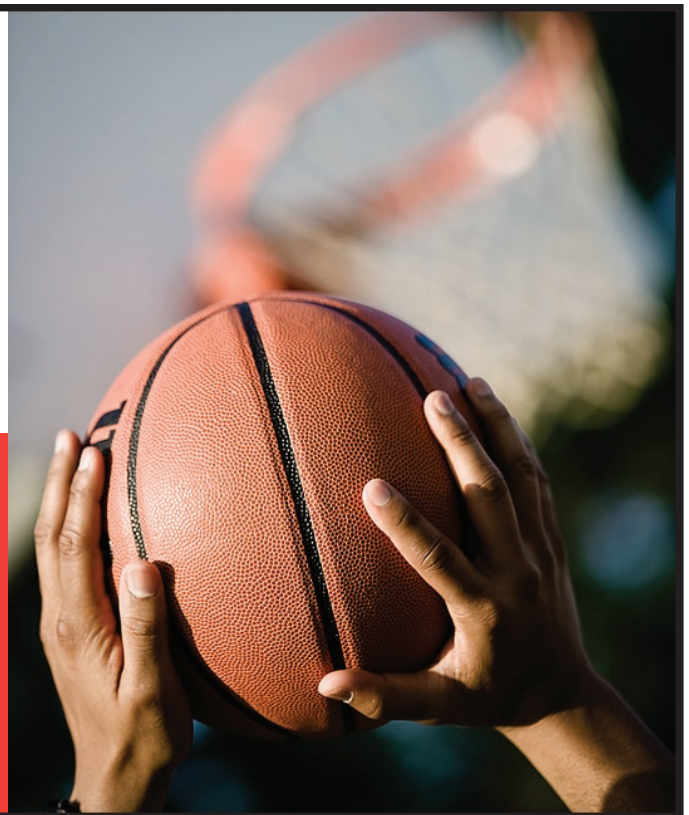
250-334-7497

or

Johnny Lewis

johnnymlewis@hotmail.com

250-218-2537



COMOX VALLEY



RAIDERS FOOTBALL

Who Are We

Comox Valley Raiders Youth Football club is a volunteer-run, non-profit association providing youth an opportunity to compete and learn fair play through Football. We are looking for new players to start training in August, for the 2015 season, which runs through November.

Who Plays

Peewee & Jr. Bantam: Players born in 2002 - 2006, Practices will be Mondays & Wednesdays 6 - 8 pm

Games on Fridays & Saturdays - times TBA, Cost is \$160 including all gear (except cleats)

Bantam: Players born in 2000 - 2001, Practices will be Tuesdays, Thursdays and sometimes Fridays 6 - 8 pm

Games on Sundays - times TBA, Cost is \$360 including travel (except food) and gear (except cleats)

Midget: Players born in 1997 - 1999, Practices will be Tuesdays and Thursdays 6 - 8 pm

Games on Sundays - times TBA, Cost is \$360 including travel (except food) and gear (except cleats)

Want to Join

Visit our website comoxvalleyraiders.com for registration or more information

All practices and home games at Bill Moore Park

It is our goal that no one misses out on football due to finance. If you are interested in playing and cost is an obstacle. Please email treasurer@comoxvalleyraiders.com all inquires will be kept in confidence



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

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



It starts with Scouts.



St. John Ambulance #84—1742 Cliffe Ave
Courtenay BC
Phone: 250-897-1098
Email: cvalley@bc.sja.ca

SAVING LIVES
at work, home and play

**COME SEE US FOR ALL YOUR
FIRST AID TRAINING, SUPPLIES & PRODUCTS
FOR WORK, HOME & PLAY**

- First Aid Kits
- Kits & Supplies
- First Aid Rooms
- First Aid Supplies
- AED's (Automated External Defibrillators)
- Emergency Preparedness Products



GET CERTIFIED!

CPR * First Aid * OFA 1, 2 & 3* Safety * CSTS * TDG



It's our 40th Telethon!
Please join us.

Telethon 2015

Celebrating 40 Years of Community Support

Sunday November 1

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

For more information call (250) 338-4288 or visit our website www.cvcda.ca

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



PacificCARE

Child Care Resource and Referral

Promoting Quality Child Care

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

In addition, parents have access to:

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

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



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

Online access:

www.pacific-care.bc.ca



BOYS AND GIRLS CLUBS - EXPERTS IN PLAY!



REGISTRATION ON NOW



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

Weekly Core Programming includes:

Physical Activity & Nutrition, Leadership & Enterprise, Educational Support, Creative Arts, Cultural Diversity, & Social Skill Development.

- Passionate qualified staff
- Affordable, accessible and reliable
- Hours catering to working families

The Boys and Girls Clubs of Central Vancouver Island is Vancouver Island's largest childcare provider and is trusted by more parents than any other provider.

Aspen Park Elementary

250-650-2274

aspenpark@bgccvi.com

Brooklyn Elementary

250-650-1458

brooklyn@bgccvi.com

Great Futures Start Here

Register Online at www.bgccvi.com

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place
to learn!*



4R's

(K - 12)

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

*Opening Doors for Learning
for over 20 years*



Little R's Pre-school *(Limited spaces available)*

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

Promoting successful learning



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



Girl Guides
of Canada
Guides
du Canada

Leaders are needed throughout the Comox Valley.

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

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

Registration and Information:
August 29, Driftwood Mall
10:00 am - 4:00 pm



Girl Guides is a mix of outdoor activities, camping, crafts, community service, music, and games. Register now at www.girlguides.ca. No previous Guiding experience necessary for girls or adults.

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

City of Courtenay presents....

Simms Park Summer

Concert Series

FREE 7 pm Sunday Concerts

August 16 Duo of Duos
August 23 Blues Legends
August 30 Jazz in the Park
September 6 The Fabulous Mutts

courtenay.ca/simms | 250-338-5371
 sponsored by the CV Echo and 98.9 Goat



CITY OF **COURTENAY**
Community Services



Youth Basketball Program

Fall 2015

Mondays
 September 21 - November 16
 @ Ecole au Coeur de L'ile

4:00 - 5:00 pm K - Grade 1
 5:00 - 6:00 pm Grade 2,3,4
 6:00 - 7:00 pm Grade 5,6,7

Registration deadline:
 September 11th



**K-GRADE 7
CO-ED**



Information:
 cvstevenash@gmail.com
 www.basketball.bc.ca



Comox Valley Curling Club

Adult Leagues (22 weeks of curling)



Sunday Open Novice League	6:30 pm (half or full season, TBD)	\$TBD
Mon & Wed Sr. Social Open (50+)	9:30 am & 12:00 pm (alternating)	\$290
Mon Afternoon Ladies	2:30 pm (6 ends only)	\$100
Monday Open	6:15 pm & 8:15 pm (alternating)	\$220
Tuesday Early Ladies	3:30 pm	\$220
Tuesday Evening Ladies	6:15 pm & 8:30 pm (alternating)	\$220
Tuesday Evening Mens	6:15 pm & 8:30 pm (alternating)	\$220
Wednesday Mixed	6:45 pm & 8:45 pm (alternating)	\$220
Thursday Sr. Competitive Open (50+)	9:00 am & 11:30 am (alternating)	\$220
Thursday Ladies	4:45 pm	\$220
Thursday Mens	6:45 pm & 8:45 pm (alternating)	\$220

Alternating means you curl the early time one week, late time the next week

Junior Leagues
 (includes instruction for only \$80 for Wed Jr. and \$140 for both)

Wednesday Junior (beginners)	5:00 pm
Sunday Junior (advanced)	1:00 pm

|| leagues run from October to the end of March with 2 weeks off at Christmas (except Sunday Novice). Games last for approx 2 hours. "Open League" means any combination of men and/or women to make a team of 4. "Mixed League" must be a team of 2 men and 2 women. All dates, times and prices subject to change without notice. All prices subject to GST. All leagues require Curl BC membership.

**COMOX VALLEY
CURLING CENTRE**

COMOX VALLEY CURLING CLUB
 4835 Headquarters Road Courtenay
 250 334 4712 email: info@comoxvalleycurling.com
 website: www.comoxvalleycurling.com

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

- FOSSIL TOURS
- EDUCATION PROGRAMMES
- COLLECTIONS
- ARCHIVES



Courtenay and District

Museum
ex Palaeontology Centre

Book a Tour!
250-334-0686

www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7



BLUE CIRCLE SERIES

Spirit of India by the Bollywood Masala Orchestra & Dancers Sept 26

Del Barber Fortunate Ones Oct 16

The Comic Strippers Nov 7

Lisa Brokop: The Patsy Cline Project Nov 8

www.sidwilliamstheatre.com



Phone 250.338.2430

Ticket Centre Hours

Tues to Sat 10 am - 4 pm

1 hour prior to show time

VISAS is looking for Snowsports Instructors

The Vancouver Island Society for Adaptive Snowsports (VISAS) is looking for **Volunteer Instructors.**

- Are you:** A better than average snowboarder, downhill or cross country skier? (19+)
- Do you:** Enjoy working with people of diverse abilities?
- Are you:** Passionate about snowsports?



For over 20 years VISAS has provided adaptive snowsports lessons to students with physical, cognitive or developmental disabilities. We teach lessons 7 days a week, as well as run two festivals, a racing program and the Herb Bradley Challenge.

VISAS requires you to commit to:

- 2 full weekends of mandatory training (early season)
- A minimum of 15 volunteer days, (approx 1x week)
- In return you are provided with great benefits!

Orientation meetings will be held in November. Talk to us about how you can make a difference highlighting the abilities of our students!



Find us at www.visasweb.ca, Facebook or Flickr.

Contact: Bob Hodgson **250-339-6833**, email: curlew@shaw.ca

Tom Clarke **250-203-2131**, email: tom.clarke@campbellriver.ca

Community Directory

Adult Education

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

Community Services

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

Clubs & Organizations

Church Groups

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

Dog Clubs

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

Horticulture

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

Public Speaking

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

Other

- Association Francophone de la
Vallée de Comox-Pauline Tardif(250)334-8884
- Beekeepers Association - Urs.....(250)337-8858
- Beta Sigma Phi - Gerrie(250)338-8557
- Telus Community Ambassadors
- Shirley(250)339-5917
- Camera Club - Lin Auerbach.....(250)703-2850
- CV Classic Cruisers - Richard(250)338-9540
- CV Family History Research Group
- Courtenay Museum.....(250)334-0686
- Newcomers Club.....CVnewcomers.net
- Orca Probus Club - Patrick.....(250)338-8728
- Radio Control Aeronautics Assoc.
- Frank(250)337-5320
- Raw & Living Foods Vegan Potlucks
- Rose.....(250)334-2251
- Taoist Tai Chi Society - Arlene.....(250)890-3671
- CV Ukrainian Cultural Society
- Sharon McEwan.....(250)871-3899
- University Women's Club
..... comoxvalleycfuw@gmail.com
- Vancouver Island Paleontology
- Betty(250)339-7372

Seniors

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

Health & Wellness

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

Service Clubs

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

Fairs & Festivals

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

**This directory is provided as a community service.
Groups listed are responsible for updating their own information
by contacting us at 250-338-5371 with any changes.
New listings will be added space permitting.**

Sports

Adult Leagues

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

Aquatics

CV Aquatic Club (Sharks) Kris. (250)650-1680
CV Orcas Synchronized Swim Club
.....(250)941-2021

Baseball/Softball

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

Basketball

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

Ice Sports

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

Martial Arts

VI Karate Society - Jacquie(250)338-4718
Courtenay Shito-Ryu Karate
- Todd(250)338-9722
CV Karate Club - Brenda(250)338-9722
CV Kung Fu Academy(250)702-3780
Pacific Coast Karate School.....(250)335-1079
Russian Martial Arts - Vali(250)335-2781
The Academy of Martial Arts & Fitness
.....(250)465-9073
Warriors Realm(250)703-0092

Racquet Sports

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

Skiing

Mt Washington Ski Club
- John Trimmer (head coach)....(250)897-6058
Mt Washington Volunteer Ski Patrol
- Tim Baker.....(250)334-0609
Strathcona Nordics Cross Country
- Barb Kelly(250)339-1904
Vancouver Island Society for
Adaptive Snowsportswww.visasweb.ca
V.I. Biathlon Club(250)338-6247

Soccer

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

Other

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

Outdoor Groups

Boating

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

Other

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

Dance Groups

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

Visual/Performing Arts

Comox Valley Art Gallery.....(250)338-6211
Comox District Concert Band
- Pat Jackson(250)339-5091
CV Clown Club - Dolores VanderMaaten
.....(250)334-4255
CV Potters Club - Laurie(250)339-4229
Courtenay Little Theatre - Gail .(250)334-3494
CV Community Arts Council
.....(250)338-4417 (ext.2)
CV Pipe Band Society - Bill(250)339-6444
Co-Val Chorister - Beryl Regier .(250)339-4429
CYMC/CV Youth Music Centre ..(250)338-7463
Fiddlejam - Ann Freeman.....(250)339-4249
Filberg Lodge & Park Association
- Glen & Lynn(250)339-2715
Just in Time Jazz Choir
- Wendy(250)338-0244
Les Harmonies Francos
- Pauline Tardif(250)334-8884
Letz Sing Community Choir
- Tina(250)923-7709
Needlearts Guild - Doreen(250)871-6739
North Island Choral Soc. - Vivian .(250)334-2092
North Island Music Teachers Association
- Ginny Lawrie.....(250)338-9464
NOVA Firespinners - Tracey(250)331-0880
Pearl Ellis Gallery.....(250)339-2822
Rainbow Youth Theatre
.....www.rainbowtheatre.com
Strathcona Symphony Orchestra
.....(250)331-0158
Theatreworks - Kim.....(250)792-2031
Island Phoenix Acapella Chorus
- Sandy.....(250)923-0101
Vancouver Island Music Fest
- Megan(250)336-7981

Youth

Scouting

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

Cadets

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

Other

Boys and Girls Club..... (250)338-7582
Dragon Boating Youth Team
(Dragon Riders) - Carol.....(250)871-4229
CV Girls Group - Wendy..... (250)897-5568
Saltwater School - Michelle..... (250)871-7777
CV Young Naturalist Club - Lisa
..... YNCComox@gmail.com