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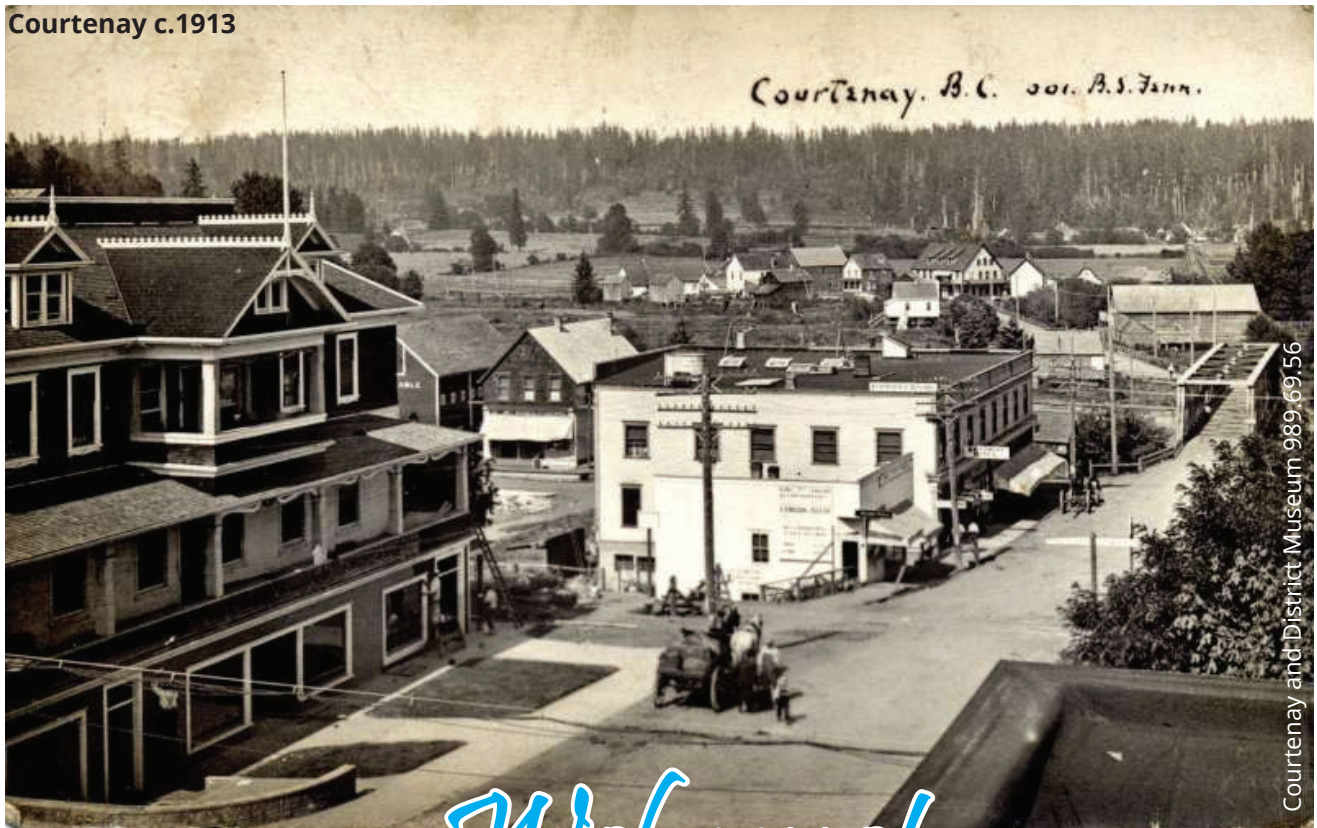
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Courtenay c.1913



Welcome!



The City of Courtenay turned 100 in 2015, and as part of our centennial celebrations we're recognizing the many volunteers who have contributed to our community throughout the past and present.

The city's Centennial Committee will be announcing the recipients of the Citizens of the Century awards during Centennial Homecoming Week from June 27 to July 5. Nominations were submitted by the community earlier this year, and it's truly awe-inspiring how many deserving individuals were nominated.

If you'd like to learn more about volunteering in the Comox Valley, visit the Volunteer Opportunities section in this Recreation Reporter on pages 118 and 119. There are many organizations in our community that could use a helping hand.

If you're looking for information about recreation activities, of course this guide will help you with that too. Check out the hundreds of courses and activities for everyone in your family, or visit our friendly staff at the Florence Filberg Centre, Lewis Centre, and The LINC Youth Centre.



Sincerely,
Larry Jangula
Mayor of Courtenay





Staff

Community Services Dept 250-334-4441

Randy Wiwchar *Director Community Services*
 Lisa Zervakis *Department Clerk*

Courtenay Recreation

Susan Murphy *Manager, Recreation Services*
 Carol Millar *Recreation Coordinator*
 Raegan Spence *Recreation Coordinator*
 Kathy Collins *Recreation Coordinator*
 Louise Grutzmacher *Program Assistant*
 Deanne McRae *Evergreen Volunteer Coordinator*
 Alexis Forbes *Youth Services Coordinator*
 Alycia Maskiew *Summer Coordinator*
 Carlee Shaeffer *Aquatic Supervisor*
 Terri Cox *Office Supervisor*
 Lori Messner *Receptionist*
 Melanie Trask *Receptionist*
 Deanne Gendron *Receptionist*
 Sandy Hewer *Receptionist*
 Tracy Stoltz *Receptionist*
 Barbara Franck *Receptionist*
 Sheila Dupuis *Receptionist*
 Jaycee Kowalsky *Receptionist*
 Darlene Bandet *Receptionist*
 Trina Dunsmore *Preschool Supervisor*
 Lynne Woodley *Preschool Assistant*
 Don Robson *Custodial Supervisor*
 Gary Franceschini *Custodial Supervisor*
 Simon Stevenson *Custodian*
 Donna Erikson *Custodian*
 David Bomback *Custodian*
 Danny Casavant *Custodian*
 Mike Malinich *Custodian*
 Tim Decrane *Custodian*
 Mark Thompson *Custodian*
 Chris Guillo *Custodian*
 Mario Romero *Custodian*
 Greg De Schutter *Custodian*
 Dave Duval *Custodian*
 Tomas Ticas *Custodian*
 Brent Casavant *Custodian*
 Rene Lanoix *Custodian*

Courtenay Recreation
Welcome

Contact Us

Program Registration

250-338-5371 or 250-338-1000

Lewis Centre

250-338-5371 Fax 250-338-8600

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

Florence Filberg Centre

250-338-1000 Fax 250-338-0303

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

The LINC Youth Centre 250-334-8138
Community Services Dept 250-334-4441

www.courtenay.ca

click on the Recreation Reporter link

C.R.A. Supported Projects 250-338-5371

Heather Crites *Special Needs Recreation Coord.*

Building Friendships

Karen Ellis *Coordinator*
 Roland Emery *Coordinator*
 Michelle Sandiford *Support Worker*
 Iain Cameron *Support Worker*

C.R.A. Advisory Board

Hans Petersen (Chair), Sebastien Braconnier, Iris Churchill, Mary Crowley, Allan Douglas, Sally Fenneman, Al Gray, Carolyn Janes, Wayne King, Marsha Webb





Courtenay &
District Memorial

Outdoor Swimming Pool

in Lewis Park, Courtenay

30 metre Swimming Pool Opens June 1

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

Wading Pool open June 29 - August 28

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

Courtenay Rotary Water Park in Lewis Park beside the outdoor pool

Open May 15

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

Birthday Parties

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

\$65/hour
(maximum 30 people)

\$120/hour
(full pool 30 - 60 people)

Pool Rentals

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


Bring Your School to the Pool!

Call for details.

Special Pool Hours

**June 20 - 21
Saturday & Sunday**
Pool **CLOSED** for swim meet

Wednesday, July 1
Canada Day
FREE Open Swim
1:30 - 4:30 pm

Hawaiian Day!
July 10, 1:30 - 4:30 pm 

Free Fridays!
Open Swim • 1:30 - 4:30 pm
July 24, August 7 & 21

Monday, August 3
BC Day
1:30 - 4:30 pm
Open Swim ONLY



June 1 - 28

Pool Schedules

Courtenay Recreation Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
New! Early Bird Swim • June 1 - 28 5:30 - 7:00 am					Liquid Muscle 8:30 - 9:30 am	Rental Space available for Birthday parties 10:00 am - 12:00 pm
Length Swimming • 12:00 - 1:00 pm					Private/Swim Lessons June 27 START 9:30 - 11:30 am	
Aquacise 12-12:45 pm *Half Pool		Aquacise 12-12:45 pm *Half Pool		Aquacise 12-12:45 pm *Half Pool	Lengths & Water Jogging 12:00 - 1:30pm	Lengths & Water Jogging 12:00 - 1:30pm
Everyone Welcome Open Swim • 3:00 - 4:30 pm					Everyone Welcome Open Swim 1:30 - 4:30 pm	

June 29 - August 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim			Mon, Wed, Fri 5:30 - 6:30 am Tues & Thurs 5:30 - 7:30 am			
Lessons 9:00 - 11:15 am • Monday - Friday					Liquid Muscle Aquafit 8:30 - 9:30 am	Family Swim 10-11:30 am
Aquacise 12 - 12:45 pm	Special Needs 12 - 1:30 pm	Aquacise 12 - 12:45 pm	Special Needs 12 - 1:30 pm	Aquacise 12 - 12:45 pm	Lengths & Water Jogging 9:30 am - 1:30 pm	Lengths & Water Jogging 11:30 am - 1:30 pm
New! Length Swimming Mon - Fri 11:15 am - 1:30 pm ½ Pool 12 - 1:30 pm						
OPEN Swim Monday to Sunday 1:30 - 4:30 pm						
Evening OPEN Swim (one lane available) • June 29 - Aug 7 Mon, Wed, Fri 7:30 - 9:00 pm • August 17 - 28 5:00 - 7:00 pm (Mon - Fri)					Please note! Children 6 years & under must be accompanied by an adult within arms reach.	

Admission		Single Admission	10-Use Card	Season Pass
	3 - 12 years	\$2.00	\$18.00	\$50.00
	13 - 18 years	\$2.00	\$18.00	\$50.00
	Adult (19+)	\$4.00	\$35.00	\$100.00
	Senior (60+)	\$3.50	\$27.00	\$76.00
	Special Needs	\$2.00	\$18.00	\$50.00
	Family*	\$10.00	* min 1 child & 1 adult, max 2 adults, max 6 people • 2 years & younger - FREE	

August 24 - 28

- **Lengths**
Monday - Friday
6:00 - 8:30 am
11:30 am - 1:30 pm
- **Aquacise**
Mon/Wed/Fri
12:00 - 12:45 pm
- **Open Swim**
Monday - Friday
1:30 - 4:30 pm & 5:00 - 7:00 pm

Intro to Aquacise

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

Thursday June 11
12:00 - 12:45 pm
Free Admission

Aquacise

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

Mondays, Wednesdays
& Fridays
June 3 - August 22
12:00 - 12:45 pm
Regular admission prices



Water-jogging

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

Adult Swimming Lessons

(16 years & over)

Beginner Lessons

Learn how to swim. It is never too late. Start with the basics; submersion, breath control, floats and glides. Work at your own pace. No previous swimming experience is required. **No class** July 1.

#38920 Wednesdays
June 10 - July 15
7:30 - 8:00 pm
Outdoor Pool
\$38/5

Intermediate Lessons

Develop the basics of front and back crawl, breathing, body position, continuous kick and arm placement. Build confidence, learning the progressions of diving and treading water. Meet your personal goals. Pre-requisites: completion of Beginner lessons, or the ability to swim 25 metres on front and back. **No class** July 1.

#38921 Wednesdays
June 10 - July 15
7:30 - 8:15 pm
Outdoor Pool
\$38/5

Advanced Lessons

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

#38922 Wednesdays
June 10 - July 15
7:30 - 8:15 pm
Outdoor Pool
\$38/5

Liquid Muscle

Target all muscle groups, working them to the point of liquid exhaustion. With emphasis on core/abdominal training, this dynamic, low-impact class offers a bootcamp alternative that is sure to start your weekend off right. Instructors will vary.

Saturdays
June 27 - August 23
8:30 - 9:30 am
Regular admission prices



**Hawaiian Luau
at the Outdoor Pool**

Friday July 10 2015
1:30 - 4:30 pm
Open Swim
Admission by non-perishable
food items
(to be donated to the local Food Bank)



Pooch-A-Poolooza!
"Return of the Annual Dog Swim"



The outdoor pool is going to the dogs! Join us on our last day, for fun in the sun with your favourite pooch. Dogs must be friendly to attend.

Saturday August 29
11:00 am - 1:00 pm
\$5
dog vaccination papers must be presented

Bronze Star

(12 - 14 years)

Take the first step to become a lifeguard. Learn CPR, basic lifesaving skills, searches and solo and partner rescues. Stay safe in and around water with an emphasis on leadership, first aid, fitness, endurance and friendly competition. Pre-requisites: Star Patrol, 12 years old and the ability to swim 100 metres comfortably.

#38916 Thursday - Saturday
July 9 - 11
10:00 am - 1:30 pm
Outdoor Pool
\$100/3

Junior Lifeguarding Club (JLC)

(8 - 15 years)

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

#38918 Monday - Friday
August 24 - 28
10:30 am - 2:30 pm
Outdoor Pool
\$100/5

Bronze Medallion & Cross Combo

(13 years & over)

Develop proficiency in lifesaving and water rescue skills. Bronze Medallion and Cross are important 'building blocks' towards further first-aid and lifeguard training. Bronze Medallion pre-requisite: Bronze Star by the first day of the course. Successful completion of Bronze Medallion is required for Bronze Cross. The manual supplied is used for both certifications.

#38917 Monday - Friday
August 24 - 28
9:00 am - 5:00 pm
Outdoor Pool
\$251/5

Standard First Aid & CPR C

(13 years & over)

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

#38919 Saturday & Sunday
August 15 & 16
8:00 am - 4:30 pm
Outdoor Pool
\$122

Steps to Become a Lifeguard



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

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



Private & Semi-Private Lessons for all ages

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

Monday to Saturday
June 27 - August 22
Times TBA
\$20 (½ hour) **Private**
\$13 (½ hour) **Semi-Private**



Lesson Schedule

Swim Sessions

Swim lessons run Monday to Friday

- **Session 1**
June 29 - July 10
9 lessons
(No class July 1)
- **Session 2**
July 13 - 24
10 lessons
- **Session 3**
July 27 - August 7
9 lessons
(No class August 3)
- **Session 4**
August 10 - 21
10 lessons

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



Preschool

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

5 years & over

10 - ½ hour lessons.....\$44
9 - ½ hour lessons.....\$39.60
10 - ¾ hour lessons.....\$61
9 - ¾ hour lessons.....\$54.90
10 - 1 hour lessons.....\$78
9 - 1 hour lessons.....\$70.20

Level	Session	Time
Level 1	1, 4	9:30 - 10:00 am
	2, 3	10:30 - 11:00 am
Level 2	1, 2, 3	9:00 - 9:30 am
	1, 3, 4	9:30 - 10:00 am
	4	10:00 - 10:30 am
Level 3	1, 2	10:30 - 11:00 am
	2, 4	9:30 - 10:00 am
Level 4	1, 3, 4	10:00 - 10:30 am
	1, 3	10:30 - 11:00 am
	2, 3	9:00 - 9:30 am
Level 5	1, 3, 4	9:30 - 10:00 am
	1, 2	10:00 - 10:30 am
	2, 3	10:30 - 11:00 am
Level 6	1, 2	9:30 - 10:15 am
	3, 4	10:30 - 11:15 am
Level 7 & 8	3, 4	9:00 - 9:45 am
	1	10:15 - 11:00 am
	2	10:30 - 11:15 am
Level 9 & 10	1, 4	9:00 - 9:45 am
	3	9:45 - 10:30 am
	2	10:15 - 11:00 am
Level 9 & 10	2	9:00 - 10:00 am
	3	9:30 - 10:30 am
	1, 4	10:00 - 11:00 am

▶ **Private & Semi-Private Lessons**
~ see page 9



Program Level Registration Guide

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



Summer Children's Programs at a GLANCE...

	June 29-July 3 WEEK 1	July 6-10 WEEK 2	July 13-17 WEEK 3	July 20-24 WEEK 4
Early Years (up to 6 years) Pages 15 - 18	<ul style="list-style-type: none"> • Baby Talk • Baby & Me Dancing Together • Piano Adventures 	<ul style="list-style-type: none"> • Baby Talk • Baby & Me Dancing Together • Creative Movement • Jungle Safari • Parent & Tot Dance Party • Piano Adventures • Sunny Days Mini Camp • Tennis • Tree Frog Music 	<ul style="list-style-type: none"> • Baby Talk • Baby & Me Dancing Together • Creative Movement • Dinosaur Days • Ezra Soccer Tots • Messy Art • Parent & Tot Dance • Piano Adventures • Tennis • Tree Frog Music • Optimist Sailing 	<ul style="list-style-type: none"> • Baby Talk • Baby & Me Dancing Together • Kids in Space • Parent & Tot Dance Party • Piano Adventures • Sport n' Splash • Tennis • Tree Frog Music
Children (6 - 12 years) Pages 19 - 32	<ul style="list-style-type: none"> • Adventure Daycamp • Babysitter Training • Discovery Camp • Diva Delights • Outdoor Yoga • Parktime • Piano Adventures • Sailing 	<ul style="list-style-type: none"> • Aerial Arts Camp • Archery Camp • Clayworks Camp • Dance Mix • Discovery Camp • Drawing & Manga Camp • Kung Fu Kids Kamp • Learn to Play Yo Yo & Kendama • Outdoor Yoga • Paddling Camp • Parktime • Piano Adventures • Sailing • Science Detectives • Tennis 	<ul style="list-style-type: none"> • Aerial Arts Camp • Cougars Track & Field • Circus Camp • Discovery Camp • Ezra Soccer School • Learn to Play Yo Yo & Kendama • Lego Camp • Not Your Average Dance Camp • Outdoor Yoga • Parktime • Piano Adventures • Sailing • Stained Glass Beach Scene • Sun Fun Adventures • Tennis • Tribune Bay 	<ul style="list-style-type: none"> • Adventure Daycamp • Arts in Motion • Cougars Track & Field • C.S. Eye • Discovery Camp • Everything You Ever Wanted to Do • Learn to Play Yo Yo & Kendama • Outdoor Yoga • Paddling Camp • Parktime • Piano Adventures • Stained Glass Summer Magic • Tennis
Youth (10 years & over) Pages 33 - 36	<ul style="list-style-type: none"> • Babysitter Training • Fire Fighting Basic Training • Food Safe Level 1 • Teen Odyssey 	<ul style="list-style-type: none"> • Basic Sailing • Funky Photoshop Tutorials • Home Sense & Safety • Music Appreciation • Paddling Camp • Sk8, Scoot & Swim! • Teen Odyssey • Tennis 	<ul style="list-style-type: none"> • Cougars Track & Field • Ezra Soccer • Fire Fighting Basic Training • Leaders in Training • Teen Odyssey • Tennis • African Drumming, Improv & Drums-Alive Workshop 	<ul style="list-style-type: none"> • Art Journaling • Cougars Track & Field • Paddling Camp • Teen Odyssey • Tennis





Registration starts Wednesday May 6

Courtenay Recreation
At A Glance

July 27-31 WEEK 5	Aug 4-7 WEEK 6	Aug 10-14 WEEK 7	Aug 17-21 WEEK 8	Aug 24-28 WEEK 9
<ul style="list-style-type: none"> • Baby Talk • Baby & Me Dancing Together • Creative Movement • Flow Arts Spin Camp • Forts Almighty • Parent & Tot Dance Party • Piano Adventures • Park Pals • Tennis • Tree Frog Music 	<ul style="list-style-type: none"> • Baby Talk • Creative Movement • Kinder Tap • Optimist Sailing • Wet Feet • Parent & Tot Dance Party • Piano Adventures • Rec n' Doodle • Wee Science 	<ul style="list-style-type: none"> • Baby Talk • Forts Almighty • Kinderchefs & Play • Kinder Tap • Parent & Tot Dance Party • Piano Adventures • Tennis 	<ul style="list-style-type: none"> • Baby Talk • Dinosaur Days • Ezra Soccer Tots • Kinder Tap • Piano Adventures • Sport n' Splash 	<ul style="list-style-type: none"> • Baby Talk • Kinder Tap • Piano Adventures • Sunny Days Mini Camp
<ul style="list-style-type: none"> • Discovery Camp • Flow Arts Spin Camp • Hip Hop Intro • It's Fun to Sew • Jewels, Gems & Groovy Crafts • Learn to Play Yo Yo & Kendama • Mocking Jay Daycamp • Paddling Camp • Parktime • Piano Adventures • Sailing • Stained Glass Summer Magic 	<ul style="list-style-type: none"> • Discovery Camp • Family African Drumming & Rhythm Workshop • Everything You Ever Wanted to Do • It's Fun to Sew • Kung Fu Kids Kamp • Learn to Play Yo Yo & Kendama • Paddling Camp • Parktime • Piano Adventures • Sailing • Sk8, Scoot & Swim! • Woo Kim Tae-kwondo Camp 	<ul style="list-style-type: none"> • Adventure Daycamp • Cougars Track & Field • C.S. Eye • Divergent Camp • Discovery Camp • Exploration Art Camp • Girls Sport & Craft Combo • Horse & Pony Camp • Learn to Play Yo Yo & Kendama • Paddling Camp • Parktime • Piano Adventures • Sailing • Tennis 	<ul style="list-style-type: none"> • Archery • Cougars Track & Field • Discovery Camp • Ezra Soccer School • Horse & Pony Camp 1 & 2 • Learn to Play Yo Yo & Kendama • Parktime • Piano Adventures • Sailing 	<ul style="list-style-type: none"> • Learn to Play Yo Yo & Kendama • Parktime Round-Up • Piano Adventures • Science Detectives • Sewing Level 2 • Summer Sunset Daycamp • Trampoline • Young Chefs
<ul style="list-style-type: none"> • Cougars Track & Field • Paddling Camp • Summer Chill Zone • Teen Odyssey 	<ul style="list-style-type: none"> • Basic Sailing • Leaders in Training • Paddling Camp • Babysitter Training • Teen Odyssey • Ultimate Adventure Daycamp 	<ul style="list-style-type: none"> • Conditioning Jazz • Home Sense & Safety • Paddling Camp • Sailing • Summer Chill Zone • Teen Odyssey • Tennis 	<ul style="list-style-type: none"> • Cougars Track & Field • Divergent Camp • Exploration Art Camp • Ezra Soccer • Mixed Media • Teen Odyssey 	<ul style="list-style-type: none"> • Chopped • Cougars Track & Field • DJ Workshop with DJ Eliazar

**Aug 31 - Sept 4
WEEK 10**

- Gymnastics Camp
- Gym & Swim
- Kindergym Camp
- Parktime Round-Up
- Piano Adventures

**Tween & Teen \$2.50 Drop-in at
The LINC Youth Centre All Summer Long**

(see page 36 for hours)



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."

Masheded, 1994

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

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

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

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

Monday Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

9:00 - 11:30 am

Interested in afternoons?

Leave your name on our interest list.

Monthly Fees

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

489 Old Island Highway, Courtenay

250-338-5371 www.courtenay.ca



Baby Talk

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

Facilitator: Nell Divinagracia

Tues, Ongoing
10 - 11:30 am
Lewis Meeting Room
\$1/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. Instructor leads parents through a gentle routine plus "warm-up" and "cool down", meet and greet to follow, as time permits.

Instructor: Jenna Flint

#38875 Fridays
July 3 - 31
10:30 - 11:30 am
Lewis Centre
\$30/5

Treefrog Music Together Preschool

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

Instructor: Kazimea Sokil
#38455 Mondays & Wednesdays
July 6 - 29
9:30 - 10:15 am
Simms Millenium Park
\$100/8

Yoga Together

(2 - 5 years with adult)
Join your child as we move, breathe, balance, stretch, play, be still and have fun....together!! Through games, songs, and movement we will practice, traditional yoga postures, partner poses, moving meditation, focus, balance, and breath. We will jump, roar, fly, slither, blossom and find stillness.

#38910 Fridays
July 3 - 24
11:45 am - 12:30 pm
\$30/4

Childminding

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

Monday - Friday
Effective June 29
9:00 - 10:30 am
Lewis Centre
\$4/1¼ hours
\$5/1¾ hours
punch cards also available

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

#38876 Thursdays
July 9 - August 13
10:30 - 11:30 am
Lewis Centre
\$35/6

FATHER'S DAY
Annual Kite Fly
Sunday June 21
Goose Spit Park
Registration 12:00 pm, KiteFly 12:30 - 2:30 pm, Awards 2:30 pm
Park & Ride from Brooklyn Elementary School, 1290 Guthrie Road
Shuttle Bus 11:30 am - 3:30 pm
New this year! Hot dog roast!

Lewis Centre 250-338-5371








CITY OF
COURTENAY
Recreation

follow us  





Sunny Days Mini Camp

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

Monday - Friday

#38459 July 6 - 10

10:00 am - 12:00 pm

or

#38472 August 24 - 28

1:00 - 3:00 pm

Lewis Centre

\$68/5

Messy Art

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38464 Monday - Friday

July 13 - 17

1:00 - 3:00 pm

Lewis Park Salish Building

\$68/5

Park Pals

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38467 Monday - Friday

July 27 - 31

1:00 - 3:00 pm

Lewis Centre

\$68/5

Jungle Safari

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38460 Monday - Friday

July 6 - 10

1:00 - 3:00 pm

Lewis Centre

\$68/5

Kids in Space

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38465 Monday - Friday

July 20 - 24

1:00 - 3:00 pm

Lewis Centre

\$68/5

Dinosaur Days

(4 - 6 years)

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

Instructor: Sheri Roffey & Breanne Hague

Monday - Friday

#38462 July 13 - 17

#38463 August 17 - 21

10:00 am - 12:00 pm

Lewis Centre

\$75/5

Forts Almighty

(3 - 5 years)

Create forts of all sorts then play the day away! Please bring a snack each day.

Instructor: Sheri Roffey & Breanne Hague

Monday - Friday

#38468 July 27 - 31

#38470 August 10 - 14

10:00 am - 12:00 pm

Lewis Centre

\$68/5



Wee Science

(3 - 5 years)
Put on your lab coats and try out a bunch of fun science experiments.

Instructor: Sheri Roffey & Breanne Hague

#38469 Tuesday - Friday
August 4 - 7
10:00 am - 12:00 pm
Lewis Centre
\$60/4

Flow Arts Spin Camp

(5 - 13 years)
We'll learn the physical skills of spinning hoops, poi and staff as well as face painting, costuming and creating characters. In this incredible camp, the focus is on FUN, creative and silly circus play. Get inspired as we create our own mini circus-style show from all the skills you've acquired! Equipment provided.

Instructor: Tracey Clarke

#38450 Monday - Friday
July 27 - 31
9:00 am - 12:00 pm
Lewis MP Hall
\$110/5

Creative Movement

(4 - 6 years)
Explore natural movement with a wide variety of age appropriate music. Imagination, discovery and joyfulness are the focus.

Instructor: Jenna Flint

#38879 Fridays
July 10 - August 7
12:00 - 1:00 pm
Lewis Centre
\$30/5

Please note: Children in independent programs must be potty trained and out of Pull-ups.

Rec 'n' Doodle

(3 - 5 years)
Be creative as you dive into all kinds of arts and crafts, then burn off all that extra energy as you play games in the gym! Please bring a lunch and get ready to have a blast

Instructor: Sheri Roffey & Breanne Hague

#38466 Tuesday - Friday
August 4 - 7
1:00 - 3:00 pm
Lewis Centre
\$60/4

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.

Instructor: Sheri Roffey & Breanne Hague

#38471 Monday - Friday
August 10 - 14
1:00 - 3:00 pm
Lewis Centre
\$68/5

Piano Adventures

(5 - 7 years)
Have a musical summer! Explore the world of music using a wide range of musical styles and instruments. Suitable for beginners, there will be 10 hour long piano classes. Book cost will be \$22, bought from the instructor at the first lesson. A piano or keyboard is recommended at home for practising.

Instructor: Debbie Ross

#38809 Thursdays
July 2 - September 3
1:00 - 2:00 pm
\$120/10

Imagination Station

(3 - 5 years)
All aboard the train destined for the land of imagination. Create puppets, play dress up, and turn boxes into magical lands as you let your imagination loose. Please bring a snack each day.

Instructor: Sheri Roffey & Breanne Hague

#38473 Monday - Friday
August 24 - 28
10:00 am - 12:00 pm
Lewis Centre
\$68/5

Kinder Tap

(4 - 6 years)
Learn basic tap dance skills in a non-competitive environment. Short performance at end of session.

Instructor: Jenna Flint

#38877 Thursdays
August 6 - September 3
10:30 - 11:30 am
Lewis Centre
\$30/5



Slip, Slap, Slop
on some
sunscreen!





Sport 'n' Splash

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38475 Monday - Friday
July 20 - 24
10:00 am - 12:00 pm

#38474 Monday - Friday
August 17 - 21
1:00 - 3:00 pm
Lewis Centre
\$68/5

Oh no, you had to cancel the class?

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



Ezra Soccer School Tots

(3 - 5 years)

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

Instructor: Ezra Soccer School
Monday - Friday

#38424 July 13 - 17
#38425 August 17 - 21
10:30 - 11:30 am
Lewis Park
\$65/5

Kindergym Camp

(3 - 5 years)

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

Instructor: Sheri Roffey & Breanne Hague

#38476 Monday - Friday
August 31 - September 4
9:00 - 10:00 am
Lewis Centre Gym
\$60/5

Progressive Red Ball Tennis

(5 - 6 years)

Learn the basic co-ordination and co-operative activities which lead to the development of basic strokes and FUNdamentals. Use of scaled down courts and modified balls make learning faster and play more successful.

Instructor: Brenda Dean

Monday - Friday

#38438 July 6 - 10
#38439 July 13 - 17
#38440 July 20 - 24
#38441 August 10 - 14
9:00 - 10:00 am
Lewis Park Tennis Courts
\$57.50/5

Optimist Sailing Wet Feet

(5 - 8 years)

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

Instructor: Comox Valley Dinghy Sailing School

Monday - Friday
July 13 - 17

#38370 9:00 - 11:30 am

#38811 12:30 - 3:00 pm
\$150/5

Tuesday - Friday
August 4 - 7

#38812 12:30 - 3:00 pm
\$120/4

Comox Marina
Park Gazebo



Special Interest

Science Detectives

(6 - 9 years)

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

Tuesday - Friday

#38482 July 7 - 10

#38483 August 25 - 28

12:30 - 3:30 pm

Lewis Salish Building

\$74/4

C.S. Eye

(6 - 9 years)

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

Instructor:

#38484 Monday July 20

#38485 Wednesday August 12

12:00 - 4:00 pm

Lewis Meeting Room

\$26

Everything You Ever Wanted To Do

(6 - 11 years)

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

Instructor:

#38480 Wednesday July 22

Lewis Salish Building

#38481 Friday August 7

12:30 - 3:30 pm

Lewis Tsolum Building

\$26



St. John Ambulance Babysitter Training

(11 - 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:

#38478 Saturday July 4

or

#38479 Saturday August 8

9:00 am - 4:30 pm

Lewis Tsolum Building

\$69

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.

#38603 Saturday June 6

#38601 Thursday July 9

#38602 Thursday August 13

1:00 - 3:30 pm

Lewis Meeting Room

\$21

nickel carnival

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

Friday, July 17
1:30 - 3:30 pm Lewis Centre

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



Horse & Pony Camp

(8 years & over)

Love horses? Learn the basic skills in horsemanship such as brushing, grooming tacking up, basic seat, walk and trot. Basic first aid will be covered and a special visit from the farrier. A helmet is mandatory, A membership in the Horse Council of BC is included. Please pick up a waiver form. For more information, call Claudia Harper at 250-334-7504.

Instructor: Claudia Harper
Monday - Thursday
August 10 - 13

#38347 9:00 am - 12:00 pm
or

#38349 3:00 - 6:00 pm
or
August 17 - August 20
9:00 am -12:00 pm
\$160/4
(includes Horse Council of BC membership)



**Slip, Slap, Slop
on some
sunscreen!**

Horse & Pony Camp 2

(8 - 14 years)

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

Instructor: Claudia Harper

#38353 Monday - Friday
August 17 - 21
3:00 - 6:00 pm
\$200/5
(includes Horse Council of BC membership)

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 (approx. \$15-\$20).

Instructor: Jean Morgan
Tuesday - Friday

#38817 July 28 - 31
#38818 August 4 - 7
10:00 am - 12:00 pm
Lewis Centre
\$74/4

Family African Drumming & Rhythm Workshop

(6 - 10 years)

Join local drumming instructor and drum circle facilitator Monica Hofer for a fun-filled introduction to African Drumming and Rhythm. This workshop is intended for children aged 6 - 10 accompanied by one or both parents (or an adult family member). We will be experimenting with a variety of drums and hand-held rhythm instruments, and no experience is necessary.

Instructor: Monica Hofer

#38608 Friday August 7
10:00 - 11:30 am
Lewis Tsolum Building
\$20



Children's Level 2 Sewing

(9 - 14 years)

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

Instructor: Jean Morgan

#38819 Tuesday - Friday
August 25 - 28
10:00 am - 12:00 pm
Lewis Centre
\$74/4



Piano Adventures

(8 - 11 years)

Have a musical summer! Explore the world of music using a wide range of musical styles and instruments. Suitable for beginners, there will be 10 hour-long piano classes. Book cost will be \$32, bought from the instructor at the first lesson. A piano or keyboard is recommended at home for practicing.

Instructor: Debbie Ross

#38810 Thursdays
July 2 - September 3
2:00 - 3:00 pm
Tsolum Building
\$120/10

Young Chefs

(9 - 12 years)

With Thrifty Foods generous support, we will be offering the Young Chefs camps again this summer! This fun, FREE and energizing camp features hands-on nutritional snack prep and fun physical activity. Be prepared to move and eat healthy! Learn basic food prep techniques, the importance of healthy eating, customize your own recipe book, play games, tour Thrifty Foods and swim. Must be 9 years old to register.

Monday - Friday
#38346 August 24 - 28
9:00 - 4:00 pm
Lewis Tsolum Building
No charge



7 Story Circus Camp

(6 years and up)

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

#38882 Monday - Thursday
July 13 - 16
1:00 - 3:30 pm
Lewis Centre Gym
\$116/4

Aerial Arts Camp

(10 years and up)

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

#38883 Monday - Thursday
July 13 - 16
10:30 am - 12:00 pm
Lewis Centre Gym
\$96/4

Volunteer This Summer

(14 years & over)

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



What's in it for you?

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

How do I get started?

It's easy. Call our Volunteer Coordinator at 250-338-5371 or text 250-650-9903, or drop by the Lewis Centre and fill out a volunteer application form. See page 34 for additional information.

Volunteer Info Meeting

June 4, 2015
4:00 - 5:00 pm
Lewis Centre

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.





Jenja McIntyre is an Emily Carr University Graduate. Jenja is active within our art community, making and showing Art as well as doing Art performances at the Filberg Festival, The CVAG and Local Colours. She works part time as a Lab Technician at the College, Teaches Art workshops, classes and art camps, while also making and selling Pottery.

“My current art practice is very much about the experience of being human and our relationships between each other and the environment. Just as life changes, my work also changes forms. I work in many mediums: drawing, painting, photography, ceramics, piano and snowboarding are among my favourite forms of expression. I love that art can bring together a community and provide so much joy and fulfillment.”

Arts in Motion

(8 - 12 years)

This camp brings together art with outdoor activity, nature and sports. Get creative without sitting still at a desk. Themes may include making our own outdoor kiln, graffiti/airbrush techniques, outdoor photography, moving photography, screen-printing and painting en plein aire (outside).

Instructor: Jenja McIntyre

#38888 Monday - Friday

July 20 - 24

9:00 am - 3:30 pm

Lewis Tsolum Building

\$200

Jewels, Gems & Groovy Crafts

(6 years & over)

Create a sparkling array of arts & crafts including a picture frame, a hairpiece, mosaics, jewellery and more.

Instructor:

#38599 Friday July 31

12:30 - 3:30 pm

Lewis Meeting Room

\$32

Stained Glass Summer Magic

(8 - 12 years)

Learn how to cut and grind glass, solder, the basics in kiln fusing and mosaic techniques. Design beautiful projects including a driftwood and glass windchime, whale or dolphin suncatcher and a starfish mosaic stepping stone.

Instructor: Nancy Morrison

Monday - Thursday

#38355 July 20 - 23

#38356 July 27 - 30

2:00 - 4:00 pm

Lewis Craft Room B

\$42/4

Stained Glass Beach Scene

(6 - 10 years)

With simple cutting and gluing techniques, create a beautiful 8x10 beach scene glass frame. We will use stained glass, glass globs, rocks, sand, tiny pieces of driftwood and sparkle glue. When dry insert a family snapshot of your picnic at the Spit.

Instructor: Nancy Morrison

#38878 Thursday July 16

10:00 am - 12:00 pm

Lewis Craft Room B

\$42

Lego Camp

(6 - 12 years)

Get ready for fun art and play with Lego. We will build Lego cars that move, create the tallest Lego tower to knock it over, recreate masters paintings with Lego along with photography and photoshoots with our Lego masterpieces.

Instructor: Jenja MacIntyre

#38887 Monday - Friday

July 13 - 17

9:00 am - 12:00 pm

Lewis Craft Room B & Gym

\$160

ClayWorks Camp

(6 - 12 years)

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

Instructor:

#38486 Tuesday - Thursday

July 7 - 9 &

Wednesday July 15

10:00 - 12:00 pm

Lewis Craft Room B

\$95/4



Drawing & Manga Camp

(8 - 12 years)

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

Instructor: Jenja MacIntyre

#38886 Monday - Friday

July 6 - 10

9:00 am - 3:30 pm

Lewis Tsolum Building

\$160

Diva Delights

(7 - 11 years)

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

Instructor:

#38600 Thursday & Friday

July 2 & 3

12:00 - 3:00 pm

Lewis Craft Room A

\$36/2

Art Journaling

(10 - 15 years)

Learn how to communicate and express yourself using different art mediums. From finger painting to leaf prints, try something new each day in this arts focused program.

Instructor: Jillian Thompson

#38372 Monday - Friday

July 20 - 24

11:00 am - 3:00 pm

LINC Multipurpose Room

\$180/5



Exploration Art Camp

Creative Kids

(8 - 12 years)

Take visual arts to a whole new level. Your days will be filled with classes in ceramics, painting, drawing, printmaking, sculpting, creative processes, and photography. All materials are provided. Please bring a bag lunch each day.

Instructor: Jenja MacIntyre

#38296 Monday - Friday

August 10 - 14

9:00 am - 4:30 pm

NI College Fine

Arts Studios

\$270/5

Young Artists

(12 - 16 years)

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

Instructor: Jenja MacIntyre

#38297 Monday - Friday

August 17 - 21

9:00 am - 4:30 pm

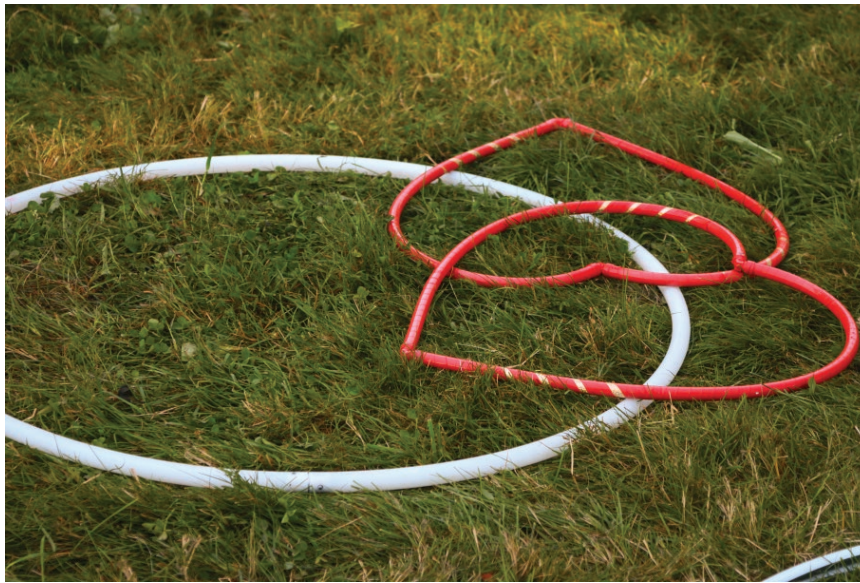
NI College Fine

Arts Studios

\$295/5

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





Flow Arts Spin Camp

(5 - 13 years)

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

Instructor: Tracey Clarke

#38450 Monday - Friday
July 27 - 31
9:00 am - 12:00 pm
Lewis MP Hall
\$110/5

Dance & Movement

Dance Mix

(7 - 10 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.

#38604 Monday - Friday
July 6 - 10
10:00 am - 12:00 pm
Lewis Activity Room
\$37/5

Hip Hop Intro

(6 - 9 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.

#38487 Monday - Friday
July 27 - 31
10:00 am - 12:00 pm
Lewis Activity Room A
\$26/5

Girls Sports & Craft Combo

(7 - 12 years)

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

#38598 Monday - Friday
August 10 - 14
1:00 - 4:30 pm
Lewis MP Hall
\$84/5

Not Your Average Dance Camp

(7 - 12 years)

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

#38489 Monday - Friday
July 13 - 17
10:00 am - 3:30 pm
Lewis Activity Room
\$95/5



Hip Hop Splash

(7 - 11 years)

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

#38488 Tuesday - Friday
August 4 - 7
12:00 - 4:00 pm
Lewis MP Hall
\$63/4



Kung Fu Kids Kamp

(6 - 12 years)

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

Instructor: Corny Martens

Monday - Friday

#38452 July 6 - 10

\$195/5

or

#38453 Tuesday - Friday

August 4 - 7

8:45 am - 3:00 pm

Lewis Centre Gym

\$156/4

Woo Kim Taekwondo Summer Camp

(6 - 13 years)

If you're new to Martial Arts or a veteran of the club, you are going to love coming to TKD camp. Practice kicking and learn self defence all while applying the tenets of Taekwondo; Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Other activities will include sports, crafts, pool time and indoor games. Bring a swimsuit, lunch and a snack each day. T-shirt included.

Instructor: Richard Dobbs

Tuesday - Friday

#38357 August 4 - 7

\$160/4

or

Monday - Friday

#38358 August 10 - 14

or

#38359 August 17 - 21

9:00 am - 4:00 pm

Lewis Salish Building

\$200/5

Gymnastics Camp

(6 years & over)

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

Instructor: Sheri Roffey &

Breanne Hague

#38492 Monday - Friday

August 31 - September 4

10:00 am - 12:00 pm

Lewis Centre Gym

\$95/5

Gym & Swim

(8 years & over)

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

Instructor: Sheri Roffey &

Breanne Hague

#38493 Monday - Friday

August 31 - September 4

12:30 - 3:30 pm

Lewis Centre Gym

\$105/5

Trampoline

(6 years & over)

Develop skills in a structured trampoline program and enhance your performance in other sports, school and social activities. Based on the BC Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a lot of fun!

Instructor: Sheri Roffey &

Breanne Hague

Monday - Friday

August 24 - 28

#38490 9:30 - 11:00 am

#38491 11:00 am - 12:30 pm

Lewis Centre Gym

\$68/5

Cougars Track & Field Camp

(9 - 15 years)

Run, jump, and throw this summer at the new Vanier Track! Have a great time training in most track & field events including sprints, hurdles, high jump, long jump, javelin, discus, and more. These week-long camps emphasize core skills and personal best efforts. Great for developing speed and agility for other sports too.

Instructor: Comox Valley

Cougars Track Club

Monday - Friday

#38803 July 13 - 17

#38804 July 20 - 24

#38805 July 27 - 31

#38806 August 10 - 14

#38807 August 17 - 21

#38808 August 24 - 28

9:00 am - 12:00 pm

Vanier Track

\$79/5





Ezra Soccer School Full Day

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

Instructor: Ezra Soccer School

#38380 Monday - Friday
July 13 - 17

#38383 Monday - Friday
August 17 - 21
9:00 am - 3:30 pm
Lewis Park
\$189/5

Ezra Soccer School Tots

(3 - 5 years)
Learn to play soccer through fun and structured instruction. Lots of ball contact and an emphasis on group activity encourages motor skill development and social interaction.

Instructor: Ezra Soccer School
Monday - Friday

#38424	July 13 - 17	10:30 - 11:30 am
#38425	August 17 - 21	Lewis Park \$65

Ezra Soccer School Half Day

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

Instructor: Ezra Soccer School

#38421 Monday - Friday
July 13 - 17

#38422 Monday - Friday
August 17 - 21
9:00 am - 12:00 pm
Lewis Park
\$99/5

Progressive Tennis

(5 - 6 years)

Learn the basic co-ordination and co-operative activities which lead to the development of basic strokes and FUNdamentals. Use of scaled down courts and modified balls to make learning faster and play more successful.

Instructor: In Your Court Tennis Academy

Monday - Friday

#38438 July 6 - 10

#38439 July 13 - 17

#38440 July 20 - 24

#38441 August 10 - 14

9:00 - 10:00 am

Lewis Park Tennis Courts
\$57.50/5

Progressive Tennis

(7 - 10 years)

Tennis FUNdamentals. Develop the tactical and technical FUNdamentals to successfully serve, rally and score. Use of scaled down courts and modified balls as required.

Instructor: In Your Court Tennis Academy

Monday - Friday

#38442 July 6 - 10

#38443 July 13 - 17

#38444 July 20 - 24

#38445 August 10 - 14

10:00 am - 11:30 am

Lewis Park Tennis Courts
\$86.25/5



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



Youth FUNdamentals

(10 - 16 years)

Tennis FUNdamentals- Develop the tactical and technical FUNdamentals to successfully serve, rally and score. Use of scaled down courts and modified balls as required.

Instructor: Brenda Dean

Monday - Friday

#38446 July 6 - 10

#38447 July 13 - 17

#38448 July 20 - 24

#38449 August 10 - 14

11:30 am - 1:00 pm

Tennis Courts Lewis Park
\$86.25/5

Beginners Archery Camp

(7 - 12 years)

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

Instructor:

Wednesday - Friday
July 8 - 10

#38594 10:30 am - 12:30 pm

#38596 12:45 - 2:45 pm

or

August 19 - 21

#38595 10:30 am - 12:30 pm

#38597 12:45 - 2:45 pm

Lewis MP Hall

\$42/3

Sk8, Scoot and Swim!

(7 - 11 years)

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

#38416 Tuesday - Friday
July 7 - 10

or

#38418 August 4 - 7

9:30 am - 4:00 pm

The LINC Games Room

\$189/4

Oh no, you had
to cancel the
class?

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



Check your receipt for
important program
information!



FATHER'S DAY

Annual Kite Fly

Sunday June 21

Goose Spit Park

Registration 12:00 pm, KiteFly 12:30 - 2:30 pm, Awards 2:30 pm

Park & Ride from Brooklyn Elementary School, 1290 Guthrie Road

Shuttle Bus 11:30 am - 3:30 pm

New this year! Hot dog roast!

Lewis Centre 250-338-5371



CITY OF
COURTENAY
Recreation

follow us





Summer Chill Zone



(10 - 14 years)
Spend the day 'chilling out' at The LINC! Play games and take part in some chill activities, like water fights, tie dying and geocaching. Spend the second half of the day at The Outdoor Pool 'Chilling out!'

Monday - Friday
#38400 July 27 - 31
or
#38401 August 10 - 14
10:00 am - 4:00 pm
LINC Multipurpose Room
\$215/5

Tribune Bay Outdoor Education Centre Residential Camp

(10 - 13 years)
If you liked Tribune Bay Outdoor Education Centre with your school.... you'll love it as a summer camp! Orca Adventure Camp is for youth just finished grades 4, 5 or 6. Some of the activities include; climbing & rappelling on the climbing tower, being up in the trees on the high ropes course, exploring the bay and little islands in our 12 passenger boat, ocean kayaking, playing 'predator prey' and tons of other games and crafts, hikes to amazing places, and having great campfires every night! Tasty food, a bus ride to and from Hornby Island and your stay in a cabin or cabana included. P.S. it is the same super staff that works at the school camps.

#38437 Monday - Friday
July 13 - 17
Drop-off at Lewis Centre
8:30 am on Monday
Pick-up at Lewis Centre
on Friday at 3:30 pm
\$365 + GST

Paddling Camp

(10 - 14 years)
Get on the water this summer! Join us to explore our coastal area in a kayak, canoe, and on a stand-up paddleboard. This camp shows you how to be safe and have tons of fun on the water no matter what you're paddling! Participants will learn the basics of kayaking, canoeing, and SUP, and finish off the week with a day of swimming & paddling at Comox Lake.

Instructor: CV Kayaks
Monday - Thursday
#38360 July 6 - 8
9:00 am - 12:00 pm &
July 9 10:00 - 2:00 pm
#38361 July 20 - 22
9:00 am - 12:00 pm &
July 23 10:00 - 2:00 pm
#38362 July 27 - July 29
1:00 - 4:00 pm &
July 30 10:00 - 2:00 pm
#38364 August 10 - 12
1:00 - 4:00 pm &
August 13 10:00 - 2:00 pm
Tuesday - Friday
#38363 August 4 - 6
9:00 am - 12:00 pm &
August 7 10:00 - 2:00 pm
CV Kayaks & Canoes &
Comox Lake
\$130/4

REC-BUCKS
Partners in Play
Rewards Program
Redeem 200,000
Q-points for each \$20
REC-BUCKS voucher
towards an active
lifestyle!



Sailing

Opti Basic Sailing

(6 - 12 years)

For kids with no or limited sailing experience. This program teaches students the fundamental elements of sailing in the Optimist dinghy with a focus on sailor development and fun. With opportunities to sail both with a partner or singlehanded, students can master simple sailing technique remarkably fast.

Monday - Friday

#38371 June 29 - July 3

#38813 July 27 - 31

#38814 August 17 - 21

9:00 - 3:30

\$280/5

Comox Marina
Park Gazebo

Optimist Sailing Wet Feet

(5 - 8 years)

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

Monday - Friday

July 13 - 17

#38370 9:00 - 11:30 am

#38811 12:30 - 3:00 pm

\$150/5

Tuesday - Friday

August 4 - 7

#38812 12:30 - 3:00 pm

\$120/4

Comox Marina
Park Gazebo

Youth Advanced

(12 - 18 years)

Pre-requisite Youth Basic, Opti Basic or equivalent course. Run by experienced double handed coaches this course will emphasize sailing fast by promoting the mastery of advanced boat handling skills and racing theory. Catered for individual development, this course provides the skills necessary to gain confidence as an independent sailor.

#38376 Monday - Friday

August 10 - 14

9:00 - 3:30

Comox Park Gazebo
\$280

Opti Advanced Sailing

(7 - 12 years)

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

Monday - Friday

#38373 July 6 - 10

#38373 August 10 - 14

9:00 - 3:30 pm

Comox Marina
Park Gazebo
\$280/5

Opti "Fast" Sailing

(8 - 12 years)

For young sailors who want to sail fast but not sure they want to join our race team. A limited number of spots are available to introduce sailors to racing. All levels of sailors welcome. Opti Fast sailors will be taught alongside the race team one evening or one weekend day a week. Contact cbscraceteam@gmail.ca for more information.

All sailing
programs meet at
Comox Marina
Park Gazebo.

Youth Fast

(12 - 18 years)

For youth sailors who want to sail fast but not sure they want to join our race team we have a limited number of spots to introduce sailors to racing. Youth Fast sailors will be taught alongside the race team one evening a week. Contact cbscraceteam@gmail.ca for more information

Youth Basic Sailing

(12 - 18 years)

For new sailors or those with limited sailing experience. Learn the basics of sailing with experienced CAN Sail Instructors. The course will cover terminology, points of sail, knots, rigging, sail trim, tacking, gybing, and boating safety including righting a capsized boat. For more information please visit comoxbaysailingclub.ca

#38375 Monday - Friday

July 6 - 10

#38816 Tuesday - Saturday

August 4 - 8

9:00 am - 3:30 pm
\$280/5

Comox Park Gazebo



Full Time Day Camps



Parent Information

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

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

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

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

Volunteers: see page 32.

Discovery Camp

(8 - 12 years)

Your summer of fun awaits. Weekly field trips, daily swimming, games that make you move, and beach trips are all you need for sweet summer vibes.

Mon, Tues, Thurs, Fri

- #38627 June 29 - July 3
\$88/4 days
Monday - Friday
- #38628 July 6 - 10
- #38629 July 13 - 17
- #38630 July 20 - 24
- #38631 July 27 - 31
- #38633 August 10 - 14
- #38634 August 17 - 21
\$110/5 days
Tuesday - Friday
- #38632 August 4 - 7
\$88/4 days
10:00 am - 4:00 pm
Meet at Lewis Park
Totem Pole Entrance
\$36/day

Kidsplay

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

Parktime & Discovery

Monday - Friday
8:00 - 10:00 am or
9:00 - 10:00 am &/or
4:00 - 5:00 pm

Daycamp

Monday - Friday
8:00 - 9:00 am &/or
4:00 - 5:00 pm

Specialty Daycamp

Monday - Friday
8:00 - 9:30 am &/or
4:30 - 5:00 pm

Parktime

(6 - 8 years)

Create. Explore. Repeat. Join our most energizing camp as we play games, make crafts, go to the beach and indulge in plenty of water activities to cool off.

Mon, Tues, Thurs, Fri

- #38609 June 29 - July 3
Monday - Friday
- #38610 July 6 - 10
- #38611 July 13 - 17
- #38612 July 20 - 24
- #38613 July 27 - 31
- #38615 August 10 - 14
- #38616 August 17 - 21
\$110/5 days
Tuesday - Friday
- #38614 August 4 - 7
\$88/4 days
10:00 am - 4:00 pm
Meet at Lewis Park
Totem Pole Entrance
\$36/day

Parktime Round-Up

(6 - 12 years)

Wrap up summer with loads of laughs, games, swimming, a beach trip, wacky activities, and a special field trip.

Monday - Friday

- #38643 August 24 - 28
\$135/5
Monday - Thursday
- #38643 August 31 - September 3
10:00 am - 4:00 pm
Meet at Lewis Park
Totem Pole Entrance
\$108/4

Adventure Daycamp

(7 - 12 years)

We go where the wind blows so hold onto your hats. Spend a night under the stars, learn basic survival skills, swim, explore and try new things. Overnight camp-out during second week are at exceptional campsites.

Mon, Tues, Thurs, Fri & Monday - Friday

#38645 June 29 - July 10

or

Tuesday - Friday & Monday - Friday

#38646 July 21 - July 31

#38647 August 11 - 21

9:00 am - 4:00 pm

Meet at Simms Park

\$234/9

Sun Fun Adventures

(8 - 12 years)

Set off on a trail blazing mission to hike, swim, and climb to your best summer yet. Overnight at Strathcona Park Lodge.

#38648 Monday - Friday

July 13 - 17

9:00 am - 4:00 pm

Meet at Simms Park

\$185/5

Ultimate Adventure Daycamp

(10 - 14 years)

Exploration abound! Hike, canoe, cave, climb and sleep beneath the stars. Test the limits with group and individual activities on our overnight at Tribune Bay Outdoor Education Centre.

#38651 Tuesday - Friday

August 4 - 7

9:00 am - 4:00 pm

Meet at Simms Park

\$185/4

Summer Sunset

(7 - 12 years)

Fuel your need for adventure in our last hoorah. Swim, explore, take a special field trip and go for gold in our wacky Olympics.

#38650 Monday - Friday

August 24 - 28

9:00 am - 4:00 pm

Meet at Simms Park

\$175/5



Teen Odyssey

(12 - 18 years)

Teens with special needs team up with friends for all sorts of fun! Games, crafts, drama, outdoor adventures and daily swims make for an exciting summer. Contact our Inclusion Coordinator, Delaney, for details.

Tuesday - Friday

#38657 August 4 - 7

\$56/4

or

Monday to Friday

#38652 June 29 - 30, July 2 - 3

#38653 July 6 - 10

#38654 July 13 - 17

#38655 July 20 - 24

#38656 July 27 - 31

#38658 August 10 - 14

#38659 August 17 - 21

10:00 am - 4:00 pm

Lewis Centre

\$70/5

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



Specialty Camps

Mockingjay Daycamp (Hunger Games Sequel)

(9 - 13 years)

Brush up on your target skills in this fast paced camp based on the Hunger Games trilogy. Archery, Martial Arts, swimming and an overnight at Vancouver Island Mountain Centre, will challenge you to stay sharp.

#38649 Tuesday - Friday

July 28 - 31

9:30 am - 4:30 pm

Lewis Park

Tsolum Building

\$180/4

Divergent

(9 - 13 years)



Based on the popular Divergent trilogy, this climactic camp puts you through faction tests to ultimately let you choose where you belong. We swim, hike, and overnight at Vancouver Island Mountain Centre, to find our bravest selves.

#38593 Tuesday - Friday

August 11 - 14

9:30 am - 4:30 pm

Lewis Tsolum Building

\$180/4

If your child needs special support, please speak with our Inclusion Coordinator, Delaney.





**This Summer
Bring a Friend
& Volunteer!**
#volunteercourtenayrec

Volunteer Information Meeting
June 4, 4:00 - 5:00 pm
Lewis Centre



Volunteer Training
June 26, 1:00 - 4:00 pm
For info text: 250-650-9903

Mixed Media

(10 - 15 years)
Dabble in a bit of everything in this mixed media arts camp for youth. From sticker/logo designs to rock art and more. Take home a variety of personal and very cool projects including a t-shirt, dream catcher and nail polish marbled pot.

- Instructor:** Jillian Thompson
- #38377 Monday - Friday
August 17 - 21
11:00 am - 3:00 pm
The LINC Games Room
\$200/week
or
\$55/day
 - #38378 Monday August 17
 - #38379 Tuesday August 18
 - #38381 Wednesday August 19
 - #38382 Thursday August 20
 - #38394 Friday August 21

Outdoor Kids Yoga

(6 - 11 years)
Move, Breathe, Balance, Stretch, Play, have FUN, Be Still!!! Through games, stories, and movement we will practice traditional yoga postures, moving meditation, focus, balance and breath. We will jump, roar, fly, slither, blossom and find stillness.

- Instructor:** Sky
- #38881 Fridays
July 3 - 24
10:45 - 11:30 am
Lewis Tsolum Building
\$30



Learn to Play YoYo & Kendama

(6 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.

- Instructor:** Jason Kirsch
- #38714 Wednesdays
July 8 - August 26
9:30 - 11:00 am
\$40/8
\$5/Drop-in
 - #38715 Fridays
July 10 & 24,
August 7 & 21
6:30 - 8:30 pm
Lewis Centre
\$20/4
\$5/Drop-in



Week Long Fun!

Sk8, Scoot and Swim!

(7 - 11 years)

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

#38416 Tuesday - Friday
July 7 - 10

or

#38418 August 4 - 7
9:30 am - 4:00 pm
The LINC Games Room
\$140/4

Youth African Drumming, Improv & Drums Alive Camp

New!

(10 - 15 years)

Get into the groove playing African drums, buckets, blocks, garbage pails and much more! Spend a week with a local drumming instructor/drum circle facilitator learning traditional African drumming, improvisation with rhythmical "instruments" and a day pounding away on large balls while getting in some fun physical and mental exercise. Camp ends with a performance on day 5 - open to family and friends!

Instructor: Monica Hofer

#38719 Monday - Friday
July 13 - 17
2:00 pm - 3:00 pm
ends at 3:30 pm on Friday
Native Sons Hall
\$50/5



Youth 11 - 18 years - Join us this Canada Day as we enter a float in the July 1st parade! Call 250-334-8138 for more info.



Youth Basic Sailing

(12 - 18 years)

For new sailors or those with limited sailing experience. Learn the basics of sailing with experienced CAN Sail Instructors. The course will cover terminology, points of sail, knots, rigging, sail trim, tacking, gybing, and boating safety including righting a capsized boat. For more information please visit comoxbaysailingclub.ca

#38375 Monday - Friday
July 6 - 10
9:00 am - 3:30 pm
\$280/5

#38816 Tuesday - Friday
August 3-7
9:00 am - 3:30 pm
\$224/4
Comox Marina
Park Gazebo

Chopped

(11 - 16 years)

Test your cooking skills when it comes to inventing tasty dishes. Each day your team will be presented with a basket of surprise food items which must be incorporated into an appetizer, entree and dessert. You will then be scored based on a series of categories. Will you be the winning team at the end? Prizes included.

#38461 Tuesday - Thursday
August 25 - 27
10:00 am - 3:00 pm
The LINC Games Room
\$145/3

Summer Chill Zone

New!

(10 - 14 years)

Spend the day 'chilling out' at The LINC! Play games and take part in some chill activities, like water fights, tie dying and geocaching. Spend the second half of the day at The Outdoor Pool 'Chilling out!'

Monday - Friday

#38400 July 27 - 31

or

#38401 August 10 - 14
10:00 am - 4:00 pm
LINC Multipurpose Room
\$200/5

Music Appreciation

(9 - 13 yrs)

Dive into the world of music in this 2 day course. Learn the origins of today's music as we focus on the music of the 20th century and how it was influenced by the rapidly changing social landscape to create new genres including Jazz, Blues, Swing, Rock, Punk, Hip Hop, Disco, Funk, Rap, etc

#38907 Tuesday & Thursday
July 7 & 9
4:00 - 6:00 pm
Lewis Centre
\$35/2





Fire Fighting Basic Training

(13 - 16 years)

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

#38459 Friday July 17
10:00 am - 3:00 pm
\$40

Get Trained!

Leaders in Training (LIT)

(13 - 16 years)

Have fun, get involved and gain work experience! This course is essential for youth looking to be awesome volunteers, or build on their resumes. Participants will build teamwork and leadership skills, through this volunteer training workshop series. Learn to lead games, and activities, behaviour management and more. After training, participants will meet with the volunteer coordinator to put their skills into practice either helping with the July Childrens Nickel Carnival or helping summer program leaders run activities!

Tuesday - Friday
#38456 July 14 - 17
or
#38451 August 4 - 7
10:00 am - 4:00 pm
The LINC Games Room
\$85/4

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!

#37931 Saturday June 20
9:00 am - 4:30 pm
The LINC Meeting Room
\$95

Piano Adventures

(13 - 16 years)

Have a musical summer! Explore the world of music using a wide range of musical styles and instruments. Suitable for beginners. Take part in this 10 session long piano series and be on the right track to entertaining at family dinners. Book cost is \$40, bought from the instructor at the first lesson. A piano or keyboard is recommended for at home practicing.

Instructor: Deb Ross
#38802 Thursdays
July 2 - September 3
3:00 - 4:00 pm
Lewis Tsolum Building
\$120/10

DJ Workshop with DJ Eliazar

(13 years & over)

Don't just dream of becoming a DJ! Learn how to DJ in this one day workshop with a professional, then practice your new found skills djing a Youth Dance. Learn how to use turntables, mix music on your home computer, source new music, transitions and even try your hand at scratching. All students leave with a CD of music to practice with, a USB sound card and mixing programs for their home computers.

Instructor: Eli Hason
aka DJ Eliazar
#38415 Thursday August 27
9:30 am - 4:30 pm
& Friday August 28
6:00 - 11:00 pm (Youth Dance)
LINC Multipurpose Room
\$120



Get Creative!

Funky Photoshop Tutorials

(12 - 17 years)

Dive into the world of photoshop during this week of fun. Learn to create your own tiny planet, double exposure, merging art and photography and using watercolour effects.

Instructor: Jillian Thompson

#38365 Tuesday - Friday
July 7 - 10
11:00 am - 3:00 pm
The LINC Youth Centre
Media Arts room
\$120/4 days
or
\$35/per day

#38366 Tuesday July 7
#38367 Wednesday July 8
#38368 Thursday July 9
#38369 Friday July 10

Mixed Media

(10 - 15 years)

Dabble in a bit of everything in this mixed media arts camp for youth. From sticker/logo designs to rock art and more. Take home a variety of personal and very cool projects including a t-shirt, dream catcher and nail polish marbled pot.

Instructor: Jillian Thompson

#38377 Monday - Friday
August 17 - 21
11:00 am - 3:00 pm
The LINC Games Room
\$200/week
or
\$55/day

#38378 Monday August 17
#38379 Tuesday August 18
#38381 Wednesday August 19
#38382 Thursday August 20
#38394 Friday August 21

Art Journaling

(10 - 15 years)

Learn how to communicate and express yourself using different art mediums. From finger painting to leaf prints, try something new each day in this arts focused program.

Instructor: Jillian Thompson

#38372 Monday - Friday
July 20 - 24
11:00 am - 3:00 pm
LINC Multipurpose Room
\$180/5

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



Stay Active!

Wellness Centre Orientation

(13 - 15 years)

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

#38689 Tuesday June 9
#38688 Thursday July 9
#38690 Tuesday August 11
3:30 - 4:15 pm
Lewis Wellness Centre
\$0

Supervised Wellness Centre Schedule

Monday	9:00 - 10:30am 11:00am - 2:30pm 3:00 - 6:30pm 8:00 - 9:30pm
Tuesday	9:00 - 10:30am 3:00 - 9:00pm
Wednesday	9:00 - 10:30am 3:00 - 6:30pm 8:00 - 9:30pm
Thursday	7:00 - 10:30am 3:00 - 9:00pm
Friday	10:00am - 12:30pm 3:00 - 5:00pm

Youth 13 - 15 years welcome during supervised times! Student rate: \$3.50



#ELINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- | | |
|--------------------|-----------------------|
| Outtrips | Arts Programs |
| Concession | Pool Table |
| Big Screen TV | Foosball Table |
| Drop-in Sports | Ping Pong Table |
| Youth Access | Air Hockey Table |
| Computers | Nintendo Wii |
| Indoor Skatepark | XBox 360 |
| Youth Rec Programs | Nightly Events |
| Digital Arts | Outdoor B-Ball Courts |
| Private Rentals | Birthday Parties |

SPRING HOURS

- | | |
|-------------------|---|
| Mondays | CLOSED |
| Tuesdays | 3 - 7 pm
(Tween night 8 - 11 years) |
| Wednesdays | 3 - 8 pm |
| Thursdays | 3 - 8 pm |
| Fridays | 3 - 11 pm |
| Saturdays | 3 - 11 pm |
| Sundays | 3 - 8 pm
(until May 24) |

SUMMER HOURS

- (effective June 30)
- | | |
|-------------------|---|
| Mondays | CLOSED |
| Tuesdays | 3 - 8 pm
(Tween night 8 - 11 years) |
| Wednesdays | 3 - 9 pm |
| Thursdays | 3 - 9 pm |
| Fridays | 2 - 10 pm |
| Saturdays | 2 - 10 pm |
| Sundays | CLOSED |

Summer Nights Sports Drop-in

(11 - 18 years)
Join us Friday nights as we take it outside to play road hockey, basketball, dodgeball and more!

Fridays
7:00 pm
The LINC Youth Centre
\$2.50/Drop-in

Tween Night

(8 - 11 years)
Join us for this special day reserved for 8 - 11 year olds ONLY. Play dodgeball, use the skatepark, go for an outtrip or play with friends on one of our many games tables.

Tuesdays
\$2.50/Drop-in
The LINC Youth Centre

LINC 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



Special Interest

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 practising at home.

Instructor: Debbie Ross

#38789 Thursdays
July 2 - September 3
10:00 - 11:00 am
Filberg Centre
\$160/10

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

#38781 Saturday July 4
10:00 am - 3:00 pm
Filberg Centre
\$40

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

#38782 Saturday July 18
10:00 am - 4:00 pm
Lewis Meeting Room
\$45

Bike Maintenance - Nuts & Bolts

Learn how to change a flat, repair a tube, make the gears work, adjust it to fit, clean & lubricate, tighten and loosen bolts and what to keep in your 'on the road' repair kit.

Instructor: Mountain City Cycle
#38772 Wednesday July 15
6:00 - 7:30 pm
Mountain City Cycle
\$23

Adult Basic Sailing

Join this class for the beginner sailor or those with limited experience. Learn the basics of sailing with experienced instructors.

Learn about terminology, point of sail, knots, rigging, sail trim, tacking, gybing & boating safety: including righting a capsized boat.

#38897 Tuesdays, Thursdays
5:30 - 8:30 pm
& Saturdays
10:00 am - 3:00 pm
June 30 - July 11
Meet at Comox Marina
Park Gazebo
\$160/6

Adult Advanced Sailing

This class is for those who have completed an Adult Basic or Youth Basic course. The emphasis is on developing boat handling skills, reading the wind and tide, sailing a course, the rules of sailing and safety. Students will work towards sailing independently with confidence.

#38898 Tuesdays, Thursdays
5:30 - 8:30 pm
& Saturdays
10:00 am - 3:00 pm
July 21 - August 1
Meet at Comox Marina
Park Gazebo
\$160/6

Introduction to Numerology

Numerology is the study of the vibrational significance of the numbers found in your name and birth date. Discover your strengths and weaknesses, deep inner needs, emotional reactions, talents and the way you deal with others. 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
#38783 Saturday August 8
10:00 am - 3:00 pm
Lewis Meeting Room
\$40

Writing your Memoirs

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
#38784 Saturday August 22
10:00 am - 4:00 pm
Filberg Centre
\$45

Drumming
see page 40





Creative Pursuits

Painting Seascapers (Oil or Acrylics)

Capture the feeling of the waves, the sun and the ocean! Learn step by step, to get it all down on canvas. Learn how to make the colours of the sea, use brush strokes and techniques for adding depth and feeling, and match tones for creating distance or atmospheric perspective. You will learn how to best approach your painting, find a pleasing composition, and how and when to put on finishing touches which make it come to life!

Instructor: Teresa Knight
#38788 Wednesdays
 August 5 - 26
 9:00 am - 12:00 pm
 Filberg Centre
 \$60/4

Please register at least 1 week in advance to avoid dissapointment

Kiln Fused Glass Starfish Windchime

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

Instructor: Nancy Morrison
#38721 Wednesdays
 July 15 - 29
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$40/3

Painting in the Parks

Join this watercolour program for a variety of skill levels. For beginner to intermediate painters as outside the classroom 'coaching' is the rule. Kerr will select a subject of interest to most, prepare a quick sketch and start a study. The Instructor will help when needed with brief sketch examples, pointers, provocative questions and tips for each participant.

Instructor: Bill Kerr
 Mondays
 June 29 - July 20
#38725 9:30 am - 12:00 pm
#38726 6:30 - 9:00 pm
 First class at Puntledge Park
 \$45/4

Landscape Painting (Oils or Acrylics)

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

Instructor: Teresa Knight
#38787 Wednesdays
 July 8 - 29
 9:00 am - 12:00 pm
 Filberg Centre
 \$60/4

Stained Glass Stepping Stones

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

Instructor: Nancy Morrison
#38720 Tuesdays
 July 7 - July 21
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$40/3

Stained Glass Butterfly Suncatcher

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

Instructor: Nancy Morrison
#38722 Tuesdays
 August 4 - 18
 7:00 - 9:00 pm
 Lewis Craft Room B
 \$40/3



Summer Creativity Playshops

Experiment, play and get lost in the fun of the process. Collage, paint, doodle and more! No experience or self-expectations required! A \$16 supply fee will be collected by the instructor (or \$2 per class).

Instructor: Sheron Jutila

#38773 Thursday July 2

#38774 Thursday August 13
Quiet the Critic

#38775 Thursday July 9

#38776 Thursday August 20
Art as Oracle

#38777 Thursday July 16

Fun with Colour

#38778 Thursday July 23

Art as Meditation

#38779 Thursday July 30

Go with the Flow

#38780 Thursday August 6

Art as Brain Strengthenener

2:00 - 4:30 pm

Filberg Centre

\$14/class

\$104/all classes

Dancing Freedom Summer Workshop

Awaken your body's natural wisdom, freedom and joy with this guided free-form dance practice. Discover the power of dance to deal, release and bring balance to your body, heart and mind. With nature as a guide and mirror, we will explore meditation and movement practices to awaken your true nature. Move at your own pace. No experience necessary

Instructor: Helen Patison

#38899 Sunday July 26

10:00 am - 4:00 pm

Meet at Green

Haven Farm

\$60

Private Hula Hoop Skills Clinic

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

Instructor: Tracey Clarke

#38786 Please call for more information!

DrumsAlive!

Drums Alive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm while participants drum on large exercise balls while getting aerobic exercise! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training.

Instructor: Monica Hoffer

#38677 Mondays

July 6 - 27

11:45 am - 12:45 pm

or

#38678 Wednesdays

July 29 - August 19

5:30 - 6:30 pm

Native Sons Hall

\$28/4

Give DrumsAlive! a try in a free demo session June 27 #38913. Call to register.

Do you have a program idea? Fall programming starts in June! Email kcollins@courtenay.ca your program idea.

Symbolic-Devotional Jewelry

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

Instructor: Cheryl Jacobs

#38896 Saturday August 8

9:30 am - 4:30 pm

Tsolum Building

\$90

Plus Size Dance

Experience multiple dance styles in this eclectic and energizing class. Whether you are new to dance or more experienced, there is something here for everyone. No experience necessary.

Instructor: Jenna Flint

#38770 Thursdays

July 9 - August 27

9:30 - 10:30 am

Lewis Activity Room A

\$40/8



Movement



Yoga in the Park Mixed Level Vinyasa Flow

Take your yoga practice outdoors this summer! Different flows each week will challenge your body, focus your mind, and soothe your spirit. Variations given for all levels, from confident beginner on up! All you need is a mat and appropriate attire. Class is open to all levels and all

Instructor: Sky Hellyar

#38792 Fridays

July 3 - 24

9:00 - 10:30 am

Meet @ Lewis Centre

\$37/4

Prenatal Yoga

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

Instructor: Akiko Shima

#38785 Wednesdays

July 8 - August 19

6:30 - 7:45 pm

Lewis Centre

\$56/7

Summer Yoga

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

Instructor: Traci Skuce

Thursdays

July 16 - August 20

#38791 8:30 - 10:00 am

Filberg Centre

\$48/6

Chair Yoga Summer Special

Join us for a summer extended practice. 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 Pattison

#38901 Tuesdays

July 7 & 14

11:00 am - 12:30 pm

Native Sons Grand Hall

\$20/2

Intermediate & Beginner African Summer Drumming Workshop

Get into the summer groove! Intermediate workshops offered for current students of African Drumming who want keep up their rhythms over the summer, and for new students who have had some previous experience with djembe and/or dun dun drums.

Instructor: Monica Hofer

#38798 Wednesday July 15 **Inter.**

#38800 Wednesday July 22 **Beg.**

5:30 - 6:30 pm

or

#38799 Monday August 10 **Inter.**

#38801 Monday August 17 **Beg.**

11:45 am - 12:45 pm

Native Sons Hall

\$15/workshop

\$25/2 workshops

Yin Yoga Summer Immersion

Recharge your batteries from the inside out! Yin Yoga is a quiet, meditative practice. It uses long held, passive poses to release connective tissue and deeply help parts of the body and mind. This class includes mostly 'low to the ground' postures.

Instructor: Helen Pattison

#38900 Tuesdays

July 7 & 14

2:00 - 4:00 pm

Lewis Meeting Room

\$24/2

Oh no, you had to cancel the class?

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



Outdoor Pursuits

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.

- #38730 Thursday July 2
- #38731 Tuesday July 7
- #38740 Thursday July 16
- #38732 Tuesday July 21
- #38733 Thursday August 6
- #38734 Thursday August 13
- #38735 Tuesday August 25
7:45 - 9:30 pm
Outdoor Pool
\$58

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)

- #38741 Saturday July 4
- #38742 Saturday July 18
- #38746 Saturday August 8
- #38743 Saturday August 29
10:00 am - 1:00 pm
Meet at Comox Lake
or
- #38744 Thursday July 9
- #38745 Tuesday July 28
- #38747 Tuesday August 18
5:30 - 8:30 pm
Meet at CV Kayaks
\$58

Please note: Part 1, 2 & 3 are part of Paddle Canada Basic Kayak

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.

- #38748 Saturday July 4
- #38750 Saturday July 18
- #38753 Saturday August 8
- #38754 Saturday August 29
2:00 - 5:00 pm
Meet at Comox Lake
or
- #38749 Thursday July 16
- #38751 Thursday August 20
5:30 - 8:30 pm
Meet at CV Kayaks
\$58

Intro to Greenland Paddling

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

- #38763 Friday July 3
4:00 - 7:00 pm
- #38762 Sunday August 23
1:00 - 4:00 pm
Meet at Goose Spit
\$58

All Kayaking, SUP & Canoeing Courses taught by Comox Valley Kayaks & Canoes

Cold Water Rescues

For heartier folks - join us outdoors to learn and practice kayak rescues in real life conditions..... the cool water of Goose Spit. 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 Basic Kayak certification. Wetsuits provided. Dry suit rentals available for this course upon request for an additional fee.

- #38727 Saturday July 25
1:00 - 3:00 pm
- #38728 Saturday August 15
5:00 - 7:00 pm
Meet at Goose Spit
\$50

Canoeing 101

Bring your paddling partner and join us on the water to learn the basics of tandem canoeing. You will learn the essential strokes and boat handling skills to make your canoeing adventures rewarding, safe and fun!

- #38761 Sunday July 12
- #38760 Sunday August 9
2:00 - 4:00 pm
Meet at Goose Spit
\$68





Paddle Canada Level 1 (Beyond Basics)

Paddle Canada Level 1 can help you take your Sea Kayaking skills to the next level. In this multi-day course, we will build intermediate paddling skills, learn about weather, navigation, tides and risk assessment, and plan and undertake a day trip. This is an exciting and challenging 2 days on the water! Pre-requisite; PC Basic Kayak.

#38755 Saturday & Sunday
August 22 & 23
9:00 am - 5:00 pm
Meet at CV Kayaks
\$260/2

The Kayak Roll

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

Thursdays
#38764 July 23 & 30
#38765 August 20 & 27
7:45 - 9:30 pm
Meet at Outdoor Pool
\$120/2

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!

#38756 Saturday July 11
#38758 Sunday July 26
3:00 - 5:00 pm
#38757 Friday August 7
12:00 - 2:00 pm
Meet at CV Kayaks
\$40

Advanced SUP

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

#38759 Thursday August 27
5:00 - 7:00 pm
Meet at CV Kayaks
\$58

Pickleball - Daytime

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.

#38426 Mondays, Wednesdays & Friday
July 6 - August 28
9:00 - 11:00 am
Martin Park Lacrosse Box
\$2.00/Drop-in

Golf- Short Game

Improve all aspects of your short game including putting, chipping and bunker play.

Instructor: Bill Kelly
#38904 Fridays
August 7 - 28
10:00 am - 11:00 am
Meet at Glacier Greens Golf Course
\$92/4

Golf - Full Swing

This lesson program covers all the fundamentals to improve your current golf swing.

Instructor: Bill Kelly
Thursdays
#38902 June 4 - 25
#38903 July 2 - 23
1:00 - 2:00 pm
Meet at Glacier Greens Golf Course
\$92/4

Sailing Programs
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Summer Fitness at a Glance

See following pages for class descriptions

Courtenay Recreation
Older Adult

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 ② Stretch/Strength Native Sons Hall	9:00 am Cardio & Strength Native Sons Hall
★ 9:00 am ② Stretch/Strength Filberg Centre	9:00 am ② 55+ TRX & Resistance Training (Level 2) Lewis Centre	9:00 am ② TRX & Resistance Training (Level 1) Lewis Centre	9:00 am ② 55+ TRX & Resistance Training (Level 2) Lewis Centre	
9:00 am 55+ TRX & Resistance Training (Level 1) Lewis Centre	★ 9:15 am ② Chair Fit Filberg Centre		10:00 am Yoga for the Joints Lewis Centre	★ 9:15 am ② Chair Fit Filberg Centre
10:15 am 55+ Gentle Yoga Native Sons Hall	10:30 am ② 55+ Strength Lewis Centre	10:15 am ② 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 ② 55+ Strength Lewis Centre	10:00 am 55+ Strength Lewis Centre
10:30 am ② 55+ Strength Lewis Centre	12:00 pm ② Outdoor Circuit	10:30 am ② 55+ Strength Lewis Centre	12:00 pm ② Outdoor Circuit	
1:30 pm ② 55+ Strength Lewis Centre	2:00 pm ② 55+ Circuit Fit Lewis Centre	1:30 pm ② 55+ Strength Lewis Centre	2:00 pm ② 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 ② 55+ Beginner Strength Training Lewis Centre		3:00 pm ② 55+ Beginner Strength Training Lewis Centre	

② classes run 2 days per week

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

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

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

Get the benefits of strength training. Including arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. A qualified fitness instructor monitors the gym floor at all times and will guide you through your fitness journey, providing support at every turn.

No class August 3.

Instructor: Juan Blancas

Fridays

#38407 July 3 - September 4

10:00 - 11:00 am

\$50/10

Mondays & Wednesdays

July 6 - September 2

#38399 10:30 - 11:30 am

#38403 1:30 - 2:30 pm

\$85/17

Tuesdays & Thursdays

#38405 July 7 - September 3

10:30 - 11:30 am

\$90/18

Stretch & Strength

#38925 Mondays & Thursdays

July 6 - August 13

9:00 - 10:00 am

Filberg Centre & NSH

\$62/13

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 or at home.

Instructor: Cathy Riopelle

#38417 Tuesdays & Thursdays

July 7 - August 27

3:00 - 4:00 pm

Lewis Activity Room

\$80/16

55+ Outdoor Circuit

Build strength, endurance, flexibility and balance. Stay active so you can reach your potential!

Instructor: Cathy Riopelle

#38420 Tuesdays & Thursdays

July 7 - August 6

12:00 - 1:00 pm

Riverside Fit Park

\$44/10

Current Evergreen Club
Members receive a 25%
discount on
program fees.

55+ Circuit Fit

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

Instructor: Cathy Riopelle

#38419 Tuesdays & Thursdays

July 7 - August 27

2:00 - 3:00 pm

Lewis Activity Room

\$80/16

Cardio & Strength

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

Instructor: Joyce Leong

#38423 Fridays

July 10 - August 14

9:00 - 10:00 am

Native Sons Hall

\$30/6

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. **No class** August 3.

Instructor: Kim Hamilton

#38352 Mon & Wed (**Level 2**)

July 13 - September 2

\$83/15

#38351 Tues & Thurs (**Level 1**)

July 7 - August 27

9:00 - 10:00 am

Lewis Wellness Centre

\$89/16



Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Participants must be able to walk unassisted for 60 feet and be able to get up and down from the floor.

Instructors: Steve & Joyce

#38409 Mondays
July 6 - August 10
10:15 - 11:15 am
or

#38410 Wednesdays
July 8 - August 12
10:15 - 11:15 am
Native Sons Hall
\$33/6

Simply Strength 2

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. Class format will include a mild warm-up, a variety of circuits, controlled power drills, hand weights, tubing, steps, different types of balls and other equipment and will end with a comfortable relaxing stretch component.

Instructor: Steve & Joyce

#38411 Mondays
July 6 - August 17
or

#38412 Wednesdays
July 8 - August 12
9:00 - 10:00 am
Native Sons Hall
\$33/6

No classes August 3

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.

Instructor: Janet Gravouille

#38413 Tuesdays & Fridays
July 7 - August 7
9:15 - 10:15 am
Filberg Centre
\$50/10

Chair Fit Level 2

If you can walk unaided or just with 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 the rest seated. This is the next step up from chair fit 1.

Instructor: Janet Gravouille

#38414 Thursdays
July 9 - August 6
9:30 - 10:30 am
Filberg Centre
\$25/5

55+ Hatha Yoga

Designed to enhance vitality and a sense of well being. Help s gain improved flexibility, balance, strength, and posture. Will incorporate basic poses.

Instructor: Sheron Jutila

#38432 Mondays
July 6 - August 24
2:00 - 3:15 pm
Filberg Centre
\$56/7

Fridays
July 3 - August 21
#38434 10:00 - 11:15 am
#38911 2:00 - 3:15 pm
Native Sons Hall
\$64/8

Yoga for Joint Health

Gentle postures focuses on bringing mobility to the joints. Move slow, giving time to explore and modify. The 'joint releasing series' can be used alone as a gentle practice or as a warm up for other activities.

Instructor: Sheron Jutila

#38433 Thursdays
July 2 - August 20
10:00 - 11:30 am
Native Sons Hall
\$72/8

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

#38428 Mondays
July 6 - August 24
10:15 - 11:15 am
Native Sons Hall
\$53/7

Instructor: Traci Skuce
#38790 Thursdays
July 16 - August 20
10:15 - 11:30 am
Filberg Centre
\$48/6





Special Interest

Foot Care Clinic

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

- Wednesday July 15
- Wednesday August 19
9:00 am - 12:00 pm
Filberg Centre
\$35/30 minute appointment

Intro to Sea Kayaking

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

Instructor: CV Kayaks

#38397 Friday July 10

#38398 Monday August 10
1:00 - 4:00 pm
Meet at CV Kayaks
\$45

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.

No class July 1.

#38320 Wednesdays
June 24 - August 12
1:00 - 3:00 pm
Native Sons Hall
\$48/7

Nordic Pole Walking

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. Note: Poles will be provided for participants.

Instructor: Catherine Egan

Fridays

July 10 - 31

#38723 11:00 am-12:00 pm (level 1)

#38724 12:15 - 1:15 pm (level 2)
Meet at Lewis Centre
\$45/4

Getting to Know Dementia

This introductory session reviews information about Alzheimer's disease and other dementias, and the challenges of receiving a diagnosis. Learn about the different types of support available throughout the dementia journey, and how to begin planning for the future. People with a diagnosis of dementia, care partners and family members are all invited to attend.

#37277 Wednesday August 19

6:30 - 8:30 pm

Filberg Centre

No charge, please pre-register

Fall Proof Balance & Mobility Training

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

#38354 Tuesdays & Thursdays

July 21 - August 27

1:00 - 2:00 pm

Lewis Activity Room

\$84/12

Badminton

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

Mondays & Thursdays

July 6 - August 13

7:00 - 9:00 pm

Lewis Centre Gym

\$2.50/Drop-in



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 www.evergreenseniorsclub.org

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

Club Membership Benefits include

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

Evergreen Club Activities

Computer Lab

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

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

Special Events

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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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



www.evergreenseniorsclub.org

Evergreen Registration starts Tuesday May 5

Evergreen Events

The Evergreen Club presents...

July 1st Tea Dance

A part of Courtenay's Canada Day celebrations!

Wednesday, July 1
2:00 pm

Native Sons Hall, Grand Hall

FREE admission

Music provided by the
Georgia Strait Big Band!

Cake & refreshments
will be served.



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



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

Pancake Breakfast



Saturday,
July 18

7:30 to 11:00 am

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

\$5
per person

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



Travel Opportunities

Check out the Evergreen Club
trips upcoming for 2015:

- Chemainus Theatre's
~"Twist & Shout -
The British Invasion"
~"Jeeves Intervenes"
- The Lion King at the
Queen Elizabeth Theatre
in Vancouver
- Wine Festival Time in the Okanagan
- Dungeness Crab & Seafood Festival
- Chicago Arts & Architecture

And much more!

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



Evergreen Food Service

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

Salads, soups, sandwiches & sweets are available.
Look for monthly specials.

Summer Food Service hours:

Monday to Friday: 8:00 am - 2:00 pm
(closed on the weekend)

Location:

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



Fitness Schedule

	MON	TUES	WED	THURS	FRI	SAT
6:30 am	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	30/30 Spin TRX Hybrid ★	
9:00 am	Kick & Core+	BootCamp Blast+	Muscle Mania	BootCamp Blast+	Core N Cuts	Sizzling Saturday+
12:00 pm	Spin, Stretch & Strength	HIIT 12:10	Spin, Stretch & Strength	HIIT 12:10	Class Levels Beginner Intermediate Int/challenging Challenging +75 minute class	
5:15 pm		Power Spin & Beyond		Spin & Abs		

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

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 & Punch Card Fees including GST

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

* Senior rate applies to Evergreen Club members only.
For information on how to become a member, ask at office.
See page 64 for a listing of Evergreen fitness activities.

Childminding

If you're participating in our fitness programs, playing squash or using our weightroom, you're invited to use this service. See page 53 for more info.

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

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

How to Pay:

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





Drop-in Programs

Muscle Mania

Wednesdays 9:00 - 10:15 am
This class incorporates athletic-based cardio drills plus strength training. You can count on getting your heart rate up with boot-camp drills, interval training, and athletic cardio exercises. Bring your heart rate back down with toning exercises using the stability ball, dumbbells, BOSU balls, and training bands. You won't get bored with this high-paced class.

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.

Participants are required to sign in & pay prior to class start.

Core N Cuts+

Fridays 9:00 - 10:15 am
A Core based exercise class intermixed with HITS Cardio using balls, Bosus, bikes, bands and body weight to carve curves tighten butts, sculpt abs, and melt body fat.

Boot Camp Blast+

Tuesdays 9:00 - 10:15 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!

See HIIT & DrumsAlive! on page 51 for more drop-in options

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.

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.

Spin & Abs

Thursdays 5:15 - 6:15 pm
Spend the first part of class on the bike taking on any terrain... track, road, mountain, hills, flats, mixed in with some exciting drills... intervals, speedwork, cadence work, and isolated leg training, both on and off the saddle. Then you will move to the floor for sculpting your body with a variety of equipment. Class will end with a relaxing stretch.

Limited to 17 participants.

Power Spin & Beyond

Tuesdays 5:15 - 6:15 pm
A high intensity, low impact class that will blast away the fat. Be ready to workout through a variety of phases: warm-up, steady cadences, speed sprints, hill climbs, and cool-downs as well as body work done off the bike.

Limited to 17 participants.



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! **No class August 3.**

Instructor: Tammy Jones

#38670 Mondays
July 6 - August 31
6:30 - 7:30 am
Lewis Activity Room
\$48/8

Instructor: Kim Hamilton

#38665 Tuesdays & Thursdays
July 7 - September 3
6:30 - 7:30 am
Lewis Activity Room
\$108/18

Activity Room Circuit Training

Held in the beautiful activity room this circuit class incorporates different formats and a variety of exercises to challenge your muscles and build cardio levels. All exercises can be modified for any fitness level and guaranteed to make physical activity fun. Come join the group and get your body moving.

Instructor: Cathy Riopelle

#38869 Mondays & Wednesdays
July 6 - September 2
7:00 - 8:00 pm
Lewis Activity Room
\$81/17

HIIT - High Intensity Interval Training

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

Instructor: Tammy Jones

#38671 Tuesdays
July 7 - September 1
#38672 Thursdays
July 9 - September 3
12:10 - 12:45 pm
Lewis Activity Room
\$40/9 or
\$5.50/Drop-in

DrumsAlive!

Drums Alive® combines the benefits of a traditional physical fitness program with the benefits to the brain of music and rhythm while participants drum on large exercise balls while getting aerobic exercise! It improves memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises and includes all aspects of traditional endurance training.

Instructor: Monica Hoffer

#38677 Mondays
July 6 - 27
11:45 am - 12:45 pm
Native Sons Hall
\$28/4
#38678 Wednesdays
July 29 - August 19
5:30 - 6:30 pm
Native Sons Hall
\$28/4

TRX Body Blast

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program. Register early as class size is limited to 9. **No class August 3.**

Instructor: Kim Hamilton

#38666 Mondays
July 6 - August 31
5:15 - 6:15 pm
Lewis Wellness Centre
\$66/9

30/30 Cardio TRX Combo

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

Instructor: Tammy Jones

#38669 Wednesdays & Fridays
July 8 - August 28
6:30 - 7:30 am
Lewis Activity Room
\$104/16



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 May 31

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

Summer Hours Effective June 1

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

Hours subject to change

Equipment

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

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
11am-2:30pm 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	\$5.50	\$55.00
Student	\$3.50	\$35.00
Senior (55+)*	\$4.50	\$45.00
Special Needs	\$3.50	\$35.00

Memberships (includes 5% GST)

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

*Senior rates apply to Evergreen Club members only

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

Childminding

(All ages)

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

effective June 29:

Mondays - Fridays
9:00 - 10:30 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.





Wellness Centre Orientation

(13 - 15 years)

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

#38689 Tuesday June 9

#38688 Thursday July 9

#38690 Tuesday August 11

3:30 - 4:15 pm

Lewis Wellness Centre

FREE

TRX Body Blast

Body Blast is a strength focused class, which is based on reps, tempo and form. Body Blast engages all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body program. Register early as class size is limited to 9. **No class** August 3.

Instructor: Kim Hamilton

#38666 Mondays

July 6 - August 31

5:15 - 6:15 pm

Lewis Wellness Centre

\$66/9

Circuit Training

Enjoy a great workout using a variety of equipment. Circuit training includes cardio intervals between muscle strengthening exercises. It is a completely balanced workout that can be done at any age or fitness level and is a great calorie burner while toning your body!

Instructor: Juan Blancas

#38681 Tuesdays & Thursdays

July 7 - September 3

7:00 - 8:00 pm

Lewis Wellness Centre

\$90/18

55+ Strength Training

The benefits of strength training fitness for older adults are numerous and include arthritis relief, reducing the risk and severity of falls, weight maintenance, sleep improvement and a sense of mental well-being. With a qualified fitness instructor monitoring the gym floor at all times, you will be guided through your fitness journey, provided support at every turn.

Instructor: Juan Blancas

Fridays

#38407 July 3 - September 4

10:00 - 11:00 am

\$50/10

or

Mondays & Wednesdays

July 6 - September 2

#38399 10:30 - 11:30 am

or

#38403 1:30 - 2:30 pm

\$85/17

or

Tuesdays & Thursdays

#38405 July 7 - September 3

10:30 - 11:30 am

\$90/17

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

#38687 Tuesdays & Thursdays

July 7 - September 3

1:30 - 2:30 pm

Lewis Wellness Centre

\$90/18

Circuit Training in the Activity Room

see page 51

See page 44 for more 55+ classes



Personal Training Team



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



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



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



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

Personal Training Prices

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

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

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

Ask about our Small Group Personal Training

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?



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 15)

2 for 1 SQUASH
all summer long!

May 25 - September 13

Book two courts for the price of one

Prime Time:

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

Non-Prime Time:

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

Until May 31:

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

Effective June 6:

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

For Squash Club and Squash League info, contact:

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

Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

Shower Passes

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





Recreation for 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!

Phone 250-338-5371

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



Comox Valley Accessibility Committee



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

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

More Information: www.cvaccess.ca

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

Sign me Up!

Spring Program Registration begins **Wednesday May 6** 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.



Florence Filberg Centre & Native Sons Hall

Book your Special Event with us!

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



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



Filberg Centre Conference Hall 5940 square feet

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

Evergreen Lounge 1786 square feet



Craft Room 450 square feet



The most unique Meeting Place in the Valley!
Native Sons Hall

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

Native Sons Hall



Lower Level 2436 square feet



Upper Level 4350 square feet

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

Facility Hours: until May 31
 Mon - Fri 5:00 am - 10:00 pm
 Saturday 8:30 am - 4:00 pm
 Sunday 8:30 am - 8:00 pm

Office Hours: until May 31
 Mon - Fri 8:30 am - 8:45 pm
 Saturday 8:30 am - 12:00 pm
 & 1:15 pm - 4:00 pm
 Sunday 8:30 am - 12:00 pm
 & 1:15 pm - 8:00 pm

Summer Hours effective June 1:
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

Facility Closures:

- Monday May 18
Victoria Day
- Wednesya July 1
Canada Day
- Monday August 3
BC Day
- Monday September 7
Labour 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

Rotary Water Park at Lewis Park

Re-opening Saturday May 15

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

The waterpark is open 9:00 am to 7:00 pm daily throughout the summer.

See page 6 for more information on the outdoor pool at Lewis Park.

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



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

Upcoming Parks Events

Centennial Mile of Flowers

Tuesday, May 26 starting at 5:00 pm. Join hundreds of volunteers at this community plant-in on Cliffe Avenue from 8th to 21st street.

Simms Park Summer Concert Series

Free concerts featuring local musicians on Sunday evenings at 7:00 pm starting July 19.

For more information on both events see page 125.



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



Enjoy Courtenay Parks

Park	Location	Acres	Baseball Diamonds	Basketball	Community Centre	Horseshoe Pitch	Kayak/Canoe Dock	Lawn Bowling	Marina	Meeting Rooms	Nature Park	Parking	Playground	Picnic Area	Showers	Skateboarding	Soccer/Football Fields	Softball Diamond	Street/Roller Hockey	Swimming/Wading Pool	Swings	Tennis	Trails	Volleyball Courts	Washroom	Water Park
Bear James	Robert Lang Drive	2.91									☀️												☀️			
Bill Moore	23rd St & Kilpatrick	14.73	☀️	☀️			☀️			☀️		☀️	☀️	☀️	☀️		☀️				☀️		☀️			
Cooper	England off 14th St	0.68											☀️									☀️				
Dogwood	Dogwood & Kilpatrick	5.7									☀️												☀️			
Galloway	1084 Galloway Cr.	0.32											☀️	☀️												
Harmston	Harmston & 6th	2.9																								
Hawk Glen	Hawk Drive	1.5											☀️	☀️							☀️					
Hobson	10th St East & Hobson	2.2		☀️									☀️	☀️							☀️					
Hurford Hill	Back Road	25.0									☀️												☀️			
Idiens	Idiens Way/Suffolk Crescent	2.4											☀️	☀️							☀️		☀️			
Krebs	Krebs Crescent	0.84		☀️								☀️	☀️	☀️						☀️		☀️				
Knights of Columbus	Tunner Drive	1.0											☀️	☀️												
Lerwick Nature	Lerwick Road	7.64									☀️												☀️			
Lewis	Old Island Highway	17.39	☀️	☀️	☀️				☀️			☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️	☀️
Malcolm Morrison Sr.	Embleton Crescent	1.2											☀️	☀️							☀️		☀️			
Maple	18th Street & Grieve	0.64		☀️										☀️												
Marina - Air	Cliffe & 20th Street	25.0					☀️		☀️			☀️	☀️										☀️		☀️	
Martin	20th St & Choquette	3.65		☀️	☀️							☀️	☀️	☀️						☀️		☀️			☀️	
Millard Nature	S. Island Highway	13.76									☀️													☀️		
Mission	2345 Mission Road	2.37																								
Monarch	Monarch Drive	0.57																								
Morrison	Arden Road	32.0									☀️													☀️		
Pinegrove	5th St East & Lerwick	4.77									☀️			☀️												
Puntledge	First Street	10.05									☀️	☀️	☀️	☀️							☀️		☀️		☀️	
Riverside	Anderton Avenue	1.5										☀️		☀️											☀️	
Sandwick	Muir Road	6.52									☀️	☀️	☀️								☀️		☀️			
Simms Millennium	Old Island Highway	9.0									☀️	☀️	☀️	☀️										☀️		☀️
Sunrise Rotary	Dingwall & McIntyre	2.43											☀️	☀️							☀️		☀️			
Standard	Cliffe & 14th Street	2.76										☀️		☀️									☀️	☀️	☀️	
Sussex	1760 Sussex Drive	0.58												☀️												
Trumpeter Glen	10th St East & Chaster	0.35		☀️									☀️	☀️												
Valley View	Lerwick Road	10.5								☀️		☀️	☀️		☀️	☀️	☀️	☀️			☀️				☀️	
Walbran	2304 Walbran Drive	0.68												☀️												
Woodcote	17th & Cumberland	3.75		☀️									☀️					☀️			☀️				☀️	

Low Cost Recreation

Courtenay Riverside Fit Park!

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

Active Comox Valley

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

City of Courtenay

Recreation Access Coupon Books

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

189 Port August Sea Cadets

(12 - 18 years) Would you like to experience Fun, Friendship & Challenges? Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more. (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, Fathers Day Kite Fly, Summer Overnight Camp, Fall Swim.

Call **250-792-2270** for info.

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

For application forms and guidelines visit:

kidsportcanada.ca

phone **250-334-9294**

comoxvalleykidsport@kidsportcanada.ca

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

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

CUMBERLAND SUMMER CAMPS!

Mad Science Red Hot Robots

8 to 12 years

Learn the many uses of robots in our world and spend time working with super cool, amazing robots. Experiment with sound sensing robots, line-tracking robots, amphibious robots, and robots that can even play soccer! Use all of this knowledge and skill to build your very own working robot to take home with you at the end of camp!

August 24 – 28

Mon – Fri 9:00am – 3:30pm

\$240 per child/week (fee includes a robot kit valued at \$40)



Mad Science Science Sleuths

5 to 11 years

An awesome week of sleuthing, investigation and discovery awaits you! Send messages to your friends with your very own secret code wheels. Hunt down animal tracks and follow hidden scent trails during a day of nature discoveries. Build the strongest helmet for our friend Eggbert in our “safe egg challenge”. Renew your appreciation for the Earth and the role science can play in preserving our favorite planet. Build your own cool Kepler’s Cubes and become a Mad Science junior astronomer.

July 13 – 17

Mon – Fri 9:00am – 3:30pm

\$185 per child/week

Mad Science Secret Agent in the Field

6 to 12 years

Have you ever wanted to be a detective? If so, this program is for you! From secret communications to detective crime scene science and cool chemistry, this program is sure to make you go hmmm...

Every day we sleuth out the answers to many of life’s mysteries!

August 17 – 21

Mon – Fri 9:00am – 3:30pm

\$195 per child/week

Sportball

3 to 9 years

Participate in the skills and games of eight different ball sports while incorporating arts and crafts, music, cooperative games, snack time and theme days. Please send a nut free snack, water bottle, hat & sunscreen.

July 20 - 24

Mon – Fri

Ages 3-5 9:00am -12:00pm

Ages 6-9 1:00pm- 4:00pm

\$140 per child/week

Soccertron - Soccer Tots

3 to 5 years

Soccertron’s enthusiastic coaches focus on motivating young players by creatively introducing soccer skill development. Each session is full of safe, nurturing and enjoyable soccer skill exploration. Our staff believe that FUN is the most important part of FUNdamentals.

July 6 – 10

Mon – Fri

Ages 3-4 9:30 to 10:30am

Ages 4-5 10:45 to 11:45am

\$80 per child/week

Soccertron - Half Day

6 to 12 years

From passionate trained coaches to strong skills development, this camp delivers a quality and fun experience. During each session there are themed skills that the coaches target for development. All Soccertron coaches are eager to help each young player improve while having fun at the same time!

July 6 – 10

Mon – Fri 9:00am – 12:00pm

\$140 per child/week

Soccertron - Full Day

7 to 12 years

With many hours of instruction, we pack almost a whole season’s practice time into one week. Emphasis is on improving individual skills and developing techniques such as creating space, communicating, defending and attacking as a team. Improvement through fun and exciting skills and drills is balanced with a refreshing water-fun session at the end of each day.

July 6 – 10

Mon – Fri 9:00am – 4:00pm

\$220 per child/week

Additional children registering for Soccertron from the same family pay only \$120 and \$200 respectively.



Cumberland Recreation - Trails, Parks & Programs!

GENERAL PROGRAMS

Trail Running

8 years and up

Learn stretching, running form, technique, dressing for the weather, hydration and food as fuel, and more! Participants will break into groups based on fitness levels and personal goals for a run, walk or run/walk. Meet at the CRI parking lot, rain or shine. Ages 8 to 13 years must be accompanied by an adult.

Instructor: Paul Purin

June 7 – July 12

Sundays 9:00 – 10:15am

\$30 for 6 weeks

July 19 – September 6

Sundays 9:00 – 10:15am

\$50 for 8 weeks

Fitness for Life

14 years and up

The workout is never the same, and always fun and full of cardio and body weight exercises. Summer workouts will be held in a combination of indoor and outdoor spaces taking advantage of the great weather and long days.

Instructor: Paul Purin

June 2 – August 25

Tuesdays 6:00 – 7:00am

Pre Register: \$84.50/13classes

Drop in: \$7

Trail Fit

16 years and up

Evening trail runs filled with fitness challenges to expand your strength and cardio endurance! Meet at the CRI parking lot, rain or shine.

Instructor: Paul Purin

Wednesdays 6:00 – 7:00pm

June 3 – August 26

Pre Register: \$84.50/13 classes

Drop in: \$7

Red Dragon Taekwondo

4 years and up

Instructor Paul Sitko will teach your child all aspects of Taekwondo, while maintaining a fun, respectful and safe environment.

Wednesdays

Ages: 4 – 8 7:00 – 7:45pm

Ages: 9 plus 7:45 – 8:45pm

Pre Register: \$40/month/person

* Pass may be used in the

Courtenay location too!

10 Pass: \$50/person

**MORE PROGRAMS AND
SUMMER CAMPS LISTED
ONLINE AT
CUMBERLAND.CA!**

Weight Room & Squash Courts

- Cardio Equipment • Pull-up Bar
 - Rowing Machine • Free Weights
 - Fixed Resistance • Squat Cage
 - Variable Resistance Machines
 - Bosu • Kettle • Medicine Balls
 - 2 Squash/racquet ball courts
- Adult Drop in: \$3.35
Teen Drop in: \$2.45
Senior Drop in: \$2.45

Monthly & 10 passes available.

Ages 13 - 15 years must be accompanied by an adult.

Program Registration Policy

Registrations processed on a first come first serve basis. Cumberland Recreation reserves the right to cancel programs. 5% G.S.T. will be charged on the point of sales for all programs with participants over the age of 14.

Summer Hours

June

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

Sat - Sun Closed

July & August

Mon - Thur 7:00am - 8:30pm

Friday 7:00am - 4:30pm

Sat - Sun Closed

Closed all Statutory Holidays

Cumberland Lake Wilderness Society is offering summer programming at the Village of Cumberland's Lake Park on Comox Lake this summer!

Programs for all ages will be available and will consist of low impact summer camps, nature interpretation, water sport programs, experiential learning and training programs.

Please visit Cumberland.ca and search Summer Recreation for more information or visit www.cumberlandlakepark.ca



**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

ValleyLinks home of Volunteer Comox Valley is dedicated to enhancing community volunteerism through the delivery of information, training, services & programs. Not sure where to volunteer, drop by Unit C - 450 Eighth Street, Courtenay. 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 volunteer opportunities abound, so whether you already love to garden but don't have one, want a chance to learn from experts, or you just want to make new friends and get exercise, there are lots of ways to get involved in this very special garden.

Joan 250-334-3089



www.gardensonanderton.org



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



Mountaineer 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 fund-raise 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



grow community!

Who can volunteer?

Anyone!

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

What can volunteers do?

Anything!

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

When can volunteers work?

Anytime!

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

Why volunteer?

All reasons!

meet people! learn! work experience! fun!!

Where volunteer?

Everywhere!

Check us out!



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



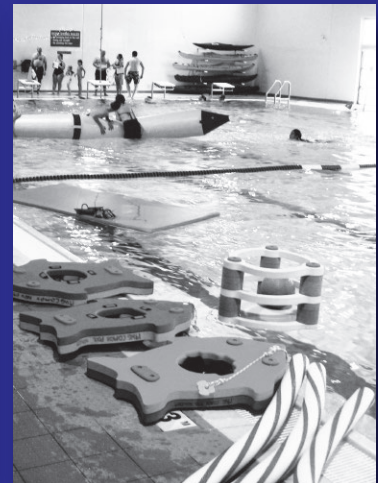
Courtenay Recreation

VOLUNTEERING.....A great way to spend your Summer!! Volunteers needed for Pre-school & children's programs, the LINC youth centre, and Special Events. Volunteer information meeting held on Thursday, June 4, 2015 at 4:00 pm at the Lewis centre. Volunteers are a gift to the community.

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

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



THE Filberg FESTIVAL

COMOX, BRITISH COLUMBIA
VANCOUVER ISLAND

JULY 31 - AUG 3, 2015

Volunteer Opportunities

**Do you love arts and crafts, great music,
and fabulous food?
Are you passionate about your community?**

Volunteering at the 33rd annual Filberg Festival is a great opportunity to get involved with your community. If you have 8 or more hours to spare, a smile, and a helping hand we need you! In return for your time we offer some great benefits:
BBQ Orientation, Filberg Festival Admission and Volunteer Lounge

**Here are some of the 2015 Filberg Festival
volunteer opportunities waiting for you:**

- Site Crew - pre and post festival
- Audience Relations Crew
- Environmental Crew
- Volunteer Hospitality
- Raffle Ticket Sellers
- Music Store Crew
- Greeters
- Stage Crew

Contact Festival Volunteer Coordinator at:

volunteer@filbergfestival.com or call 250-941-0727



filbergfestival.com



COURTENAY CENTENNIAL CELEBRATIONS

HOME COMING WEEK | JUNE 26, 2015 - JULY 5, 2015

SATURDAY
JUNE 27, 2015



CENTENNIAL SPORTS FESTIVAL AND TAILGATE PARTY

COMOX VALLEY SPORTS CENTRE

Daytime: Family Sports Day

- Minor sports games, displays, & clinics
- Kids fun zone and family activities
- BC Lions players/alumni & local sports stars
- Hot dogs and drinks for kids
- Door prizes and giveaways

Evening: Barbecue & Tailgate Party

- Jumbo screen with CFL Football season opener & sports films
- Chili cook off
- Pre & post game music & bands
- Book your own barbecue space

JUNE 26 TO
JULY 2, 2015



OUTDOOR CONCERTS

NIGHTLY, SIMMS PARK 7 - 9PM

WEDNESDAY
JULY 1, 2015



CENTENNIAL PARADE

HONORARY PARADE MARSHALL: RED ROBINSON

Simms & Lewis Park:

- Music, food vendors, & displays
- Multicultural concert
- Ducky 500 Race
- Battle of the Bands
- Surprise excitement from CFB Comox

With the participation of the Government of Canada



CITY OF
COURTENAY

follow the celebration:   courtenay.ca/100
#Courtenay100



COURTENAY CENTENNIAL CELEBRATIONS

HOME COMING WEEK | JUNE 26, 2015 - JULY 5, 2015



FRIDAY
JULY 3, 2015

STREET DANCE & CONCERTS
EVENING | DOWNTOWN COURTENAY | DCBIA

Put on your dancing shoes & head downtown for a party! Presented by the Downtown Courtenay Business Improvement Association.



SATURDAY
JULY 4, 2015

SYMPHONY OF FIRE
THE COURTENAY AIRPARK | 3 - 11 PM

Bring a blanket, your lawn chairs & a picnic & enjoy this once in a century celebration!

- All-day concerts and entertainment
- Children's performers
- Strathcona Symphony Special Finale Concert
- Celebration fireworks, presented by JR Edgett Excavating
- Citizens of the Century (sponsored by Canadian Western Bank) announcement & tribute



SUNDAY
JULY 5, 2015

NEIGHBOURHOOD BLOCK PARTIES
HOBSON PARK, MARTIN PARK, COURTENAY ELEMENTARY, PUNTLIDGE PARK, SANDWICK PARK, AND IDIENS PARK

Bring your friends & family & meet your neighbours from 12-2 PM!

- Hot dogs and Centennial Cake & drinks (bring your nibbles and snacks if you wish)
- Music and entertainment and games
- Heritage displays and talks

With the participation of the Government of Canada



follow the celebration:   courtenay.ca/100
#Courtenay100



COURTENAY CENTENNIAL CELEBRATIONS CENTENNIAL LEGACY ENDOWMENT FUND

All proceeds from the Centennial activities throughout 2015 will go towards the Legacy Endowment Fund to fund programs that specifically support youth initiatives in the Comox Valley.

Donation jars will be available at the Courtenay Centennial events and at other locations throughout the community. Other donations can be made directly to the Comox Valley Community Foundation. Visit www.cvcfoundation.org for details.

Limited edition Centennial t-shirts are available for \$20 (including tax) at the Filberg Centre, Lewis Centre, and at Centennial events.

Other Fundraising Initiatives:

Local wineries 40 Knots, Blue Moon, Beaufort, and Coastal Black will donate \$0.25 per selected bottle of local wine towards the Legacy Endowment Fund from May 1 - September 30.

Local chocolate maker Jordan Marshall from Hot Chocolates has made a special Centennial Bar with proceeds going to the Legacy Endowment Fund.

Centennial Partners & Events:

Heritage Canada has provided funding to many community groups such as the Courtenay and District Museum, Comox Valley Art Gallery, Comox Valley Arts Council and Elevate the Arts, and the Sid Williams Theatre. Watch for more details on these exciting Centennial events.

Thank you to all of our current sponsors for making Courtenay's Celebrations the party of the century:

MEDIA SPONSORS:



CORPORATE SPONSORS:

Scotia Bank
The Comox Valley Airport
RBC
CIBC
BC Hydro

EVENT SPONSORS:

Vancouver Island InsuranceCentres
Canadian Western Bank
TD Canada Trust
JR Edgett Excavating
Quality Foods
Tim Hortons

With the participation of the Government of Canada



CITY OF
COURTENAY

follow the celebration:
#Courtenay100



courtenay.ca/100





CENTENNIAL Mile of Flowers

Tuesday, May 26
starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Plant-In. Followed by a free BBQ at Standard Park (Cliffe Avenue & 14th Street)

Bring gloves and a trowel or spoon for digging. Plant anywhere on Cliffe Avenue between 8th and 21st Street

For information: 250-334-4441
courtenay.ca/mileofflowers



CITY OF
COURTENAY
Community Services



100
COURTENAY
1915 \ 2015



City of Courtenay presents....

Simms Park Summer Concert Series

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

July 19 Momma Let 'em Play

July 26 Fiddlejam

August 9 Country Picken'

August 16 Duo of Duos

August 23 Blues Legends

August 30 Jazz in the Park

September 6 The Mutts

Information: 250-338-5371
courtenay.ca/simms

COMOX VALLEY ECHO

98.9
the GOAT
World Class Rock



CITY OF
COURTENAY
Community Services

100
COURTENAY
1915 \ 2015



COMOX VALLEY EXHIBITION
AUGUST 22.23.24

Watch for the
"Name the Llama"
contest



CVEX
COMOX VALLEY EXHIBITION

www.cvex.ca

**CYMC SUMMER 2015
SIX GREAT SHOWS !**

Tuesday July 14 7:30 pm
Wednesday July 15 7:30 pm
Thursday July 16 7:30 pm
Friday July 17 7:30 pm
Saturday July 18 2:30 pm
Saturday July 18 7:30 pm



**WEST
SIDE
STORY**

At the Sid Williams Theatre

PLEASE VISIT WWW.CYMC.CA FOR
CLASSICAL AND ISLAND JAZZ CONCERTS




THE VANDEKERKHOVE
FAMILY FOUNDATION

We acknowledge the financial
assistance of
the Province of British Columbia.






VIC KIRBY
PHOTOGRAPHY

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
- **summer camps filled with learning opportunities, including Dynamite Detective**
- **instruction in French available**

*Opening Doors for Learning
for over 20 years*



Little R's Pre-school *(Register for Sept. '15 now!)*

- 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



BOYS AND GIRLS CLUBS - EXPERTS IN PLAY!



REGISTRATION ON NOW



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

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

- Hours catering to working families
- Passionate qualified staff
- **SUMMER CAMP REGISTER NOW!**
Discount given for booking entire summer.

We have a BUS - our Summer Camp participates in many outings: local beaches, parks, day trips to Campbell River, Parksville and Horne Lake Caves just to name a few!

Attend at one of two convenient locations:

Aspen Park Elementary

Contact: Nicole
250-650-2274

aspenpark@bgccvi.com

Brooklyn Elementary

Contact: Ann
250-650-1458

brooklyn@bgccvi.com

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

FALL 2015

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

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

Free Course Information Forum

Saturday, September 19, 10:00 am
Stan Hagen Theatre, North Island College

Registration begins Monday, September 21 at 9:00 am

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

OVER 15 YEARS IN THE COMOX VALLEY

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



St. John Ambulance

SAVING LIVES
at work, home and play

#84 —1742 Cliffe Ave
Courtenay, BC

Email: cvalley@bc.sja.ca

Phone: 250 -897 -1098

GET CERTIFIED!

First Aid * CPR * H2S * Construction Safety Training System * TDG

Visit Our New Retail Store

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

**Comox Valley Campus
Spring 2015**

Code	Course	Date(s)
AET 020	Emergency Medical Responder (EMR)	May 4 - 15
OFA 010	OFA Level 1	May 19
OFA 015	Transportation Endorsement	May 20
OFA 033	Paramedic in Industry	May 21
HRT 015	CPR Health Care Provider	May 23
FAC 015	First Responder	May 25 - 29
FAC 021	Standard First Aid & CPR C	July 4 - 5
OFA 010	OFA Level 1	July 6
HRT 015	CPR Health Care Provider	July 11
FAC 082	Marine Basic First Aid	July 14 & 15
FAC 010	Emergency Child Care	July 18
HRT 011	CPR Level C	July 20

Occupational First Aid Level 3

OFA 030	OFA Level 3 ~ June 1 - 12
OFA 032	OFA Level 3 Renewal ~ June 8 - 12
OFA 030	OFA Level 3 ~ Aug 10 - 21
OFA 032	OFA Level 3 Renewal ~ Aug 17 - 21

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

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

NIC is a certified WorkSafeBC training provider.

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

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS

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& Palaeontology Centre

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www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7

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Study Tourism and Hospitality Management at North Island College.

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www.nic.bc.ca/tourism | 1-800-715-0914

Comox Valley

Tennis Club

All Levels of Players Welcome!

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

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

Fun events Planned throughout the year.
Membership fee \$40.00 (no league fees).

For current club information contact:
Web site; www.cvtennis.com/cvtennis.com
Club Info; president@cvtennis.com
Junior Program Info; juniors@cvtennis.com



SPORTS LEAGUES



Register for Summer Leagues by June 22

- Beach Volleyball • Soccer
- Ultimate Frisbee • Flag Football
- Slo-Pitch • Foot Golf

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



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for CHILDREN, YOUTH & ADULTS • ALL LEVELS, INCLUDING RACING!
visit our website at comoxbaysailingclub.ca
register at Lewis Center, 250-338-5371



Comox Valley Raiders Football Club



Fall CV Raiders Football Registration
Lewis Centre, Courtenay Recreation

All Equipment Included except cleats

All Travel expenses for Midgets & Bantams included in Registration Fees

No Experience Needed & Qualified Coaches

Pewees Ages 9 - 11 Boys & Girls \$150

Junior Bantams Ages 12 - 13 Boys & Girls \$250

Bantams Ages 14 - 15 \$350

Midgets Ages 16 - 18 \$350

Season runs August - November

Practices are twice a week and games on weekends

Practice Field and Clubhouse: Billmoore Park, Courtenay

Please check out website for new info and game times (concession open practices & games)

Midgets & Bantams must be Pre-registered on Raiders website or registered at Lewis Centre before June 13, 2015 to have a spot on team

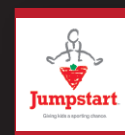
Please view Raiders Website for More Information



Email: comoxvalleyraiders@gmail.com/ Friend Us On Facebook

www.comoxvalleyraiders.com

partially funded by the Provincial Government





Blue Devils

SUMMER SWIM CLUB

It's a great way to get fit and have fun.
Programs for swimmers aged five & up.
For more information please contact
Rob Webb (President)
coachwebb@shaw.ca or
250-339-7304 or
www.bluedevilsswimclub.com



Join the Community • Visit • Attend an Event
Garden • Volunteer

Open daily, 10 am to 4 pm, May to September.
Admission by donation.

2012 Anderton Road, Comox
Follow our signs through the nursery.

gardensonanderton.org or 250-334-3089



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

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

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. Society(250)218-7223
- Lilli House 24 hr Crisis Line.....(250)338-1227
- Meals on Wheels - Diane(250)331-8522
- Mountaineer Avian Rescue.....(250)337-2021 (Pager - Wildlife Emerg)..... 1-800-304-9968
- Social Planning Council
 - Elizabeth Shannon(250)335-2003
- St. John Ambulance(250)897-1098
- St. Joseph's Hospital Volunteer Services - Pat(250)339-1548
- The Salvation Army
 - Family Services(250)338-5133
 - Thrift Stores(250)338-8151
- Today n' Tomorrow Young Parent Program.....(250)338-8445
- Therapeutic Riding Association.....(250)338-1968
- Transition Town Comox Valley..... www.transitiontowncv.org
- United Way (Comox Valley).....(250)338-1151
- VI Regional Library Courtenay Branch.....(250)334-3369
- VI Visitor Centreinfo@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
- Ukrainian Society - Nelly(250)334-2653
- University Women's Club comoxvalleycfuw@gmail.com
- Vancouver Island Paleontology
 - Betty(250)339-7372

Seniors

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

Health & Wellness

- Adult & Teen Day Therapy(250)339-1496
- Al-Anon - Rene.....(250)334-2392
 - Jan(250)338-2947
- Alcoholics Anonymous(250)338-8042
- Anderton Therapeutic Garden Society
 - Joan.....(250)334-3089
- Canadian Cancer Society(250)338-5454
- CV Mental Health & Addictions Services(250)331-8524
- CV Hospice Society (Info. & bereavement support).....(250)339-5533
- CV Nursing Centre(250)331-8502
- CV Stroke Recovery Branch(250)890-0711
- Cumberland Health Centre & Lodge Recreation Department . (250)336-8531(ext271)
- CV Head Injury Society(250)334-9225
- CV Ostomy Support Group(250)871-4778
- Heart&Stroke Foundation-Ollie.....(250)339-4009
- On the Move Fitness Service(250)923-8291
- Overeaters Anonymous(250)703-2960
- 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.

Community Directory

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 CV - Jim.....(250)338-2402

Rugby - Kicker's Club

- Aimee Eurlay.....(250)703-6677

Rugby - Saratoga Beach Over 40

- John Gotto.....(250)338-8142

Special Olympics, 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.....www.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.cvgs.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

Ukrainian Dancing Culture Society

- Nellie Choquette(250)334-2653

- Eva Prioy.....(250)339-7355

Visual/Performing Arts

Comox Valley Art Gallery.....(250)338-6211

Comox District Concert Band

- Pat Jackson(250)339-5091

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 - Kathy(250)338-6639

North Island Choral Soc.- Vivian .(250)334-2092

North Island Music Teachers Association

- Ginny Lawrie.....(250)338-9464

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

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

Rainbow Youth Theatre

.....www.rainbowtheatre.com

Strathcona Symphony Orchestra

.....(250)331-0158

Theatreworks - Kim.....(250)792-2031

Island Phoenix Acapella Chorus

- Sandy.....(250)923-0101

Vancouver Island Music Fest

- Megan(250)336-7981

Youth

Scouting

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