

What's Inside...



2
Comox
Recreation

250-339-2255
Registration starts
Monday March 2



30
CVRD Sports
& Aquatic
Centres

250-334-9622
Registration is
ongoing

55
Courtenay
Recreation

250-338-5371
Registration starts
Monday March 2

113
Cumberland
Recreation

250-336-2231
Registration starts
Monday March 2



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*Cover photo supplied by
Cumberland Recreation*



Welcome!

These are exciting times at Courtenay Recreation. After months of preparation and hard work behind the scenes, our new online registration is launching on March 2nd.

We're offering the same great collection of recreation programs and activities you know and love, now with more convenient ways to sign up.

To save time on registration day, and ensure our software launch goes as smoothly as possible, please set up your online account ahead of time, if you haven't done so already. Go to www.courtenay.ca/reconline where you'll also find project updates and helpful tutorials.

Planning to register over the phone or in person? Please call or visit our friendly staff at the Florence Filberg Centre and Lewis Centre if you need any assistance setting up your account in advance.

Thanks for your patience and understanding while we complete this major software upgrade.



Sincerely,
Bob Wells
Mayor of Courtenay

Courtenay Recreation

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Program Registration

250-338-5371 or
250-338-1000

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www.courtenay.ca/rec
click on Spring Programs





Lewis Centre

The Lewis Centre offers a Wellness Centre, gymnasiums, meeting rooms, squash courts, and Cozy Corner Preschool.

Facility Hours

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

Office Hours

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



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



Florence Filberg Centre

The Florence Filberg Centre offers a wide range of room rentals: meeting rooms, conference facilities with kitchens and more.

Office Hours:

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



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

Facility Closures:

April 10 - Good Friday
 April 13 - Easter Monday
 May 18 - Victoria Day



The LINC Youth Centre & Indoor Skatepark

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

Facility Hours:

Tuesday 3:00 - 7:00 pm
 (Tween night 8 - 11 years)
 Wednesday 3:00 - 8:00 pm
 Thursday 3:00 - 8:00 pm
 Friday 3:00 - 11:00 pm
 Saturday 3:00 - 11:00 pm
 Hours subject to change



Phone: **250-334-8138**
 Email: linc@courtenay.ca
 300 Old Island Highway,
 Courtenay, BC V9N 3P2

www.courtenay.ca/linc



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years



489 Old Island Highway,
Courtenay
250-338-5371
courtenay.ca/cozycorner



Register now!

Ongoing registration
space permitting.

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

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

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

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

Monday, Wednesday & Friday

9:00 - 11:30 am OR

Tuesday & Thursday

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

Monthly Fees

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

Program runs September through June

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

Dr. Seuss



Parent Participation

CHILDMINDING

(one month & up)

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

Monday - Saturday

March 30 - June 26

9:00 - 11:00 am

&/or

Mondays & Wednesdays

March 30 - June 24

5:00 - 6:30 pm

Lewis Centre

\$4/1¼ hours

POWER HOUR

(one month & up)

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

Parents must stay on site during program but are welcome to use wellness centre or attend a program.

#5482 Tuesdays

March 31 - June 23

10:45 am - 12:00 pm

Lewis MP Hall

\$4/Drop-in

LITTLE CRUISERS

(7 - 14 months with adult)

Bring your baby and drop in for education, support, and socializing with other adults. You'll have free access to guest speakers, community resources, an information library, refreshments and more.

Establish positive networks and develop the knowledge and skills to set up success for you and your little cruiser. **No program April 8.**

Instructor: Sandra Allen

#5438 Wednesdays

April 1 - June 10

10:00 - 11:15 am

Lewis Meeting Room

\$1/Drop-in

BUNNY EGGCITEMENT

(1 - 4 years with adult)

Hop over to this exciting program full of spring themed arts & crafts. Together, parents & children will engage in a variety of activities from colouring to decorating eggs together. It will be a basket full of fun!

#5486 Tuesdays

March 31 - April 14

10:30 am - 12:00 pm

Lewis Craft Room A

\$25/3

MOM & BABY YOGA

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

Instructor: Akiko Shima

#5389 Wednesdays

April 1 - June 17

11:30 am - 12:30 pm

Lewis Salish Building

\$114/12

TREEFROG MUSIC TOGETHER

(9 months to 5 years with adult)

Join the beloved Music Together® program! Playful music, movement, and percussion build joy and confidence in music-making! Skills and songs carry over into your home and your child's life.

\$50 materials fee due to instructor at first class. **No class May 15.**

Instructor: Kazimea Sokil

#5002 Wednesdays

April 22 - June 17

9:00 - 9:45 am

Lewis Craft Room A

#5031 Fridays

April 17 - June 19

10:30 - 11:15 am

Lewis Craft Room A

\$122/9

\$81/sibling

Introducing. . .

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.



Independent Programs

LI'L BALLERS BASKETBALL

(3 - 5 years)

A spin off of our popular "Li'l Kicks" program, Li'l Ballers introduces your child to the basics of Basketball! Through fun games and skill development, learn how to bounce the ball, pass to teammates and shoot on our mini basketball hoops for kids!

#5317 Tuesdays

April 14 - June 2

9:00 - 9:45 am

Lewis Centre MP Hall

\$56/8



LI'L KICKS SOCCER

(3 - 5 years)

Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No Class April 13 and May 18.**

#5316 Mondays

April 6 - June 8

9:30 - 10:30 am

Lewis Centre Gym

\$56/8



INTRODUCTION TO SPORTS

(1½ - 5 years)

Get your child excited about physical activity and sport at an early age! Through fun, interactive activities and games, build confidence and movement skills while learning the value of fair play and teamwork.

Thursdays

April 16 - June 4

#5318 9:15 - 10:00 am 1½ - 3 years

#5319 10:15 - 11:00 am 4 - 5 years

Lewis MP Hall A

\$48/8



WOO KIM TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by 4th Dan kukkiwon instructor Richard Dobbs. **No class May 21.**

Instructor: Richard Dobbs

#5284 Tuesdays & Thursdays

March 31 - June 18

3:30 - 4:15 pm

Lewis MP Hall B

\$207/23



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



Importance of physical activity in the first 6 years

Outdoor play, and the opportunity to safely explore the environment, is important to children at this age. Reduce the time that children spend watching television and videos, or playing computer games, and encourage them to become more active.

Tips to help children develop good physical skills:

- Learn to ride a bike
- Obstacle courses
- Be a role model
- Sign up your child for a program
- Throw stones into the water
- Cut down on screen time
- Mini Games
- Make time for play





Easter Promenade

(infant - 6 years with adult)

Friday April 10
11:00 am - 2:00 pm
Simms Park

\$8/family to register for Egg Hunt
 Registration Deadline is April 7

Storybook walk, face painting, live entertainment, games, crafts and pictures with the Easter Bunny



courtenay.ca/easter

follow us  

Lewis Centre 250-338-5371
 489 Old Island Highway, Courtenay

FREE FAMILY DROP-IN PROGRAMS

- All programs are free for families to drop into
- All programs are for all ages
- Check out the calendar online at courtenay.ca/rec for project schedules

**Parent/Guardian participation required*

FAMILY PAINT NIGHT

This family drop-in program features a different art project each week that is adaptable for all ages and skill levels. Get the whole gang together and spend some 'non-screen' time creating family memories in a fun recreational environment.

#5343 Thursdays
 April 23 - June 4
 6:00 - 7:00 pm
 Lewis Craft Room A
 FREE



FAMILY OPEN GYM

Drop in with your family to burn off some energy. This program is mainly unstructured play time with a variety of fun equipment and toys. An instructor will facilitate large group games for a portion of the program. **No class April 12, May 17 & May 31.**

#5295 Sundays
 April 5 - June 21
 11:00 am - 12:00 pm
 Lewis Centre Gym
 FREE



1,2,3...COME PLAY WITH ME

Come play with hula hoops, bean bags, balls and more! This unstructured play program gives you and your little ones a fun place for active play. **No program April 20 & May 18.**

#5032 Mondays & Wednesdays
 March 30 - June 24
 11:00 am - 12:00 pm
 Lewis Gym or MP Hall
 FREE



PARENT & TOT PLAYTIME

Join us Saturday mornings for free play and social interaction with others. Guided activities include parachute games, plasma cars, music, and movement games. An adult must participate and is responsible for supervision of their child(ren). **No program April 11 & May 16.**

#5483 Saturdays
 April 4 - June 20
 11:00 am - 12:00 pm
 Lewis Centre MP Hall
 FREE



PARENT & TOT PAINT TIME

This activity is for our little friends who are very curious and ready to experiment and learn with art based materials with their caregivers. Each week will be a different project that can be completed together.

#5033 Tuesdays
 March 31 - June 23
 1:00 - 2:00 pm
 Lewis Centre Craft Room A
 FREE



CREATIVE MOVEMENT

(3 - 5 years)

Introduce your little one to the magical world of dance. A gentle introduction to basic elements of dance such as rhythm, drama, coordination and body awareness through imagination and movement exploration. Build on social skills through listening and taking turns. **No class April 13 & May 18.**

Instructor: Casey Matute

#5035 Mondays

March 30 - June 15

9:15 - 10:00 am

Lewis Centre MP Hall

\$60/10



MINI CHEFS

(3 - 5 years)

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

#5000 Wednesdays

April 22 - June 10

10:30 am - 12:00 pm

Lewis Centre Craft Room A

\$99/8

GARDENS GALORE

(3 - 5 years)

Get down and dirty while exploring spring and garden activities! Projects include making items for your garden such as wind chimes, bird feeders and wind spinners. We will also bring the garden indoors by making sun catchers as well as paper, rock and fairy tea cup gardens. You'll give this class two green thumbs up!

#5485 Tuesdays

May 5 - June 9

10:30 am - 12:00 pm

Lewis Centre Craft Room A

\$60/6

Does your child have diverse needs? See page 63 for info on our new Leisure Buddies Program.

DANCE PARTY

(3 - 5 years)

This is a fun program for kids who want to move and dance. This less structured program will offer guidance and movement through song while allowing participants the freedom to be creative.

Instructor: Casey Matute

#5037 Mondays

March 30 - June 15

10:15 - 11:00 am

Lewis Centre MP Hall

\$60/10



DINO DISCOVERIES

(3 - 5 years)

Dig up the past as you learn all about dinosaurs in a fun playful way! Crafts, snacks and hand-on play will take you back to a prehistoric time!

#5484 Thursdays

April 16 - June 4

10:00 - 11:30 am

Lewis Centre Craft Room A

\$75/8

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

TINY TU TU'S BALLET

(3 - 4½ years)

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

Instructor: Magi Schoffield-Reid

#5034 Wednesdays

April 22 - June 24

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10



SNACKAROOS

(3 - 5 years)

Prepare yummy and nutritious snacks in this class. This is a hands-on class where your child will begin to learn about food preparation in a safe environment. Cooking is a fun introduction to math, language and science skills.

#5487 Fridays

April 17 - May 22

11:30 am - 1:00 pm

Lewis Centre Craft Room B

\$75/6





KINDERGYM WITH TRAMPOLINE

(3 - 5 years)

Run, jump, land, climb, rotate and swing. Our knowledgeable, playful, friendly staff will connect you to a lifetime of learning and physical activity. Complimentary skills include working with an instructor, taking turns, moving safely around the gym, getting along with others, offering and accepting new ideas.

No class April 11 and May 16.

Instructor: Sheri Roffey

#5281 Tuesdays

March 31 - June 23

9:45 - 10:45 am

Lewis Centre Gym

\$124/13

#5282 Wednesdays

April 1 - June 24

1:00 - 2:00 pm

Lewis Centre Gym

\$124/13

#5283 Saturdays

April 4 - June 20

9:00 - 10:00 am

Lewis Centre Gym

\$95/10



GYMNASTICS NINJA KIDS

(3 - 5 years)

Get those heart rates up in this fun, creative class using the gymnastics equipment! The gymnastics staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends!

Instructor: Sheri Roffey

#5276 Wednesdays

April 1 - June 24

11:00 am - 12:00 pm

Lewis Centre Gym

\$99/13



FAMILY GYMNASTICS

(1 - 99 years)

This popular program allows you and your children to play together as a family in the best indoor playground around! Swing, bounce, play and have fun on our gymnastics equipment.

Instructor: Sheri Roffey

#5527 Tuesdays

March 31 - June 23

11:00 am - 12:00 pm

Wednesdays

April 1 - June 24

10:00 - 11:00 am

Lewis Centre Gym

\$65/13 (1 adult, 1 child)

\$104/13 (1 adult, 2 children)

\$5.50/Drop-in

\$4.00/Drop-in additional child

PARKOUR & PLAY

(3 - 5 years)

Want to move like your favorite superhero, or do the cool moves you see in movies? Learn some cool parkour moves in a safe environment and have fun running, jumping, rolling, swinging, and vaulting, while making new friends. **Instructor:** Sheri Roffey

#5275 Wednesdays

April 1 - June 24

9:00 - 9:45 am

Lewis Centre Gym

\$85/13



SPRING BREAK FAMILY GYMNASTICS

(1 - 99 years with adult)

Spend quality active time together, crawling, jumping, rolling and tumbling as you explore gymnastics over Spring Break!

Monday - Friday

March 16 - 20

#50252 9:30 - 10:30 am

#50253 10:30 - 11:30 am

Lewis Centre Gym

\$25/5 (1 adult, 1 child)

\$40/5 (1 adult, 2 children)

\$5.50/ Drop-in (1 adult, 1 child)

\$4.00/additional child

Recreation Access Program

Provides opportunities for healthy lifestyle choices to the residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply!



Cooking

JR CHEF

(6 - 11 years)

Learn to create and explore the kitchen through quick and simple recipes. Practice basic cooking skills and learn about safety in the kitchen while making tasty treats.

No class May 18.

#5041 Mondays

April 20 - June 15

3:15 - 4:30 pm

Lewis Centre Craft Room A
\$85/8

SLIME-OLGY

(5 - 8 years)

Lewis Centre has turned into a science slime lab! Each week, participants will learn to create a new kind of slime. At the end of each class they will get to take home their slime with a slime 'recipe' to teach others how it's done.

#5489 Fridays

April 17 - May 15

3:30 - 4:45 pm

Lewis Craft Room A
\$49/5

PASSPORT TO COOKING

(7 - 11 years)

Tour the world through food! Learn how to cook tasty dishes and treats from different parts of the world and participate in activities, games or crafts from that area. Time to add some stamps to your passport. Register early!

#5042 Thursdays

April 16 - June 4

3:30 - 5:00 pm

Lewis Centre Craft Room A
\$90/8

BAKING BUDDIES

(5 - 8 years)

Come bake delicious treats while making new friends. Participants will work together to bake a new recipe, play games while their treats are baking, and enjoy them when they are ready.

#5488 Thursdays

April 2 - May 21

3:30 - 5:00 pm

Lewis Craft Room B
\$90/8

Does your child have diverse needs, require support at school and/or struggles to participate in group activities? We are pleased to now offer *The Leisure Buddies* program so that all children (ages 5+) can participate and thrive in our programs! Contact us to find out how we can help you! Thank you to the generous funding from the Comox Valley Community Foundation.



SUGAR RUSH

(9 - 12 years)

Ready to take your baking and decorating to the next level? Learn new decorating tricks, play with different flavour combinations and see if you can create our very own dessert imposter! If you're a fan of the popular show, you'll love this class.

#5043 Wednesdays

April 15 - June 3

3:45 - 5:45 pm

Lewis Centre Craft Room A
\$125/8

Birthday Parties

GYMNASTICS/ TRAMPOLINE

(3 - 14 years)

Fun filled gymnastics games, free play and activities. Something for everyone!

Saturdays starting April 4

11:30 am - 1:30 pm

\$100

HOOPY PARTY

(5 years & over)

Play games, dance and learn funky circus-style hoop tricks.

Instructor: Tracey Clarke

Sundays starting April 5

12:00 - 2:00 pm

\$100

\$130/Keepsake Hoop

LEGO MANIA

(5 years & over)

Let the Lego games begin, as you and your friends get your hands on more Lego than you can imagine!

Fridays starting April 17

5:30 - 7:30 pm

\$100

SWEET TREAT

(5 years & over)

Have your (cup)cake and decorate it too!

Saturdays starting April 4

10:00 am - 12:00 pm

\$199

SATURDAY SPORTS SIZZLER

(3 years & over)

Play lots of fun sports, games and enjoy free play!

Saturdays starting April 4

12:30 - 2:30 pm

\$100



Arts & Crafts

CLAY DESIGNS

(10 - 15 years)

Experience the joys and challenges of using a potter's wheel and expand your creative repertoire in working with clay. **No class April 13 & May 18.**

Instructor: Jenja McIntyre

#5073 Mondays

March 30 - June 15

5:15 - 6:45 pm

Lewis Craft Room B

\$199/10

CLAY SCULPTING

(7 - 10 years)

Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, mask-making, graffiti and glazing. discover the joys of working with clay. **No class April 13 & May 18.**

Instructor: Jenja McIntyre

#5072 Mondays

March 30 - June 15

3:45 - 5:00 pm

Lewis Craft Room B

\$175/10

DRAWING & PAINTING FUN

(6 - 12 years)

These classes are a fun mix of drawing and painting techniques and materials. New projects all year long, so come create every season! We will create with water-colours, tempera and acrylic paint, oil/chalk pastels, markers, pens, pencils and artstix. Some days we will mix it up and use drawing and painting materials for mixed media projects. Wear painting clothes.

Instructor: TaraLee Houston

#5342 Tuesdays

March 31 - April 28

6:00 - 7:30 pm

Lewis Salish Building

\$45/5

WEAVING & TEXTILE FUN

(6 - 12 years)

Easy and fun weaving and textile projects for kids to feel success with hand making. We will use different techniques like macrame, circle weaving, spool/finger knitting, pom pom making, thread sculpture, mini looms, and earth looms.

Instructor: TaraLee Houston

#5341 Wednesdays

April 1 - 29

6:00 - 7:30 pm

Lewis Salish Building

\$45/5

STAINED GLASS DESIGN

(9 - 12 years)

Using simple stained glass cutting, grinding and decorating techniques you will make a seasonal: suncatcher to hang in the window, 3D mosaic project, stepping stone and windchime. A creative and colourful class for the arts enthusiast.

Instructor: Nancy Morrison

#5071 Tuesdays

April 21 - May 26

3:30 - 5:00 pm

Lewis Craft Room B

\$90/6

SEWING LEVEL 1 - SEWING BASICS

(8 - 14 years)

Get to know the basics of how to use a sewing machine and learn some sewing terms that will help you create a simple sewing project. This class is for beginners and is a prerequisite for our other sewing classes.

Instructor: Jean Morgan

#5068 Tuesdays

March 31 - April 14

3:30 - 5:00 pm

Lewis Craft Room A

\$50/3

SEWING LEVEL 2 - IT'S FUN TO SEW

(8 - 14 years)

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

Instructor: Jean Morgan

#5069 Tuesdays

April 21 - May 12

3:30 - 5:00 pm

Lewis Craft Room A

\$70/4

SEWING LEVEL 3 - ADVANCED

(9 - 15 years)

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

Instructor: Jean Morgan

#5070 Tuesdays

May 19 - June 9

3:30 - 5:30 pm

Lewis Craft Room A

\$80/4



COURTENAY CHILDREN



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| See page 108

Circus

AERIAL ARTS: THE BASICS

(10 years & over)

This class is for students new to aerial fabric. With a focus on skill & strength building you'll start close to the ground and gain height as your confidence and abilities increase. **No class April 10.**

#5344 Fridays

April 3 - May 29
3:30 - 4:30 pm
Lewis Centre Gym
\$160/8



AERIAL ARTS: INTERMEDIATE TO ADVANCED

(10 - 18 years)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more. **No class April 10.**

#5345 Wednesdays

April 1 - May 27
6:30 - 7:30 pm
Lewis Centre Gym
\$180/9



#5346 Fridays

April 3 - May 29
4:30 - 5:30 pm
Lewis Centre Gym
\$160/8

AERIAL ARTS: ADVANCED

(10 - 18 years)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more. **No class April 10.**

#5347 Fridays

April 3 - May 29
5:30 - 7:00 pm
Lewis Centre Gym
\$224/8



COMMUNITY CIRCUS 1

(6 - 12 years)

Climb aerial fabric & hang from the aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, flower-sticks & plates. Balance with stilts & rola-bola. Learn to do hand-stands, increase flexibility & experience the fun of partner aerobatics. Have fun exploring ensemble & solo work with improvisation & performance games. We'll finish off with the year end show. This class is appropriate for beginners, younger students, and those with less than two seasons of circus experience. **No class April 13 & May 18.**

#5348 Mondays

March 30 - May 31
3:30 - 5:30 pm
Lewis Centre Gym
\$200/8

COMMUNITY CIRCUS 2

(12 years & over)

We have been creating our year-end show! If you have previous circus experience and are interested in joining us, this class is for you! With a focus on polishing up individual and group acts. We'll produce our exciting year-end finale! This is a mixed age troupe of beginners to pre-professionals (or for those 10+ years of age with circus experience and permission from instructor). **No class April 13 & May 18.**

#5349 Mondays

March 30 - May 31
6:00 - 9:15 pm
Lewis Centre Gym
\$385/11

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COURTENAY CHILDREN



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BEGINNER KUNG FU

(7 - 14 years)

This class is focused on building a strong foundation in the basics. Through the practice of Kung Fu, students will become more flexible, build strength and learn to be confident and considerate. With a focus on learning through games, this class will empower your child.*Please note there is a \$65 uniform fee for new students.

No class April 13, May 18, June 15 & 17.

Instructor: Corny Martens

#5027 Mondays & Wednesdays
 April 6 - June 24
 4:30 - 5:20 pm
 Native Sons Grand Hall & Lower Level
 \$209/20



INTERMEDIATE KUNG FU

(7 - 14 years)

Having completed the beginner class, students will begin to work more in depth techniques for various self defense scenarios. Weapons are introduced. Students will be challenged much more, both physically and mentally.

No class April 13, May 18, June 15 & 17.

Instructor: Corny Martens

#5028 Mondays & Wednesdays
 April 6 - June 24
 5:30 - 6:25 pm
 Native Sons Grand Hall & Lower Level
 \$229/20



BEGINNER JIU JITSU FUNDAMENTALS

(13 years & over)

Brazilian Jiu Jitsu (BJJ) is primarily a grappling martial art that focuses on ground control. This BJJ class is structured & run for new students and beginners. Basic concepts of positions, escapes and submissions will be covered. Different elements of BJJ training can be used for sport or self defense. **No class May 21.**

Instructor: Richard Dobbs

#5289 Tuesdays & Thursdays
 March 31 - June 18
 7:15 - 8:30 pm
 Lewis Centre MP Hall
 \$279/23



WOO KIM TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by 4th Dan kukkiwon instructor Richard Dobbs. **No class May 21.**

Instructor: Richard Dobbs

#5284 Tuesdays & Thursdays
 March 31 - June 18
 3:30 - 4:15 pm
 Lewis Centre MP Hall B
 \$207/23



ADVANCED KUNG FU

(7 - 16 years)

This class focuses on many different scenarios of self defense and disadvantaged fighting. Traditional Chinese Kung Fu weapons are introduced and studied in depth as well. Students will be challenged at a higher level both physically and mentally. **No class April 13, May 18, June 15 & 17.**

Instructor: Corny Martens

#5029 Mondays & Wednesday
 April 6 - June 24
 6:30 - 7:40 pm
 Native Sons Grand Hall & Lower Level
 \$229/20



WISH LIST

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33RD ANNUAL FATHER'S DAY

Kite Fly

Sunday June 21
12:30 - 2:30 pm

Goose Spit Park
 Registration Noon to 1 pm
 Judging 1:30 to 2:15 pm
 B.Y.O.K – bring your own Kite
 Park & Ride from Brooklyn
 Elementary School
 11:30 am – 3:30 pm
 1290 Guthrie Road
 FREE!



FUNDAMENTAL SKILLS

(5 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 5-11 years. Create skills in sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as soccer, basketball, floor hockey and more. The FUNdamentals skills will then help children transition into community or traditional Special Olympic Programs. **No class April 13 & May 18.**

#5290 Mondays

April 6 - June 22

3:30 - 4:30 pm

Lewis Centre MP Hall A

\$2.50/Drop-in



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National Volunteer Week

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BIG KICK'S SOCCER

(6 - 9 years)

Have fun learning the fundamental skills of a soccer player! Get to know and understand the basic rules of the game, develop your dribbling and passing skills, learn how to work cooperatively with teammates and most of all have fun! **No class April 13 & May 18.**

#5294 Mondays

April 6 - June 8

3:15 - 4:15 pm

Lewis Centre MP Hall B

\$64/8



FAMILY GYMNASTICS

(1 - 99 years)

Play together as a family in the best indoor playground around! Swing, bounce, play and have fun on our Gymnastics Equipment.

Instructor: Sheri Roffey

#5527 Tuesdays

March 31 - June 23

11:00 am - 12:00 pm

Lewis Centre Gym

Wednesdays

April 1 - June 24

10:00 - 11:00 am

Lewis Centre Gym

\$65/13 (1 adult, 1 child)

\$104/13 (1 adult, 2 children)

\$5.50/Drop-in (1 adult/1 child)

\$4/Drop-in (additional child)

INDOOR SPORTS STARS

(7 - 11 years)

Come join our super sporty, fun instructors and your friends as we burn off some energy at this specialized gym class! You'll try out all kinds of different sports from soccer to basketball, badminton to dodgeball and even floor hockey!

#5293 Fridays

April 17 - June 5

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

COUGARS SPRING BREAK TRACK CAMP

(9 - 12 years)

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

Instructor: Cougars Track & Field Club

#5306 Monday - Thursday

March 16 - 19

9:00 am - 12:00 pm

Vanier Track

\$89/4



VOLUNTEERS
Always Needed
FOREVER APPRECIATED

Lots of Volunteer Opportunities at Courtenay Recreation (12 years to adult)

- Adapted Programs
- Special Events
- Children's Programs
- LINC Youth Centre and more . . .

For more information call the Lewis Centre 250-338-5371 or courtenay.ca/volunteer



follow us

See page 108

Gymnastics



Both boys and girls will enjoy the sport of Gymnastics, for fun and fitness. Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Our gymnastics programs follow CanGym curriculum from which report cards are created. New students are evaluated for their starting level during the first two weeks. Must be in kindergarten. Please return previous report cards. **No classes April 11 and May 16.**

Tuesdays \$189/13
 Saturdays \$145/10
 Both days \$299/23
 Lewis Centre Gym

GIRLS & BOYS MIXED GYMNASTICS

(5 - 7 years)

#5417 Tuesdays
 March 31- June 23
 3:30 - 5:00 pm
 Saturdays
 April 4 - June 20
 10:00 - 11:30 am



GYMNASTICS ASSESSMENT

(8 - 14 years)

Open to students with previous gymnastics experience attempting to get into advanced or pre-advanced levels.

Saturdays
 Starting April 4
 Lewis Centre Gym
 Free - please register



BOYS GYMNASTICS

(8 years & over)

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

#5442 Tuesdays
 March 31 - June 23
 5:00 - 6:30 pm
 Saturdays
 April 4 - June 20
 12:30 - 2:00 pm



BOYS ADVANCED

(8 years & over)

Must have been previously assessed or received golden ticket.

#5416 Tuesdays
 March 31 - June 23
 6:30 - 8:00 pm
 Saturdays
 April 4 - June 20
 2:00 - 3:30 pm



GIRLS GYMNASTICS

(8 years & over)

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

#5443 Tuesdays
 March 31- June 23
 5:00 - 6:30 pm
 Saturdays
 April 4 - June 20
 12:30 - 2:00 pm



GIRLS PRE ADVANCED

(8 years & over)

Athletes progress into these programs once base skills are strong and when you are physically and mentally ready to advance. We recommend 2 classes per week to develop and maintain your skill level. Must have been previously assessed or have received a gold-en ticket.

#5444 Tuesdays
 March 31- June 23
 6:30 - 8:00 pm
 Saturdays
 April 4 - June 20
 2:00 - 3:30 pm



GIRLS ADVANCED

(8 years & over)

Athletes progress into this program once base skills are strong and when you are physically and mentally ready to advance.

#5402 Tuesdays
 March 31 - June 23
 6:30 - 8:00 pm
 Saturdays
 April 4 - June 20
 2:00 - 3:30 pm



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Gnarly Little Spring Craft Fair

(9 - 19 years)

Register Now! Showcase your talents in arts, crafts, photography, baking and more!

Saturday May 2

11:00 am - 3:00 pm

Lewis Centre

Free entry & door prizes



CITY OF
COURTENAY
Recreation

follow us

courtenay.ca/gnarly

Lewis Centre 250-338-5371

The LINC Youth Centre 250-334-8138

Special Interest

LIGHTS! CAMERA! CODE! ACTION!

(9 - 16 years)

In this STEAM (STEM & Art) program you will create a computer controlled camera rig and use it and other techniques to create a YouTube-ready video clip. We'll touch on using electronics, robotics, code, video editing, green screen and camera work to tell a compelling story. This is a whirlwind sampler of programs being offered at the MakeltZone. **No class May 18.**

#5357 Mondays

April 20 - June 1

5:00 - 6:30 pm

The LINC Games Room

\$95/6

GIRLS NIGHT OUT

(11 - 18 years)

Join us for special activities each Thursday! We'll do DIY, crafts, baking and more. Check The LINC's drop-in calendar for a schedule of activities.

#5537 Thursdays

May 14 - June 25

5:30 - 7:00 pm

\$30/7 or

\$5/Drop-in if minimum #s met

SK8 SCOOT SWIM

(7 - 12 years)

Let's change up your spring break routine! Cruise the skatepark riding scooters and skateboards or playing games like dodgeball in the bowl. Or, challenge your friends to activities in the games room, complete with foosball, air hockey and pool tables. The action continues with creative snacks, cool activities and swimming at the pool. Get ready for an awesome break!

Monday - Friday

#50119 March 16 - 20

#50120 March 23 - 27

The LINC

\$160/5



SPRING BREAK SMASH UP

(10 - 16 years)

Enjoy an action packed week! Each day we'll load the bus for a different adventure including interactive games, activities and out trips. Activities are subject to change and weather permitting.

#50113 Monday - Friday

March 23 - 27

9:00 am - 4:00 pm

LINC Multipurpose Room

\$250/5 or

\$55/day

#50114 Monday - Rock Climbing & Virtual Reality

#50115 Tuesday - Air House

Trampoline Park

#50116 Wednesday - Horne Lake

Caves & Deep Bay

Marine Station

#50117 Thursday - Monster Trucks,

Swimming & Bowling

#50118 Friday - Go Karts & Archery Tag



Be Creative

GNARLY LITTLE SPRING CRAFT FAIR

(9 - 19 years)

Build your entrepreneurial skills and register a table now for the Spring Craft Fair! Showcase your talents in crafts, art, baking, jewelry, photography and more! Part of the LINC's BC Youth Week festivities.

#5520 Saturday May 2
11:00 am - 3:00 pm
Lewis Centre
\$10/table

CHOPPED

(9 - 15 years)



Let's test your cooking skills as you invent tasty dishes! Each day your team is given a basket of mystery food items that must be incorporated into an appetizer, entree or dessert. You will be scored on your dish's creativity, taste, presentation & teamwork. Prizes included.

#50123 Tuesday - Thursday
March 17 - 19
11:00 am - 3:00 pm
LINC Games Room
\$199/3

MOTHER'S DAY AROMATHERAPY MAKE & TAKE

(9 years & over with an adult)

Celebrate your mom as you spend time learning the basics of essential oils and aromatherapy. Together you will create special bath bombs to pamper yourself with afterwards.

Instructor: Deanna Papineau
#5521 Saturday May 9
10:30 am - 12:00 pm
LINC Multipurpose Room
\$25

BEGINNER PIANO

(12 - 17 years)

Have you always wanted to play piano? Here's your chance to try it out! We'll start with the basics but soon you'll be choosing popular songs you want to play. A keyboard for at home practice is preferred. A book fee of \$55 is not included and is payable to the instructor.

Instructor: Debbie Ross
#5522 Wednesdays
April 1 - June 17
6:00 - 7:00 pm
Lewis Tsolum Building
\$144/12

National Volunteer Week

April 00 0000000000

Celebrate

YOUTH WEEK MAY 1 - 7TH

Friday May 1: Extreme Rec Night IV (see page 77 for more info)

Saturday May 2: 4th Annual Gnarly Spring Craft Fair
3 on 3 B-Ball Tourney & BBQ

Monday May 4: May the 4th Be With You Pride Party

Tuesday May 5: Tween Dance
Skateboard & Scooter Maintenance Clinic

Wednesday May 6: Capture Creativity Art Night

Thursday May 7: 5th Annual Skate Jam



www.courtenay.ca/youthweek

For more info: Check out the May drop-in calendar and LINC Facebook page.



follow us

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Birthay Parties at the LINC

(8 - 18 years)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes: dodgeball, skatepark, karaoke, all about girls, gaming, general, make & take (tie-dye, slime or bath salts), or combine themes to make a party all your own! Host parent must be present. Maximum 12 participants.

Saturdays 12:30 - 2:30 pm or

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

\$110 or \$150/with 3 large pizzas

\$152/Make & Take (choose one: tie-dye, slime, bath salts)

\$192/Make & Take with 3 large pizzas

Get Trained

FOOD SAFE LEVEL 1

(13 years & over)

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

Instructor: Gaetane Palady

#50121 Friday March 27

#5351 Friday June 26

9:00 am - 4:00 pm

LINC MP Room

\$98

LEADERS IN TRAINING (LIT)

(12 - 18 years)

Have fun, get involved and gain experience as you train to become an awesome leader and build your resume! Participants will build teamwork and leadership skills throughout this workshop series. Learn to play and lead games, activities and manage behaviour. Then, test them out as a volunteer as we help plan and facilitate activities at the Easter Promenade April 10.

#5523 Tuesdays

March 17 - April 14

4:30 - 6:30 pm

\$35/5

JOB PREP

(13 - 18 years)

Get prepared to land a summer job! Join us and gain valuable resume-building skills like cash and food handling, customer service, phone etiquette, and workplace safety. You will complete a resume, learn interview skills and tour local businesses. Receive a reference and certificate upon completion.

#5352 Saturdays

May 23 - June 20

2:00 - 5:00 pm

LINC MP Room

\$60/5

TEEN PERSONAL TRAINING

(13 - 19 years)

Did you know we offer personal training for teens? Are you a teen looking to improve your overall fitness or perhaps you're new to working out and need the guidance of a knowledgeable professional? Our personal trainers are here to help you learn new techniques in a safe and supportive environment to help you reach your goals and get fit! Pre-registration is required. Please contact the Lewis Centre for more details.



Recreation Access Program

Provides opportunities for healthy lifestyle choices to the residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply!

Introducing...

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.



Skatepark

JR SK8 STARS

(5 - 7 years)

Have you ever wanted to try out skateboarding? This introductory class will get your wheels spinning! You'll learn the basics of balance and pushing and have fun exploring the street and bowl sections of the indoor park. Skateboards and safety equipment included.

Mondays

#5478 April 20 - May 11

#5479 May 25 - June 15

4:00 - 4:45 pm

LINC Skatepark

\$35/4



SKATEBOARD FUNDAMENTALS

(6 - 12 years)

Let's take your skateboarding to the next level! We'll review the basics of balance, pushing and cruising before teaching you some new tricks in the skatepark.

Mondays

#5353 April 20 - May 11

#5354 May 25 - June 15

5:00 - 6:00 pm

LINC Skatepark

\$39/4

\$49/with rental



SK8 LIKE A GIRL

(6 - 12 years)

While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment included.

Mondays

#5524 April 20 - May 11

#5525 May 25 - June 15

6:15 - 7:15 pm

The LINC Skatepark

\$45/4



PRIVATE SKATEBOARDING LESSONS

(6 - 13 years)

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

Tuesdays or Wednesdays

April 7 - June 24

LINC Skatepark

4:15 - 5:00 pm or

5:15 - 6:00 pm

\$22/private

\$30/semi private

(register with a friend)



SK8 SCOOT SUNDAYS

(6 - 12 years)

Do you dabble in skateboarding or scooting or wish you did? Have fun developing in either or both sport as you learn tricks in the bowl and street sections of the park. This combo class is geared to beginner - novice riders who may want to learn new tricks or try a new sport.

Sundays

#5480 April 19 - May 10

#5481 May 24 - June 14

9:45 - 10:45 am

LINC Skatepark

\$39/4

\$49/with rental

Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



EXTREME REC NIGHT

(11 - 16 years)
Friday May 1, 2020
3:30 - 10:30 pm
\$10 or \$15 drop-in

Activity Schedule:
3:30 - 6:00 pm The LINC Youth Centre
6:30 - 8:30 pm Cumberland Rec
9:00 - 10:30 pm CV Aquatic Centre
 Activities include archery tag, rock climbing, skatepark, swimming, BBQ, snacks & more!

FMI: 250-334-8138



THE LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- indoor skatepark
- skateboard scooter rentals
- youth access computers
- digital arts media technology
- indoor air hockey
- foosball pool
- video games Wii
- quarter intent o intent o
- concession kitchen
- video screen
- outdoor basketball court
- outdoor special events
- private rentals

SPRING HOURS

- Tuesday** 3 - 7 pm
(Tween Night 8 - 11 years)
- Wednesday** 3 - 8 pm
- Thursday** 3 - 8 pm
- Friday** 3 - 11 pm
- Saturday** 3 - 11 pm

*skatepark is open to all ages Wed - Sat

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

COURTENAY YOUTH

EXTREME REC NIGHT

(11 - 16 years)
Extreme Rec Night is back! Get in on the fun as we cruise to some of our local rec centres and participate in activities including archery tag, rock climbing, skateboarding, air hockey, pizza, snacks and more! Transportation included from The LINC, pick up at the Aquatic Centre at 10:30 pm. For more info, see ad on page 77.

- #5526 Friday May 1
- 3:30 - 10:30 pm
- \$10 pre-register by April 30
- \$15/drop-in if space allows



FAMILY DROP-IN AT THE LINC

(all ages welcome with an adult)
Celebrate Easter, Mother's Day and Father's Day weekends and enjoy The LINC as a family! Ride the bowl, play ping pong, air hockey and foos ball, sing along to karaoke and just have FUN! All ages welcome with an adult.

- Saturdays
- April 11
- May 9
- June 20
- 11:00 am - 3:00 pm
- LINC Games Room
- \$5/family





Adapted Programs

for Adults with Disabilities
(18 years & over)

Sponsor RBC ProRas

ART CARDS

Make beautiful cards to sell. One hundred percent of the proceeds from the sales are shared by the artists. **No classes April 13 & May 18.**

Mondays
April 6 - June 22

#5322 10:00 - 11:00 am or

#5323 1:00 - 2:00 pm
Craft Room A
*Limited spaces,
Pre-registration required*

CHAIR FIT

An upbeat and gentle workout class for those who need to walk or sit and a nice relaxing stretch at the end. All ages welcome. Note: No cardio component. **No classes May 1 or 22.**

#5325 Fridays
April 17 - June 19
10:45 - 11:45 am
Lewis MP Hall
Pre-registration required

FITNESS

Adapted conditioning exercises for the whole body & mind. Includes a gentle cardio component.

#5324 Wednesdays
April 8 - June 24
10:30 - 11:30 am
Lewis Activity Room
Drop-in

MONDAY MORNING RECONNECT

Participate in therapeutic group activities. Connect brain and body with relaxation and stretching. Join in with gentle music and movement. **No class May 18.**

#5320 Mondays
April 20 - June 15
10:30 - 11:30 am
Lewis Activity Room
*Limited spaces,
Pre-registration required*

CELEBRATION CIRCLE

This Friday afternoon hour will be a chance to wrap up the week, celebrate successes and have some social fun! Participatory music and movement like the Banjo Song and other action and participation songs. **No class Friday May 15.**

#5321 Fridays
April 17 - June 13
1:00 - 2:00 pm
Lewis Craft Room A
Pre-registration required

TGI... THURSDAY!

Enjoy fun, low-impact exercises and games. Increase your muscular strength and range of movement using a variety of equipment including pilates balls, bean bags & TRX. Adaptable and gentle physical activity.

Instructor: Tammy Jones
#5540 Thursdays
April 16 - June 11
1:00 - 2:00 pm
Activity Room
\$45/9

ZUMBA

Contagious energy and fun. All abilities and levels welcome for this hot dance party.

Instructor: Tammy Jones
#5334 Tuesdays
April 14 - June 9
1:00 - 2:00 pm
Lewis Activity Room
\$45/9

You can now register ONLINE at courtenay.ca/reconline/ Spring Registration for Adapted Programs starts Monday March 9

FUN DROP-IN @ THE LINC

(19 years & over)
You are invited to come play and meet people! Family, friends, and caregivers welcome to join the **Building Friendships** Program. Closed stat holidays, April 13 & May 18.

Mondays
ongoing
2:30 - 5:00 pm
The LINC Youth Centre
Free
FMI: Karen 250-338-5371

Proudly Sponsored by:



Spring Into Action with these Special Events

ST PATRICK'S DAY BINGO

Wear green and come have fun!
Prizes for all players.

#5335 Monday March 16

12:45 - 2:00 pm

MP Hall

\$2 space is limited,
pre-registration required

ST PATRICK'S DAY DANCE

Wear green and come have fun!

#5336 Friday March 13

12:30 - 2:30 pm

MP Hall

\$2 Drop-in

EASTER CHOCOLATES

Prepare a decadent box of chocolates for your favourite somebunny!

#5337 Thursday April 9

1:00 - 2:15 pm

Craft Room A

\$5

SPRING BINGO

Spring has Sprung! Prizes for all participants.

#5338 Wednesday April 22

1:00 - 2:15 pm

MP Hall

\$2 space is limited,
pre-registration required

CINCO DE MAYO CELEBRATION

Join Juan at our second Cinco De Mayo Celebration! Over two hours jam packed with games, prizes and piñatas!

#5030 Friday May 1

10:30 am - 1:00 pm

\$4/Drop-in

TALENT SHOW & DANCE

Sing, dance, act or magic tricks, you're the star of our show!

#5339 Friday May 22

12:30 - 2:30 pm

MP Hall

\$2/Drop-in

YOUNG ADULT CLUB

(ages 18 - 35)

Plan what you want to do. Activities can include crafts, dinner out, karaoke, games night, and more. Join us for a social time!

Instructor: Sebastien Braconnier & Tammy Jones

#5333 Tuesdays

April 14 - June 16

6:00 - 8:00 pm

Craft Room A

\$30/10 weeks

plus activity costs

SEWING

Join us for another session of sewing creativity.

Instructor: Samm Bodkin

#5331 Tuesdays

April 14 - May 26

12:30 - 2:30 pm

Craft Room B

\$65/7

(includes supplies)

Find out about **The Leisure Buddies Program** so that all children (ages 5+) can participate and thrive in our programs on page 63.

CHEF SPECIALTIES

Healthy food prep starts here!

Join Cathy in an all new beginner's level cooking class.

Instructor: Cathy Nelson

#5327 Thursdays

May 7 - 28

12:30 - 2:30 pm

Lewis Craft Room B

\$32/4

LINE DANCING

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

Instructor: Joan Wydenes

#5330 Thursdays

April 16 - June 11

10:30 - 11:30 am

Lewis MP Hall

\$45/9

Introducing...

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.

KARATE

Learn the basics of kicks, punches and moves in this karate class adapted to each participant's needs and mobility issues. **No class May 1.**

Instructor: Sebastien Braconnier

#5329 Fridays

April 17 - June 12

10:15 - 11:45 am

Lewis MP Hall

\$48/8

YOGA

Yoga is a practice for every BODY. Experience benefits to overall well-being as our bodies change and age. Poses and practices are simple, clear and adaptable for participants of all abilities.

Instructor: Wendie Matte

#5541 Tuesdays

April 14 - June 9

10:45 - 11:45 am

Lewis Craft Room A

\$45/9

National Volunteer Week

April 00 0000000000





Arts & Crafts

ART WITH HEART SPRING RETREAT

This Spring Art Retreat is for all adults interested in a fun and relaxing atmosphere with a willingness to creatively explore. No art experience necessary! You will be guided and supported through exploring art materials and projects in a safe and creative environment meant to nurture each individual's level of exploration.

Instructor: TaraLee Houston
#5165 Saturday Apr 18
 9:00 am - 4:00 pm
 Lewis Salish Building
 \$75

FOUNDATIONS TO WEAVING

This is a 2 day introduction to 4-shaft weaving on a table loom. You will learn to warp, dress a loom and weave a wool scarf or table runner.

Instructor: Andrea Townsend
#5506 Saturday & Sunday
 April 4 & 5
 9:30 am - 3:30 pm
 Lewis Tsolum Building
 \$225/2

BEGINNER PAINTING LANDSCAPES OIL & ACRYLIC

Comox Valley is a beautiful place to paint! Let's learn how! From making your sketch to getting the colours right and defining the leaves, water and clouds. All the skills you'll need to learn in order to tackle the fun of painting landscapes on your own!

Instructor: Teresa Knight
#5124 Wednesdays
 April 22 - June 10
 6:00 - 8:00 pm
 Filberg Craft Room
 \$99/8

PRESERVING COLLECTIONS WORKSHOP

Learn how to store valuable heirlooms, artifacts and collectibles. This workshop will include basic skills to store and preserve objects such as photos and paper, textiles and leather, wood and plants, and metals and electronics.

Instructor: Jennifer Margetish
#5507 Sunday April 19
 1:30 - 3:30 pm
 Lewis Craft Room A
 \$25

ALCOHOL INK PAINTING

Learn fundamental inking techniques and skills alongside BC licensed teacher Ashley Slade. Bubbles, fades and pigment incorporation will all be explored.

Instructor: Ashley Slade
#5509 Thursday April 23
 6:00 - 8:00 pm
 Lewis Tsolum Building
 \$49

PAINTING ANIMALS

This course will help you make sense of animal anatomies, show easy ways of dealing with the shapes presented, teach how to do fur, feathers and other textures, the foreshortening of limbs and face, how to depict facial expression and also to add personality. Paint your own pet or favourite animal. **No class May 18 & June 15.**

Instructor: Teresa Knight
#5116 Mondays
 April 20 - June 22
 6:00 - 8:00 pm
 Filberg Craft Room
 \$99/8

BASIC PRESERVATION METHODS

Learn how to store valuable heirlooms, artifacts, and collectibles. This workshop offers knowledge of preservation, methods, tools, and techniques, including projects and materials to keep your keepsakes and valuables from aging prematurely. Objects to store and preserve include photos and paper, textiles and leather, wood and plants, metals, sculptures, tools and electronics.

Instructor: Jennifer Margetish
#5508 Wednesdays
 April 29 - May 20
 7:00 - 9:00 pm
 Filberg Soroptimist Lounge
 \$99/4





Silver Spinner Ring



Folded Cuff Bracelet

HOW TO PAINT FLOWERS, TREES & PLANTS

Designed with the beginning student in mind, this program will inspire and motivate you. If you've longed to learn watercolour, this is your chance to get started. Discover paints, paper, colour and application under the direction of an effective and experienced teacher and artist.

Instructor: Teresa Knight
#5125 Thursdays
 April 23 - June 11
 6:00 - 8:00 pm
 Lewis Craft Room B
 \$99/8

SILVER SPINNER RINGS

Learn how to size and create a unique spinner ring of your own design. The students will saw, texture and decorate the ring blank. It will be soldered shut and then embellished with copper or brass spinners, polished and a patina applied, if so desired. If time allows a 2nd spinner ring can be made in copper. A \$50 supply fee is due to instructor.

Instructor: Cheryl Jacobs
#5415 Saturday April 25
#5129 Saturday June 6
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85

CLAY WORKS

Whether you like traditional sculpture or would like to create funky, functional pieces of art, this class is for you. We will be using under-glazes to finish the sculptures. Tools, under-glazes and some glazes will be provided. **No class April 13 & May 18.**

Instructor: Jenja McIntyre
#5175 Mondays
 March 30 - June 15
 7:30 - 9:00 pm
 Lewis Craft Room B
 \$199/10

PAINTING SEASCAPES & WATER

Water can be tricky as it reflects what is around it and does this differently depending upon the surface of the water at a given time. This course will provide ways to make senses of what you're seeing and help you get it on canvas with lots of practice and tips!

Instructor: Teresa Knight
#5123 Tuesdays
 April 21 - June 9
 6:00 - 8:00 pm
 Filberg Craft Room
 \$99/8

FOLDED CUFF BRACELET

Come take this one day workshop with instructor Cheryl Jacobs. Folding the metal, annealing and then unfolding creates distinct patterns in the metal, no two bracelets will be alike. When the metal is unfolded there are areas created that can then be textured by hand and given a patina to change the colour. A truly interesting technique to learn. \$50 supply fee due to instructor at class.

Instructor: Cheryl Jacobs
#5127 Saturday May 16
 9:30 am - 4:30 pm
 Lewis Tsolum Building
 \$85

CEDAR BASKET WEAVING

Come and learn about the spiritual, cultural, and historical teachings of cedar basket with Haida Kwakwaka'wakw weaver Avis O'Brien. Experience the satisfaction of creating something of unique beauty. This course is your introduction to a practical, traditional art form using basic techniques and working with natural materials.

Instructor: Avis O'Brien
#5132 Fridays
 April 24 - May 1
 10:00 am - 1:00 pm
 location
 \$75/2

CEDAR BRACELET WEAVING

Come and learn about the spiritual, cultural, and historical teachings of cedar bark while weaving a cedar bracelet with Haida Kwakwaka'wakw weaver Avis O'Brien.

Instructor: Avis O'Brien
#5130 Friday May 15
 10:00 am - 1:00 pm
 Lewis Tsolum Building
 \$40



INTRO TO STAINED GLASS

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

Instructor: Nancy Morrison

#5171 Tuesday April 14
Lewis Craft Room B
7:00 - 9:00 pm
\$30

STAINED GLASS 101

A more in-depth class to unleash your creativity! Several designs and custom colour choice. You will be making a small suncatcher to introduce you to the step by step process and then a 8x14 in. window panel. Register early! \$40 supply fee due to instructor.

Instructor: Nancy Morrison

#5172 Tuesdays
April 21 - June 9
7:00 - 9:00 pm
Lewis Craft Room B
\$115/8

MOTHER'S DAY AROMATHERAPY

Ladies gather your friends and join this informative Aromatherapy Workshop. Explore and create a personal aromatherapy blend for yourself to celebrate you.

Topics include: safety, chemistry, blending and exploring the wonderful world of the smell. Taught by Deanna Papineau, Registered Aromatherapist RA EOT.

#5441 Tuesday May 5
6:00 - 8:00 pm
Lewis Tsolum Building
\$49

Recreation Access Program

Provides opportunities for healthy lifestyle choices to the residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply!

STAINED GLASS STEPPING STONES

Turn your garden into a tropical paradise with our colourful stained glass stepping stones. You will learn the basics of cutting glass, grinding, working with patterns and assembling designs. A \$40 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#5173 Wednesdays
April 22 - May 6
7:00 - 9:00 pm
Lewis Craft Room B
\$45/3

SPLASH COLOUR

Interior Designer, Pat Wickware, will present and discuss the Colour Wheel. Learn and understand how to select paint and fabrics for your home and office.

Instructor: Pat Wickware

#5505 Mondays
April 20 - May 4
7:00 - 8:30 pm
Lewis Craft Room A
\$49/3

HUMMINGBIRD WINDCHIME

Using a mix of iridescent glass you will learn to cut glass and compose a beautiful design. Perfect in the garden or on the deck. A \$30 supply fee will be collected by the instructor.

Instructor: Nancy Morrison

#5174 Wednesdays
May 13 - June 3
7:00 - 9:00 pm
Lewis Craft Room B
\$60/4

WRITING YOUR MEMOIRS

In this workshop, we'll walk through the steps necessary to take your life's memories and turn them into a published legacy piece for personal or commercial use. Please note this is not a writing workshop.

Instructor: Kara Foreman

#5153 Saturday June 13
1:00 - 4:00 pm
Filberg Centre
Soroptimist Lounge
\$35



COURTENAY ADULT



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REGISTRATION STARTS MONDAY MARCH 2 | See page 108

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Dance

SILVER SWANS BALLET

(55 years & over)

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

Instructor: Jenna Flint

#5143 Tuesdays

EG March 31 - June 16

6:30 - 7:30 pm

Lewis Activity Room

\$72/12



NIA

Nia is fusion dance fitness that moves you - body and soul! We move every muscle, flowing through dynamics of power and grace, stability and agility, to music that uplifts and invigorates. Everyone welcome in this body positive class, with modifications for all levels of ability. **No class April 13, May 18 & June 15.**

Instructor: Ann Marie Lisch

#5529 Mondays

March 30 - June 22

5:30 - 6:45 pm

Filberg Rotary Hall

\$100/10

JAZZ FOR FUN

Join this upbeat dance class designed for adults. This class incorporates basic elements of dance such as rhythm, footwork, isolations, balance, flexibility and music. You will get your heart rate up while using jazz technique. Intermediate classes are a faster paced class for those with former dance training. **No class April 13 & May 18.**

Instructor: Casey Matute

#5147 Wednesdays **Beginner**

April 1 - June 17

6:30 - 7:30 pm

Lewis Activity Room

\$72/12



#5146 Mondays **Intermediate**

March 30 - June 15

7:00 - 8:00 pm

Lewis Activity Room

\$60/10

BELLY DANCE

Come have fun learning belly dance and discovering your inner Sheherazade! We will cover the basic moves, rhythms and veils.

No class April 13 & May 18.

Instructor: Laura Forgie

#5498 Mondays

March 30 - June 15

7:00 - 8:00 pm

Lewis MP Hall

\$60/10

BACHATA DANCE

LEVEL 1

Bachata is a beautiful partner dance originating from the Dominican Republic. It is a fun, sensual, easy to learn dance and a great way to spend an evening. No partner or experience required.

Instructor: Rahel Mashrukey

#5013 Wednesday

April 1 - May 20

7:30 - 8:30 pm

Lewis Activity Room

\$48/8



LINE DANCE PARTY

Line Dancing isn't just Country anymore! Dancing to pop, country, and more, you will learn basic dance steps, burn calories, and have loads of fun! It keeps the brain fit as well! For anyone who loves to dance - no partner needed. Join us for some great exercise, great fun and great music. Free the dancer in you!

Thursdays

April 2 - May 28

#5023 6:30 - 7:30 pm **Beginner**

#5448 7:30 - 8:30 pm **Intermediate**

Native Sons Grand Hall

\$48/8

\$6.50/Drop-in/Intermediate only



LINE DANCE

Come kick up your heels and dance the afternoon away! Line dancing is a great way to keep your brain and body active! No partners required. **No class May 19 & June 16.**

Instructor: Joan Wydenes

#5500 Wednesdays **Beginner**

April 1 - June 24

1:00 - 2:00 pm

Lewis Activity Room

\$78/13

#5501 Tuesdays **Intermediate**

March 31 - June 23

1:00 - 2:00 pm

Native Sons Grand Hall

\$66/11



BEGINNER AFRICAN DRUMMING

Drumming in community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming or those not ready to move to the beyond beginner level. Please contact instructor if unsure. **No class June 18. Instructor:** Monica Hofer

#5018 Thursdays
April 2 - June 25
5:00 - 6:00 pm
Native Sons Lodge Room
\$168/12

INTERMEDIATE AFRICAN DRUMMING

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove!' New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, body and the spirit. This class is intended for those with previous experience. **No class April 13, May 18 & June 15.**

Instructor: Monica Hofer
#5020 Mondays
March 30 - June 22
11:45 am - 12:45 pm
Native Sons Grand Hall
\$140/10

BEYOND BEGINNER AFRICAN DRUMMING

This class will cater to returning 'beyond beginner' drummers and those students who are ready to move up from beginners level. Please contact instructor if unsure of your level. **No class May 20 & June 17.**

Instructor: Monica Hofer
#5019 Wednesdays
April 1 - June 24
5:30 - 6:30 pm
Native Sons Grand Hall
\$154/11

DRUMS ALIVE - POWER BEATS

Combining dance, aerobic exercise and drumming. Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit! **No class May 20 & June 17. Instructor:** Monica Hofer/ Laura Forgie

#5534 Wednesdays
April 1 - June 24
7:00 - 8:00 pm
Native Sons Grand Hall
\$77/11
\$8/Drop-in



SACRED CIRCLE DANCE

Come learn folk, traditional, and spiritual dances from around the world. Most dances are done in a connected circle as we build a community of fun and healing.

Instructor: Laura Forgie
#5499 Tuesdays
March 31 - June 16
7:00 - 8:00 pm
Lewis Craft Room A
\$72/12

DRUMS ALIVE - GOLDEN BEATS

Golden Beats' is especially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace. **No class May 21 & June 18.**

Instructor: Monica Hofer
#5446 Thursdays
April 2 - June 25
10:30 - 11:30 am
Native Sons Grand Hall
\$77/11
\$8/Drop-in



HealthRHYTHMS

HealthRHYTHMS promotes mind-body health and fosters camaraderie, self-respect and respect for others. Experience the healing power of rhythm while using drums and instruments as tools for personal expression. All abilities welcome.

No class May 19.
Instructor: Monica Hofer
#5502 Tuesdays
May 12 - June 16
1:00 - 1:45 pm
Lewis MP Hall
\$50/5



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BEGINNER'S BLUES HARMONICA

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock, but the harmonica is truly at home with the blues. No previous musical experience is necessary. Please bring a 'c' harmonica. **No class May 18.**

Instructor: Larry Ayre

#5136 Mondays
April 20 - June 1
6:00 - 7:00 pm
Lewis Tsolum Building
\$75/6

BEGINNER'S BLUES GUITAR

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases). **No class May 18.**


Instructor: Larry Ayre


#5139 Mondays
April 20 - June 1
7:15 - 8:30 pm
Lewis Tsolum Building
\$90/6

PIANO

(55 years & over)
Music makes your brain work better and here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$34 and a piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross


#5187 Wednesdays
 April 1 - June 17
2:00 - 3:00 PM
Lewis Tsolum Building
\$192/12

#5188 Wednesdays
 April 1 - June 17
3:00 - 4:00 pm
Lewis Tsolum Building
\$192/12

RECORDER

(55 years & over)
Do you have trouble breathing? Asthma, COPD, Emphysema or Sleep Apnea? Playing woodwind instruments helps with circular breathing, breath planning and deep breathing. We'll be playing tenor recorders. Cost of instrument and book will be \$105 due to the instructor at the first class. Rental may be available.

Instructor: Debbie Ross

#5186 Wednesdays
 April 1 - June 17
1:00 - 2:00 pm
Lewis Tsolum Building
\$192/12

MINDS IN MOTION

(50 years & over)
This class is designed for people living with early stage memory loss due to Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise followed by activities or games in a relaxed atmosphere. Light refreshments will be provided. **No class June 17.**

Instructor: Nancy Victoria
Wednesdays

#5026 April 8 - May 13
1:00 - 3:00 pm
Native Sons Lower Level
\$45/6

#5451 May 27 - June 24
1:00 - 3:00 pm
Native Sons Lower Level
\$31/4



Oh no, you had to cancel the class?

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

Introducing...

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.



LEARN TO MAKE SUSHI

Learn the art of basic and advanced sushi. Meals included!

Instructor: Norie McGillivray

#5511 Fridays

April 17 - May 1

6:00 - 8:00 pm

Lewis Craft Room B

\$130/3

COOKING WITH SONJA

Cooking workshops with Chef Sonja. Check the web listings for more info.

#5512 East Indian Cuisine

Wednesday April 1

6:00 - 9:00 pm

Lewis Craft Room B

#5513 Middle Eastern Cuisine

Tuesday April 14

6:00 - 9:00 pm

Lewis Tsolum Building

#5514 Refreshing Summer Recipes

Thursday May 21

6:30 - 9:30 pm

Lewis Tsolum Building

\$60

KICK THE SUGAR HABIT

Sugar - why we crave it and how to kick the habit for good! In this presentation you will discover why sugar addiction is so hard to overcome, what causes sugar addiction in the first place, and proven strategies on how to overcome the addiction for good.

Instructor: Katrina Roos

#5161 Thursday April 9

7:15 - 8:15 pm

Lewis Craft Room B

\$10

EMOTIONAL EATING

Discover why you sabotage your success, learn how to let go of the fear of negative emotions, and gain the tools needed to stop your overeating for good.

Instructor: Katrina Roos

#5162 Thursday April 16

7:15 - 8:45 pm

Lewis Craft Room B

\$15

INTRODUCTION TO NUMEROLOGY

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

Instructor: Kara Foreman

#5011 Saturday May 9

1:00 - 4:00 pm

Filberg Soroptimist Lounge

\$35

READING THE TAROT

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

Instructor: Kara Foreman

#5009 Saturday April 18

1:00 - 4:00 pm

Lewis Meeting Room

\$35

UNDERSTANDING NUTRIENTS A - ZINC

Learn how to improve digestive upsets like bloating, gas and brain fog. Understand deficiencies and improve fatigue, resilience and the immune system.

Instructor: Alice Russell, R.H.N.

#5510 Thursday April 16

7:00 - 8:00 pm

Filberg Soroptimist Lounge

\$15

You can now register **NINE** at courtenay.ca/reonline



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PICKLEBALL

(16 years & over)
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.
#5530 Tuesdays & Thursdays
March 31- May 14
2:30 - 4:30 pm
Native Sons Grand Hall
\$2.50/Drop-in

DAYTIME BADMINTON

(16 years & over)
Get some exercise, meet new players and improve your game in this fast paced group sport! Set up & play is self directed. **No class April 10, 13 & May 18.**
#5257 Mondays, Wednesdays & Fridays
March 30 - June 26
1:00 - 3:00 pm
Lewis Centre Gym
\$3/Drop-in

EVENING BADMINTON

(16 years & over)
If your concept of badminton is a quiet backyard barbecue game, you've never really played the sport! Join us for both recreational and competitive games! Set up and play is self- directed. **No class April 13, May 18 & 28.**
#5258 Mondays & Thursdays
March 30 - June 25
8:15 - 10:00 pm
Lewis Centre Gym
\$3/Drop-in

*You can now register **NINE** at courtenay.ca/reconline*

BEGINNER SQUASH LESSONS FOR ADULTS

Squash is a healthy, fast paced sport that incorporates fun and fitness. Learn how to swing, rally and keep score in 6 easy lessons. Equipment will be provided. **No class April 13 & May 18.**
Instructor: Sue Tompkins

#5265 Mondays
April 6 - May 25
5:30 - 6:30 pm
Lewis Centre Squash Courts
\$60/6

INTERMEDIATE SQUASH LESSONS FOR ADULTS

Intermediate Squash lessons are for those players who would like to bump their game up a notch. Work on length, strength and footwork through fun active drills. **No class April 13 & May 18.**
Instructor: Sue Tompkins

#5266 Mondays
April 6 - May 25
6:45 - 7:45 pm
Lewis Centre Squash Courts
\$60/6

BASKETBALL FRIDAY NIGHT DROP-IN

Looking for some gym time to drop in and play a pick-up game of basketball or shoot around with your friends without any commitment? Join us on Friday nights and enjoy the flexibility of drop-in basketball! Open to participants 16+ years of age. **No class April 10.**

#5259 Fridays
April 3 - June 12
7:30 - 9:00 pm
Lewis MP Hall
\$3/Drop-in

ADULT GYMNASTICS

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

Instructor: Sheri Roffey
#5251 Tuesdays
March 31 - June 23
8:00 - 9:00 pm
Lewis Centre Gym
\$117/13



EVENING TAI CHI

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

Instructor: Albert Balbon

#5264 Thursdays

April 2 - June 25

7:15 - 8:15 pm

Lewis Meeting Room

\$104/13



TAI CHI

(50 & over)

Derived from the martial arts, tai chi is composed of slow, deliberate movements, meditation, and deep breathing, which enhance physical health and emotional well-being. Tai chi improves overall fitness, coordination, and agility. People who practice tai chi on a regular basis tend to have good posture, flexibility, and range of motion, are more mentally alert, and sleep more soundly. **No class June 17.**

Instructor: Ivy Wang

Wednesdays

April 8 - June 24

#5090 9:00 - 10:00 am

#5091 10:10 - 11:10 am

#5092 11:15 am - 12:15 pm

Native Sons Hall Lower

\$165/11



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



ADULT WOO KIM TAEKWONDO

(13 years & over)

This fast-paced program is designed to give participant a full body workout all while building a new skill. Taekwondo is a Korean martial art and a recognized Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone. Improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

No class May 21.

Instructor: Richard Dobbs

#5263 Tuesdays & Thursdays

March 31 - June 18

6:15 - 7:15 pm

Lewis MP Hall

\$269/23



ADULT KUNG FU

(14 years & over)

Applied Body Mechanics Ving Tsun is a tested system of Chinese Boxing that emphasizes small movements for maximum results. This class is skill-based training in an encouraging, safe and non-threatening environment. Practitioners will develop fast hands and good body structure through progressive sparring drills and pad work. **No class April 13, May 18, June 15 & 17.**

Instructor: Corny Martens

#5253 Mondays & Wednesdays

8:00 - 10:00 pm

April 6 - June 24

Native Sons Grand Hall &

Lower Level

\$264/20





GOLF FOR PEOPLE WHO DON'T PLAY GOLF

Thinking about taking up the game? Want to spend more time with your friends and loved ones? With a little help from us you can learn everything you need to know to get started golfing. 2020 brings on some major changes in the game with a focus on new players. Enroll now for a fun and relaxing way to get involved in the great game of golf. **No class April 27.**

Instructor: Brian Wise

#5456 Mondays

April 13 & 20, May 4 & 11
4:00 - 5:00 pm
Crown Isle Golf Course
\$99/4

#5455 Mondays

June 8, 15, 22 & 29
4:00 - 5:00 pm
Crown Isle Golf Course
\$99/4

MEN'S ONLY SHORT GAME CLINICS

Just the fellas in these clinics which will help eliminate those dreaded 3-putts, chunked or sculled chips, and beach vacations. Sign up now and learn a technique and strategy guaranteed to eliminate terrible shots. **No class April 27.**

Instructor: Brian Wise

#5453 Mondays

April 13, 20, May 4, 11
5:30 - 6:30 pm
Crown Isle Golf Course
\$99/4

#5454 Mondays

June 8, 15, 22, 29
5:30 - 6:30 pm
Crown Isle Golf Course
\$99/4

Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.



BEGINNER JIU JITSU FUNDAMENTALS

(13 years & over)

Brazilian Jiu Jitsu (BJJ) is primarily a grappling martial art that focuses on ground control. This BJJ class is structured and run for new students and beginners. Basic concepts of positions, escapes and submissions will be covered. Different elements of BJJ training can be used for sport or self-defense and is a fantastic method for building physical fitness and developing character. **No class May 21.**

Instructor: Richard Dobbs

#5289 Tuesdays & Thursdays
March 31 - June 18
7:15 - 8:30 pm
Lewis Centre MP Hall
\$279/23



LADIES ONLY SHORT GAME CLINIC

Ladies let us help your golf game with these clinics that will focus on lowering your scores. Extended looks at putting, different shots around the green, and sand play will help you get the ball in the hole faster. **No class May 2.**

Instructor: Brian Wise

#5122 Saturdays

April 11 & 25, May 9 & 16
10:30 - 11:30 am
\$99/4

#5452 Saturdays

June 6, 13, 20 & 27
9:30 - 10:30 am
Crown Isle Golf Course
\$99/4

SPRING AHEAD CLINIC - OPEN TO ALL ADULTS

The best way to start off your 2020 golf season is by ensuring your fundamentals are sound. These sessions focus on putting, chipping, iron play, and woods. Let us help you get started in reaching your 2020 goals. **No class May 1.**

Instructor: Brian Wise

#5121 Fridays

April 17 & 24, May 8 & 15
3:00 - 4:00 pm
Crown Isle Golf Course
\$99/4

Introducing. . .

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day.

Ask us how it works or visit www.courtenay.ca/reconline to see the video.

INTRO TO NORDIC POLE WALKING

(55 years & over)

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles, and why Nordic pole walking is such an effective fitness activity for you - including you burn 46% more calories over walking without poles, use 90% of your body muscles, it improves your endurance, cardio, posture, balance, and much more.

Instructor: Catherine Egan

#5254 Fridays

May 15 - June 19

11:00 am - 12:00 pm

Meet at Lewis Centre

\$60/6



NORDIC POLE WALKING LEVEL 2

(55 years & over)

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

Instructor: Catherine Egan

#5255 Fridays

May 15 - June 19

12:30 - 1:30 pm

\$60/6



ADULT AERIAL ARTS

For beginner - advance aerialists. Focus is on skill & strength building, starting close to the ground, gaining height as your confidence & abilities increase. Meet others who love it, too! For show info follow us at 7storycircus.com, Facebook & Instagram.

Instructor: 7 Story Circus

#5183 Wednesdays

April 1 - May 27

7:30 - 8:30 pm

Lewis Centre Gym

\$180/9

#5184 Thursdays

April 2 - May 28

9:30 - 11:00 am

Lewis Centre Gym

\$252/9

COMMUNITY CIRCUS 2

(12 years & over)

We have been creating our year-end show! If you have previous circus experience and are interested in joining us, this class is for you! With a focus on polishing up individual and group acts. We'll produce our exciting year-end finale! This is a mixed age troupe of beginners to pre-professionals (or for those 10+ years of age with circus experience and permission from instructor). **No class April 13 & May 18.**

#5349 Mondays

March 30 - May 31

6:00 - 9:15 pm

Lewis Centre Gym

\$385/11



OPEN TRAINING

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills, too! All equipment is available for practice. This is a supervised, non-instructional class open to anyone with circus &/or aerial experience. Info at 7storycircus.com, Facebook & Instagram. **No class April 10.**

Instructor: 7 Story Circus

#5185 Fridays

April 3 - May 15

7:15 - 8:15 pm

Lewis Centre Gym

\$10/Drop-in



A separate \$21 once/year 7 Story Circus membership fee and a \$10 show fee must be paid to instructor at first class.

PROFESSIONAL OPEN TRAINING

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

#5150 Thursdays

April 2 - May 28

11:00 am - 12:30 pm

Lewis Centre Gym

\$5/Drop-in



HANDSTAND CLASS

(12 years & over)

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

Instructor: 7 Story Circus

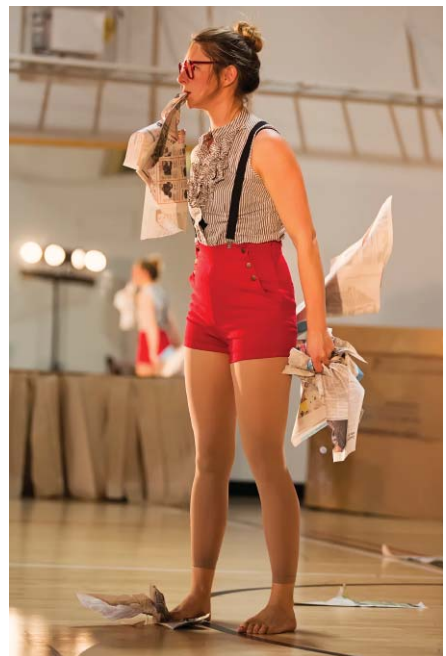
#5108 Wednesdays

April 1 - May 6

5:00 - 6:00 pm

Lewis Centre Gym

\$90/6



COURTENAY ADULT



follow us  

REGISTRATION STARTS MONDAY MARCH 2 | See page 108

91

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 58)

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



Court Fees (per person)

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

All fees include 5% GST

Unlimited Play Passes

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

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

Squash Club



The Comox Valley Squash Club is a mixed gender league that runs every Wednesday from October to March. We are looking for all skill levels to join in on the fun. Get some great exercise and stay to socialize and watch others play.

Contact comoxvalleysquash@gmail.com
or ComoxValleySquash.com for more info.





Wellness Centre

Ages 13 & Over

(13 - 15 years with adult supervision)

Services Include:

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

Wellness Centre Hours:

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

Hours & schedule subject to change

Pass Suspensions

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

Equipment

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

NOTE:

Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times.

Fees

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

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

Memberships (includes 5% GST)

	1 year	6 month	3 month	1 month
Adult	*\$288	*\$200	\$150	\$65
Student	*\$144	*\$92	\$75	\$35
Evergreen	*\$216	*\$152	\$115	\$50
PWD	*\$144	*\$92	\$75	\$35
Family	\$556	\$344	\$240	\$95

(Family: minimum one adult & one teen, maximum two adults & up to six teens under 18 years, all living in the same household)

***Denotes temporary reduction of 20% off of memberships for the Wellness Centre purchased between February 24 and June 21! This discount is being offered as our way of saying thank you for your patience as we transition to our new software!**

Childminding

(All ages)

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

Effective March 30 - June 26:

Monday - Saturday, 9:00 - 11:00 am

Mondays & Wednesdays, 5:00 - 6:30 pm



Wellness Centre Classes & Supervision Hours

effective March 30, 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am							
6 am	CLOSED	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	5:00 - 8:30 am	CLOSED
7 am							
8 am							
9 am	8:30 - 11:30 am	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	9:30 am - 1:00 pm	8:30 - 11:30 am
10 am		55+ ST	55+ ST	55+ ST	55+ ST	55+ ST	
11 am		55+ ST	55+ ST	55+ ST	55+ ST		
12 pm		55+ ST		55+ ST			
1 pm							
2 pm		55+ ST	55+ ST	55+ ST	55+ ST		
3 pm							
4 pm		2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	2:30 - 5:30 pm	
5 pm							
6 pm		5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	5:30 - 8:30 pm	CLOSED
7 pm							
8 pm			Circuit Training		Circuit Training		
9 pm	CLOSED						
10 pm							

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

Schedule subject to change

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

COURTENAY ACTIVE LIVING

STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class April 13, May 18 & June 18.**

Instructor: Nancy Victoria
#5531 Mondays & Thursdays
 March 30 - June 25
 9:00 - 10:00 am
 Filberg Centre Rotary Hall/
 Native Sons Grand Hall
 \$138/23



CIRCUIT TRAINING

This high energy, faster paced class will help you to burn fat and build muscle by combining cardio intervals and strength training. Get a great total body workout while using a variety of equipment in the Wellness Centre!

Instructor: Juan Blancas
#5193 Tuesdays & Thursdays
 March 31 - June 25
 7:00 - 8:00 pm
 Lewis Wellness Centre
 \$156/26

CHAIR FIT

(55 years & over)

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

Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class April 3, 10 & June 16.**
Instructor: Wendie Matte
#5532 Tuesdays & Fridays
 March 31 - June 26
 9:15 - 10:15 am
 Filberg Centre Rotary Hall
 \$138/23



55+ STRENGTH TRAINING

(55 years & over)

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the weightroom guiding you through your fitness journey and offering support at every turn. **No class April 10, 13 & May 18.**

Instructor: Juan Blancas

#5095 Mondays & Wednesdays

EG March 30 - June 24
10:00 - 11:00 am
\$144/24

#5096 Mondays & Wednesdays

March 30 - June 24
1:00 - 2:00 pm
\$144/24

#5097 Mondays & Wednesdays

March 30 - June 24
11:15 am - 12:15 pm
\$144/24

#5093 Tuesdays & Thursdays

March 31 - June 25
10:30 - 11:30 am
\$156/26

#5094 Tuesdays & Thursdays

March 31 - June 25
1:30 - 2:30 pm
\$156/26

#5099 Fridays

April 3 - June 26
10:00 - 11:00 am
\$72/12

Lewis Wellness Centre

WOMEN'S SPECIFIC STRENGTH

This popular class for women of all ages focuses on resistance training to help improve muscle mass and bone strength, as well as increase balance, mobility and flexibility. **No class April 10.**

Instructor: Morgan Klieber

#5195 Fridays

April 3 - June 26
10:30 - 11:30 am
Lewis Activity Room
\$84/12

SIMPLY STRENGTH 1

(55 years & over)

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 get up and down from the floor. **No class April 13, May 18, June 15 & 17.**

Instructor: Joyce Leong & Steve Thomson

#5533 Mondays & Wednesdays

EG March 30 - June 24
10:15 - 11:15 am
Native Sons Grand Hall
\$154/22

SIMPLY STRENGTH 2

(55 years & over)

This intermediate level class is a step up from Simply Strength 1 and offers overall body conditioning, balance and agility, core strengthening and health and wellness education.

No class April 13, May 18, June 15 & 17.

Instructor: Steve Thomson & Joyce Leong

#5192 Mondays & Wednesdays

March 30 - June 24
9:00 - 10:00 am
Native Sons Grand Hall
\$154/22

No drop-ins, Registration only.

55+ TRX & RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class April 13 & May 18.**

Instructor: Tammy Jones

#5003 Mondays & Wednesdays

EG April 6 - June 17
7:45 - 8:45 am
Lewis Activity Room
\$160/20

Introducing

WISH LIST

A **one** online feature that will be available February 2020 to let our **audience** stay **informed** as to how it works or visit www.courtenay.ca/reconnect to see the **video**



Drop-in Fitness Schedule

effective March 30, 2020
unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	Power Spin & Stretch		Rip & Ride			
8:30 am			Hatha Yoga+			Pedal N' Sculpt+ 8:45am
9:00 am	Cardio Kix Fit Mix+ (April 6 start)	Zumba w/ Lyla	Zumba w/ Milena	BootCamp Blast+	Core N' Cuts 9:15am	Hatha Yoga+
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength	Yoga Fusion 12:10pm	Flow Yoga	Butts & Gutts 12:10pm	Spin Express 12:15pm	
5:15 pm	Zumba Toning 5:30	Step It Up	Chiseled	BootCamp Blast	Power Spin	

Please note: This schedule is subject to change

Payment can be made online or at the office before the start of class. Please check in with your instructor prior to participation.

😊 Ask about our pre-registration discount options available for this class

Drop in, Punch Card & Membership Fees including GST

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

Class Levels

Beginner/Intermediate
Intermediate/Challenging
Challenging
+75 minute class

For Fitness Schedule before March 30, please check courtenay.ca/fitness

Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in fitness classes. Ask us about childminding hours. See page 58.



Drop-in Fitness

CARDIO KIX FIT MIX

Mondays 9:00 - 10:15 am

Get ready for a fun, high energy mix of cardio, strength and core. Kickstart your Monday morning with 45 minutes of kickboxing, dance and cardio moves. Then tone and build your muscles with 30 minutes of strength and core using a variety of equipment, including TRX.

Instructor: Tammy Jones

YOGA FUSION

Tuesdays 12:10 - 12:45 pm

Yoga fusion is a blend of yoga poses with other fitness styles like Pilates, strength training, body weight exercises and interval training. You'll get a full body work out that maintains a balance between cardiovascular, strength and flexibility.

Instructor: Wendie Matte

SPIN, STRETCH & STRENGTH

Mondays 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 18 participants.

Instructor: Steve Thomson

FLOW YOGA

Wednesdays 12:00 - 1:00 pm

Enjoy a Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Daiana Gama. Suitable for those with ability to do Sun Salutations.

Instructor: Daiana Gama

You can now register at courtenay.ca/reconline

BOOTCAMP BLAST

+ Tuesdays 10:30 - 11:45 am

+ Thursdays 9:00 - 10:15 am

Thursdays 5:15 - 6:15 pm

In this sweaty bootcamp workout you'll get your butt kicked with a mix of equipment based and bodyweight only exercises. This dynamic class combines cardio, functional training and conditioning exercises. Get ready to blast every part of your body!

Instructor: Steve Thomson

ZUMBA TONING

Mondays 5:30 - 6:30 pm

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves. Using Zumba® toning sticks for upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

Instructor: Milena Spratt

POWER SPIN & STRETCH

Mondays 6:00 - 7:00 am

This class will focus on revving up your metabolism to help burn off those weekend calories through intervals and energetic cycling. After all of your hard work, finish off the class with a session of stretching.

Instructor: Nancy Victoria

HATHA YOGA

+ Wednesdays 8:30 - 9:45 am

+ Saturdays 9:00 - 10:15 am*

Physical postures are practiced to align, strengthen and promote flexibility. Variations offered allow you the freedom to decide what suits your yoga practice and to deepen your understanding of the postures, breathing and relaxation techniques. Previous yoga practice is helpful but not necessary; all levels welcome.

Instructor: Wendy Davies

*no class April 11 & May 16

no classes April 10 & May 1

CORE N' CUTS

Fridays 9:15 - 10:15 am

A core based exercise class inter-mixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. Arrive early as numbers may be limited.

Instructor: Steve Thomson

POWER SPIN

Fridays 5:15 - 6:15 pm

Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength.

Instructor: Nancy Victoria

SPIN EXPRESS

Fridays 12:15 - 1:00 pm

Beginners to spin are welcome, and seasoned cyclists will be challenged with a varied class driven by high-energy fun music. Class is composed of a warm-up, cardio, cool-down and stretch. Class size is limited to 18 participants.

Instructor: Fiona McQuillan

BUTTS & GUTTS

Thursdays 12:10 - 12:45 pm

Core and Glutes Galore! This fast and effective strengthening and toning workout is taught so any fitness level can participate. Quality of the work-out will be the main focus, so control and technique are key components of this class!

Instructor: Nancy Victoria

CHISELED

Wednesdays 5:15 - 6:15 pm

In this class lower weights are mixed with high reps and cardio. Chiseled is designed to sculpt your muscles, speed up your metabolism and best of all no two classes will be the same!

Instructor: Nancy Victoria





BALANCE BASICS

Balance is an underrated principle of our everyday functioning. It keeps you upright, allows you to walk without assistance and helps prevent injury. This class will help you find your footing if you're feeling off balance, help you set goals and work towards them! Working through our senses, we will start to find strength in our step. **No class June 18.**

Instructor: Wendie Matte

#5024 Thursdays

April 2 - June 25

10:00 - 11:00 am

Lower Native Sons Hall

\$90/12

BARRE ABOVE

This class consists of a blend of ballet barre/pilates/yoga/muscle endurance and cardio. An all-around workout with tools like the barre, bender balls, gliders, tubing and small hand weights. This class is open to all levels. Shoes or barre socks are required. **No class April 10.**

Instructor: Nancy Victoria

#5538 Fridays

April 3 - June 26

9:00 - 10:00 am

Lewis MP Hall

\$88/11



FLEX CORE

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

Instructor: Steve Thomson

#5117 Thursdays

April 2 - June 25

6:30 - 7:30 pm

Lewis Activity Room

\$91/13

CARDIO KIX FIT MIX

Get ready for a fun, high energy mix of cardio, strength and core. Kickstart your Monday morning with 45 minutes of kickboxing, dance and cardio moves. Then tone and build your muscles with 30 minutes of strength and core using a variety of equipment, including TRX. **No class April 13 & May 18.**

Instructor: Tammy Jones

#5458 Mondays

April 6 - June 15

9:00 - 10:15 am

Lewis Activity Room

\$6.50/Drop-in

SPIN/TRX

The best of both worlds! 25 minutes of high intensity spin and 25 minutes of complete toning and strength work using the TRX, followed by 10 minutes of total body stretching.

Instructor: Glenny Whelan

#5449 Sundays

April 5 - June 14

9:00 - 10:00 am

Lewis Activity Room

\$72/11



YOGA FUSION

Yoga fusion is a blend of yoga poses with other fitness styles like Pilates, strength training, body weight exercises and interval training. You'll get a full body work out that maintains a balance between cardiovascular, strength and flexibility.

Instructor: Wendie Matte

#5461 Tuesdays

March 31 - June 23

12:10 - 12:45 pm

Lewis Activity Room

\$5/Drop-in



POWER SPIN

Looking for more than just a spin class? Work your legs and abs in this one hour class. This class consists of fat burning cycling on the spin bikes, followed by balanced body ab work. This is the ultimate class to burn those calories and develop core strength. **No class April 10.**

Instructor: Nancy Victoria

#5475 Fridays

April 3 - June 26

5:15 - 6:15 pm

Lewis Activity Room

\$6.50/Drop-in

BUTTS & GUTTS

Core and Glutes Galore! This fast and effective strengthening and toning workout is taught so any fitness level can participate. Quality of the work-out will be the main focus, so control and technique are key components of this class!

Instructor: Nancy Victoria

#5463 Thursdays

April 2 - June 25

12:10 - 12:45 pm

Lewis Activity Room

\$5/Drop-in

STEP IT UP

Join us for this fun throwback step class where you'll get a full body, low impact, cardio workout! You can expect a mixture of upbeat, rhythmic stepping, combined with strength movements that will leave you feeling energetic and strong!

Instructor: Signi Caine

#5476 Tuesdays

March 31 - June 23

5:15 - 6:15 pm

Lewis Activity Room

\$6.50/Drop-in

ZUMBA GOLD

This lower intensity (but just as fun), Zumba class will have you working out to easy to follow, dance style choreography with a fun and upbeat variety of music! Zumba Gold® is so enjoyable you won't even realize that you're working out! Come to class prepared to leave with sore cheeks from smiling the whole time.

Instructor: Lyla Pettis

#5470 Thursdays

April 2 - June 25

10:30 - 11:30 am

Lewis Activity Room

\$78/13

\$6.50/Drop-in

ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class April 13 & May 18.**

Instructor: Milena Spratt

#5457 Mondays

March 30 - June 22

5:30 - 6:30 pm

Lewis Activity Room

\$6.50/Drop-in

Recreation Access Program

Provides opportunities for healthy lifestyle choices to the residents of the City of Courtenay who live below Statistics Canada low income thresholds. Ask us how to apply!

ZUMBA WITH LYLA

Join the Zumba® fitness party! Get sweaty, happy and fit in this invigorating, dance-style class. Music includes Salsa, Swing, Latin, Bollywood, Pop and more. It's so much fun you won't even realize that you're working out! Drop in's welcome.

Instructor: Lyla Pettis

#5471 Tuesdays

March 31 - June 23

9:00 - 10:00 am

Lewis Activity Room

\$6.50/Drop-in

ZUMBA WITH MILENA

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest in this one-hour fun class where you will work hard and smile your way through. You'll experience Bollywood, Belly Dance, Meringue, Salsa, Reggaeton, and more!!

Instructor: Milena Spratt

#5472 Wednesdays

April 1 - June 24

9:00 - 10:00 am

Lewis Activity Room

\$6.50/Drop-in





CHISELED

This hour long, high rep, low weight class, mixed in with anaerobic cardio throughout is guaranteed to help speed up your metabolism!

Instructor: Nancy Victoria

#5467 Wednesdays

April 1 - June 24

5:15 - 6:15 pm

Lewis Activity Room

\$6.50/Drop-in

POWER SPIN & STRETCH

Start your week off on a healthy note, with the best of all worlds! Challenge yourself with 20 minutes of spin, 20 minutes of strength training and finish off with 20 minutes of core & stretching. Class size limited to 18 participants. **No class April 13 & May 18.**

Instructor: Nancy Victoria

#5464 Mondays

March 30 - June 22

6:00 - 7:00 am

Lewis Activity Room

\$6.50/Drop-in

RIP & RIDE

Start your day off just right with this 1-hour full-body workout on a spin bike. Beginner/Intermediate to Advanced participants welcome. Be ready to challenge yourself, sweat, and feel the fire!

Instructor: Nancy Victoria

#5468 Wednesdays

April 1 - June 24

6:00 - 7:00 am

Lewis Activity Room

\$6.50/Drop-in

PEDAL N' SCULPT

This is a 90 minute fitness class that begins with 45 minutes of a cycle workout and then moves to 45 minutes of strength and abdominal training. Class is limited to 18 participants. **No class April 11, May 2 & 16.**

Instructor: Luis Acosta

#5469 Saturdays

April 4 - June 27

8:45 - 10:15 am

Lewis Activity Room

\$6.50/Drop-in

Personal Training Prices

Private

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

Semi Private (2 people)

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

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

Express Personal Training

\$75/3 thirty minute sessions (private only)

We recommend express sessions for clients looking to become familiar with weightlifting or with previous experience.

24 hours' notice prior to your scheduled appointment must be given to cancel your training appointment or you will be charged a full session.

Benefits of Personal Training

- Improve Your Overall Fitness
- Learn to keep up a routine!
- Find the right way to work out
- Learn to efficiently use your time
- Benefit From the 'Buddy System'
- Faster and better results
- Proper fat loss and muscle gain
- Establish a lifetime exercise habit
- Overcome plateaus

Please note: The Lewis Wellness Centre is intended for recreational use only. External service providers (coaches, therapists, trainers, etc) are not permitted to conduct their business activities in the Lewis Wellness Centre facility.

Yoga

YOGA/PILATES FUSION

This fusion class will give you a mix of both Pilates and Yoga, for your benefit of both disciplines. This combination will help strengthen and tone your core muscles, improve flexibility and add an awareness of muscle imbalance. Leave refreshed and energized!

Instructor: Glenn Whelan

#5450 Sundays

April 5 - June 14

10:15 - 11:15 am

Lewis Activity Room

\$104/11

NEW

HATHA YOGA

Physical postures are practiced to align, strengthen and promote flexibility. Breathing techniques as well as meditation are also integrated in this class. An overall sense of balance is the goal as we target a full sweep of the body's range-of-movements including standing, seated and prone/supine postures. Variations offered allowing you the freedom to decide what suits your yoga practice, and to deepen your understanding of the postures, breathing and relaxation techniques. Previous yoga practice is helpful but not necessary; all levels welcome. **No class April 11 & May 16.**

Instructor: Wendy Davies

#5462 Wednesdays

April 1 - June 24

8:30 - 9:45 am

Lewis MP Hall

\$6.50/Drop-in

#5462 Saturdays

April 4 - June 27

9:00 - 10:15 am

Lewis MP Hall

\$6.50/Drop-in

Check receipts carefully for important program info.

FLOW YOGA

Enjoy a noon hour Hatha style class that flows through movement and breath designed to help you connect with your body. Stretch out any kinks, improve your flexibility and tone your muscles under the gentle guidance of Daiana Gama. Suitable for those with experience in Sun Salutations.

Instructor: Daiana Gama

#5474 Wednesdays

April 1 - June 24

12:00 - 1:00 pm

Lewis Activity Room

\$6.50/Drop-in

HATHA YOGA LEVEL 1

The basics of yoga postures and breathing practices. It differs from a Gentle Yoga class in that it assumes that you have a fundamental level of fitness, as well as no pain in your body. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class April 13 & May 18.**

Instructor: Catherine Reid

#5396 Mondays

April 6 - June 22

6:00 - 7:00 pm

Lewis Meeting Room

\$95/10

HATHA YOGA LEVEL 2

If you've been taking classes for at least a year and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class April 13 & May 18.**

Instructor: Catherine Reid

#5397 Mondays

April 6 - June 22

7:15 - 8:45 pm

Lewis Meeting Room

\$125/10

YOGA FOR GARDENERS

If you love gardening, this is the time of year your muscles might complain as you bend, dig, plant and haul. The more decades you've spent here on the home planet, the louder those complaints! Yoga can help. You'll learn a few warm-ups to do before heading outside, and some stretches to do while playing in the dirt. Lastly, cool-downs for when you know it's time to finish for the day. Yoga experience helpful but not essential.

Instructor: Catherine Reid

#5519 Wednesdays

April 15 - May 20

2:00 - 3:15 pm

Lewis Meeting Room

\$63/6

NEW

CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class June 16.**

Instructor: Catherine Reid

#5395 Tuesdays

April 7 - June 23

11:00 am - 12:00 pm

Native Sons Grand Hall

\$104/11





MOM & BABY YOGA

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

Instructor: Akiko Shima

#5389 Wednesdays

April 1 - June 17

11:30 am - 12:30 pm

Lewis Salish Building

\$114/12

YIN YOGA

Yin yoga is a deep and peaceful practice using sustained, passive holds. Yin yoga is designed to target deeper connective tissues, fascia, and joints to improve your overall mobility and range of motion. This practice is the perfect complement to the more active Yang lifestyles we lead. Yin Yoga provides a greater sense of balance, peace and calm. This is an all-levels class, and is appropriate for those new to yoga. Limited space available.

Instructor: Wendy Davies

#5379 Tuesdays

April 7 - June 9

5:30 - 7:00 pm

Lewis Meeting Room

\$125/10

PRENATAL YOGA

Going through many changes during pregnancy, prenatal yoga will help you to adjust, strengthen, stretch and relax your body. It is a great way to connect to your body, breath and baby. The class will be lead by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima

#5388 Wednesdays

April 1 - June 17

6:30 - 7:45 pm

Lewis Craft Room A

\$126/12

VINYASA YOGA

Vinyasa Yoga is a dynamic practice in which postures are linked with breath to cleanse and strengthen the body, focus the mind and deepen your inner awareness. Mixed level classes offer appropriate options for the beginner as well as challenges for the long time student.

Instructor: Wendie Matte

#5391 Thursdays

April 2 - June 18

8:30 - 9:30 am

Lewis Meeting Room

\$114/12

YIN YOGA: POWER OF STILLNESS

Are you on a fast train? Ready to get off and breathe? In Yin Yoga, you will enter poses - mostly on the floor - and stay a while, observing strong sensations, while allowing your breath to help you access deeper layers of dense connective tissue, like ligaments, tendons, and fascia. The long-held, passive poses will help you become more flexible, with juicier joints and better functioning organs. You might become calmer, and better able to focus: a gift in our world of constant distraction. Yin Yoga is an excellent complement to other forms of Yoga.

Come home to your body in a profound and satisfying way. **No class April 10.**

Instructor: Catherine Reid

#5398 Fridays

April 3 - June 26

11:00 am - 12:30 pm

Lewis Meeting Room

\$150/12

QUIET YOGA

Curious about Yoga? Feeling stiff? Looking for some stress relief? Or maybe you've done Yoga before, and prefer a slow, meditative class. You'll still develop strength, challenge your balance, and of course increase your flexibility. Options given so you can choose what's best for you in each pose.

No class April 10.

Instructor: Catherine Reid

#5399 Fridays

April 3 - June 26

9:15 - 10:30 am

Lewis Meeting Room

\$126/12

NEW

You can now register ONLINE at courtenay.ca/reconline!

55+ YOGA - GENTLE

(55 years & over)

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice. **No class April 13 & May 18.**

Instructor: Sheron Jutila

#5382 Mondays

March 30 - June 15

10:15 - 11:15 am

Filberg Rotary Hall

\$95/10

55+ YOGA - LIGHT

(55 years & over)

A blend of styles (based in Hatha Yoga) with a mixture of floor and standing work. Options for all bodies. A thorough warm-up and poses to improve flexibility, balance, strength, and posture. Suitable for those new to yoga or those looking for an end of week wind-down. **No class April 10.**

Instructor: Sheron Jutila

#5385 Fridays

April 3 - June 19

2:00 - 3:30 pm

Native Sons Hall Lower

\$137/11

YOGA FUSION

Yoga fusion is a blend of yoga poses with other fitness styles like Pilates, strength training, body weight exercises and interval training. You'll get a full body work out that maintains a balance between cardiovascular, strength and flexibility.

Instructor: Wendie Matte

#5461 Tuesdays

March 31 - June 23

12:10 - 12:45 pm

Lewis Activity Room

\$5/Drop-in

NEW

55+ YOGA-JOINT SERIES

(55 years & over)

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

Instructor: Sheron Jutila

#5386 Tuesdays

March 31 - June 16

10:15 - 11:30 am

Lewis Meeting Room

\$126/12

#5387 Thursdays

April 2 - June 18

10:00 - 11:30 am

Lewis Meeting Room

\$150/12

55+ YOGA-ONGOING

(55 years & over)

A blend of styles (based in Hatha yoga) with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous Hatha yoga or similar experience required. **No class April 10, 13, & May 18.**

Instructor: Sheron Jutila

#5383 Mondays

March 30 - June 15

2:00 - 3:30 pm

Filberg Rotary Hall

\$125/10

#5384 Fridays

April 3 - June 19

10:00 - 11:30 am

Native Sons Hall Lower

\$137/11

Introducing...

WISH LIST

A NEW online feature that will be available February 25, to get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.





The Evergreen Club is a recreation and leisure program for adults 55+. Drop by The Florence Filberg Centre to talk with our Evergreen Club staff, try out an activity or pick up our newsletter. Come find out why our members say that the Evergreen Club is one of the best recreation clubs in Canada. There are many exciting things happening at the Evergreen Club.

- Monthly New Member Welcome Tea
- Over 40 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays from 8 am to 3 pm
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre

All for just \$27 a year! www.evergreenclub.ca

Don't forget to "like" us on Facebook.

The Evergreen Club is a program of the Courtenay Recreational Association. Our members come from all over the Comox Valley. Most activities take place at the Florence Filberg Centre, 411 Anderton Ave in Courtenay.

New Members Welcome

Join us for a casual information session and meet & greet. A New Members Welcome is held every month at the Florence Filberg Centre. Please check the newsletter, website or call the office 250- 338-1000 for the date and times. Light refreshments served.

Evergreen Club Activities

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Table Tennis
- Snooker
- Slo Pitch
- Walk & Talk

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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

Computer Lab

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

Special Events

- Dinner/Dances
- Armchair Travel
- Fashion Shows
- Concerts
- Theatrical Productions
- Bazaars
- Luncheons
- At the Movies



Evergreen Club Events

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

Second Stage Players Present: Murphy's Wake

Sun March 15 & Mon March 16, 1:30 pm
Florence Filberg Conference Hall
Join for this comedic play!
Tickets \$10 in advance or at the door

Trash & Treasures

Saturday March 21
Conference Hall 9 am to 2 pm Free
Check out the crafts, baked goods, antiques and other interesting stuff.
Vendors: Book your table (\$20) through the Florence Filberg Centre

Comox Valley Concert Band

Mother's Day Concert

Sunday May 10
Conference Hall, 2 pm
A special musical afternoon with tea & cookies!
Tickets \$10 in advance or at the door.

Rock & Roll Revival II

with the Ken MacLeod Singers & guests
Sunday May 24
Conference Hall, 2 pm
Tickets \$10 in advance or at the door.

Watch the website and the Evergreen Club newsletter for more 2020 events!

Join Our Group of Friendly Volunteers!



Volunteer Opportunities

Our volunteers come to the Evergreen Club to keep active and meet new people. They stay because they meet fun like minded people, feel part of our community and enjoy their time together. Volunteering gives people a sense of well-being, purpose, improved mindset as well as better health! Come find out why some of our volunteers have been at the Evergreen Club for over 20 years.

Check out the current volunteer opportunities at www.evergreenclub.ca or call Cathy, our Volunteer Coordinator at 250-338-1000 or email caudia@courtenay.ca

Florence Filberg Centre • 250-338-1000

Friday Night Dances

Enjoy dancing and listening to live bands most Fridays in the Rotary Hall at the Florence Filberg Centre. Tickets \$8 Members, \$10 non members & guests All welcome!



Evergreen Food Service

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

The food service is open:
Monday to Friday
8:00 am – 3:00 pm



Courtenay Recreation Facility Rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

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



Call the Lewis Centre
at 250-338-5371

Bill Moore Park Lawn Bowling Bldg

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



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

The LINC Youth Centre

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



Courtenay Recreation Facility Rentals

Florence Filberg Centre

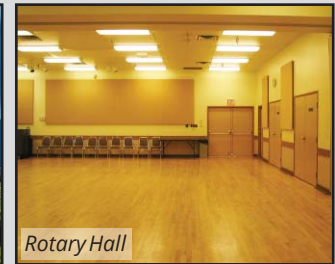
This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

Meetings Rooms:

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

Features:

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



Rotary Hall



Conference Hall

Native Sons Hall

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

Meetings Rooms:

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

Features:

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



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

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

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

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



Spring Registration starts Monday March 2 at 7:15 am

Registration Policy & Guidelines

- 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.
- Courtenay Recreation reserves the right to make cancellations or changes as necessary.
- G.S.T. will be charged on all programs with participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- Please read receipts carefully for information on dates, times, supplies, etc.

COURTENAY REGISTRATION

Thank You!



Thank you for your patience during this exciting transition! Ask about our special Wellness Centre rates being offered February 24 - June 12.

How to Register

5 easy ways to register for Courtenay Recreation programs!



- 1 In Person**
At the Lewis Centre or the Filberg Centre
- 2 By Phone**
250-338-5371 or 250-338-1000. Use your Visa or Mastercard.
- 3 By Fax**
250-338-8600 Lewis Centre
250-338-0303 Filberg Centre
Fax registration page. Use your Visa or Mastercard.
- 4 By Mail**
Mail registration form with payment to:
Lewis Centre, 489 Old Island Hwy
Courtenay, BC V9N 3P5 or
Filberg Centre, 411 Anderton Ave
Courtenay, BC V9N 6C6
Registration forms available for pick up at the Lewis or Filberg Centres or online at courtenay.ca
- 5 Online Registration**
courtenay.ca/reconline

No email registrations accepted



Refunds may be issued under the following circumstances:

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- No refunds will be done online. Refund requests must be made in person or by phone.
- Requests for refunds will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$8 will be charged.
- Refunds will not be approved after a program has ended.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Please note there may be exceptions (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- All punch passes are non-refundable.
- Wellness Centre Memberships are non-refundable and non-transferable.



Get to Know 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																								



Tree Plantings in Lewis Park

Approximately 200 trees were planted in Courtenay Parks over the last couple of years including 24 planted in Lewis Park in 2018.

Lewis Park was a good place for planting as the park has seen the loss of quite a few mature trees in recent years. These trees were either felled during storms or had to be taken down due to tree risk assessments.

The new species chosen for Lewis Park include Blue Atlas Cedar, Kentucky Coffee Tree and London Plane Tree. These trees are just a few of the many types planted. Trees were selected for their hardiness and suitability for our climate. Many of the recently planted trees have name tags to make them easy to identify.



Blue Atlas Cedar

Most of the trees will mature into either a medium tree, or large sized tree. Larger trees provide exponentially greater benefits than small trees. Not only will they provide much needed shade and help beautify parks spaces, they'll also help clean and cool our air, manage rain water, provide wildlife habitat and connect people to nature.

The tree plantings are in line with the goals of the Urban Forest Strategy:

- Increase canopy cover and increase species diversity
- Enhance resiliency of the Urban Forest with respect to insect pests and disease
- Enhance resiliency of the Urban Forest with respect to changing climate

More information on the Urban Forest Strategy can be found at:

www.courtenay.ca/trees



London Plane Tree

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 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

Did you know about Courtenay's Parks Interactive Map?

Access the Interactive Map through courtenay.ca/parks

- Zoom in to find parks in Courtenay and to see walking trails, special features, and photos
- Print any section of the map customized to the park and trail information you need
- The map is easy to use on tablets and mobile views

2020 Simms Park Summer Concert Series

Enjoy **FREE** Sunday evening concerts this summer at Simms Millennium Park

Concerts take place from June to August (*no concerts July 12 & August 2*), 7:00 - 8:30 pm.

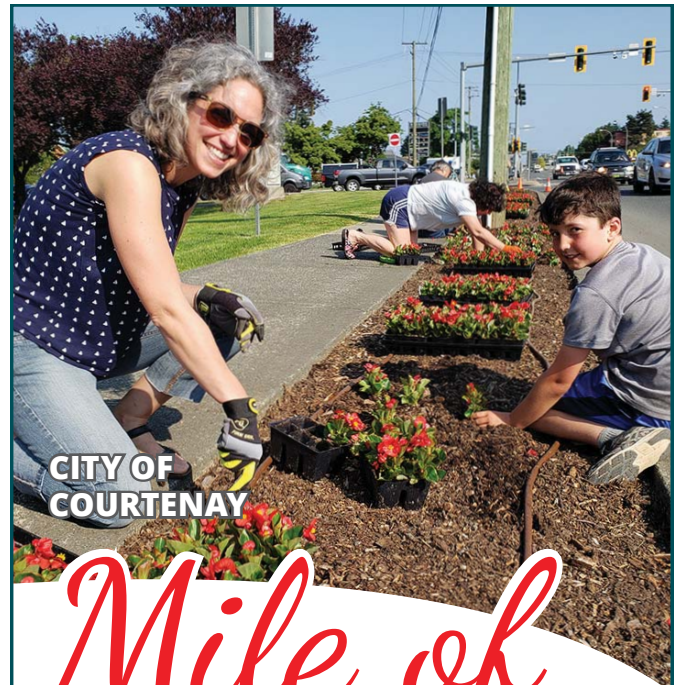
Simms Park is located by the 5th Street Bridge and across from Lewis Park.

Concerts feature great local performers in a variety of genres including folk, country, rock, big band, jazz and blues. The last concert of the season will also feature a Food Bank Drive.

Interested in performing? Check out the back cover for application info!

For more info contact Scott, ssmossing@courtenay.ca or 250-338-1000

Check back in May 2020 for a full concert schedule at: courtenay.ca/simms



Mile of Flowers

Tuesday, May 26
starting at 5:00 pm

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In. *A local tradition since 1967!*

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

WHAT TO BRING:

Gloves and a tool for digging

WHERE TO PLANT:

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

Info: 250-334-4441
courtenay.ca/mileofflowers



CITY OF
COURTENAY

Public Works Services

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COMOX VALLEY ART GALLERY

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HOURS TUESDAY TO SATURDAY 10-5
 ADMISSION: DONATIONS GRATEFULLY ACCEPTED

Courtenay
 and District

Museum & Paleontology Centre

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

Discoveries happen here!

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

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

Hours of Operation (closed on statutory holidays)

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

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

CV/ARTS

Cultivating
 Creative
 Diversity

We support, promote and celebrate our
 large, vibrant, inclusive arts community.
Join us!

- Arts Advocacy
- Resources for Creatives
- Hands on Art for Families
- CV Poet Laureate
- Workshops & Artist Talks
- Local Music Playlist
- Youth Music Showcases
- Downtown Summer Street Markets
- Central Island Arts Guide & Studio Tour
- Annual 30-Day Drawing Challenge
- Volunteer Opportunities
- ...and more.

Learn more
comoxvalleyarts.com



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BLUE CIRCLE SERIES

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



442 CLIFFE AVENUE,
 COURTENAY, BC
 250.338.2430
sidwilliamstheatre.com



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

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 viha.ca/children.

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.

CVRD PLAY Program

Providing Leisure Access For You
Through our PLAY program we offer financial assistance to qualifying residents who would like to participate in CVRD recreational activities but find it difficult to do so due to financial limitations. Call 250-334-9622 for more information.

189 Port Augusta Sea Cadets

(12 - 18 years) 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: 189portaugusta@gmail.com or commandingofficer@portaugusta.ca
or Phone: **250-339-8211** ext.3606
www.189portaugusta.ca

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

New Discoveries Parent & Child Learning Centre

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

City of Courtenay Recreation Access Coupon Books

We 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**

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.
jumpstart.canadiantire.ca

Traditional Scouting

will take your family outdoors! Hiking! Knots! Citizenship! Nature Lore! Campfires! And more!
\$55/year registration
Otters (5-8 yrs) - Tuesdays
Timberwolves (8 - 11 yrs) - Wednesdays
19 Seal Bay Traditional Scouting Group
bpsa-bc.ca Mission Hill/Seal Bay Area
barbkenney18@gmail.com **250-941-8874**

Fun Freebies to Do in Courtenay!

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

Volunteer Opportunities

Habitat for Humanity Vancouver Island North

Construction is well underway at 1330 Lake Trail Road! Help build community by volunteering on the construction site and/or at our CV ReStore. People of all skill levels welcome. Volunteers must be age 16+. Training provided. Contact Alli Epp, Community Engagement Manager **604-617-7489**
Alli@habitatnorthisland.com
www.HabitatNorthIsland.com



The Salvation Army

Are you Newly Retired? Are you New to the Comox Valley? Are you looking for a friendly, productive, meaningful way to share your valuable time? The Salvation Army NEEDS Volunteers! Yearly, short term, seasonal or special events opportunities! Call Dawn
250-338-5133 ext.227.



Visit our Website: www.cvsalarmy.ca Giving Hope Today

Therapeutic Riding

Volunteers needed to assist people with diversity: no experience necessary, training provided. A desire to help people, work with horses, & enjoy a fun social atmosphere is required! Positions require some physical ability, e.g. walking on trails and in the indoor arena. Committing to one hour a week for an 8 - 10 week session is ideal. Call **250-338-1968** or visit: **www.cvtrs.com**



Comox Valley Accessibility Committee

Accessible Communities are inclusive communities. Want to work with us to make the Comox Valley barrier free? Meetings are held monthly.

comoxvac@gmail.com

www.cvaccess.ca



Comox Valley
**ACCESSIBILITY
COMMITTEE**
Building a Barrier Free Society

Comox Valley Arts

Get involved with local arts & culture. Volunteer with Comox Valley Arts and discover all sorts of ways to join in with creative folks, do fun things, learn new skills, meet great people! Learn more at **www.comoxvalleyarts.com/volunteering**



CV/ARTS

Courtenay Recreation

VOLUNTEERING . . . a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre, Special Events and Adapted Programs. Volunteers are a gift to the Community! **www.courtenay.ca**
Call **250-338-5371** or email
lgrutzmacher@courtenay.ca



CV Volunteer Connector

Connecting people who care with causes that matter! The CV Volunteer Connector is a 'virtual volunteer centre' where you may view a variety of opportunities online or call to set up a phone or in-person appointment to help you find the best fit for your time, interests and abilities.

250-207-8111 **CVVolunteerConnector@gmail.com**
CVVolunteerConnector.ca

Find us on Facebook & Instagram!



**COMOX VALLEY
VOLUNTEER CONNECTOR**

The Gardens on Anderton

More than just gardeners are needed at The Gardens on Anderton. Bring your skills to our garden family. Make new friends, participate in workshops, member bbq's and more all in a beautiful garden setting. For more information e-mail **thegardensonanderton@gmail.com** or visit **www.gardensonanderton.org** or the gardens on anderton on Facebook.

The Gardens on Anderton
...where growth happens

MARS Wildlife Rescue Centre

Mars Wildlife Rescue Hospital & Visitor Centre Mars needs volunteers year round for animal care positions, event staffing and guide & cash positions for the new Visitor Centre.

Training provided for each role, 4 hours minimum for shifts suggested, hours and days flexible, but scheduled. Call **778-428-2000**,

or visit **marswildliferescue.com/become-a-member/become-a-volunteer/**



**MARS
WILDLIFE RESCUE CENTRE**



COMOX VALLEY

Baseball Association

Spring Season
April - June, 2020

**Co-ed Baseball:
For players born
2002 - 2016**

Registration Begins
January 1, 2020



For registration details, please visit our website
at www.cvba.ca or email registrar@cvba.ca

Comox Valley United Soccer



Spring House Soccer

For player born 2002 to 2015
Season: Saturdays,
April 4 to June 13

Register early as spaces are limited

Spring Break Soccer Camp

March 23 - 27, 2020

Summer Camps

Dates TBD for 2020

For more information on programs,
please visit our website cvusc.org
or email cvuscsoccer@gmail.com



Tennis Anyone?

Spring is a great time to join
The Comox Valley Tennis Club!

Meet new friends, play in leagues, enjoy organized socials, drop-ins and fun tournaments. Annual membership is \$40 and registration is easy! Just click "join us" on the comoxvalleytennis.org website. You'll be glad you did!



Group Lessons for adult club members - 4 lessons for \$60!
Beginners Monday 1-2 pm April 6 - 27
Intermediate Wednesday 1 - 2 pm April 8 - 29
For information and to register visit comoxvalleytennis.org

New member Drop-ins are **Fridays at 5:00 pm, March 20 - April 24** at **Anderton Park** in Comox.
A great way to meet other members and get connected with the Tennis Club.

All levels welcome!

"I love this sweet little club. It's chock full of nice people" Jim Van Wyck



Junior Team Tennis

Ages 7 - 15 (grouped according to age and skill level)



\$50 per program. Each program is a set of seven 1.5 hour sessions on Mondays and Wednesdays

Program 1 3:45 - 5:15 pm *May 4 - 25*

Program 2 3:45 - 5:15 pm *June 1 - 22*

Program 3 3:45 - 5:15 pm *July 6 - 27*

Program 4 3:45 - 5:15 pm *August 3 - 24*

Coached by
Tennis Canada Certified Coach, Simon Richards
Space is limited, register early!

For more information and to register visit
www.comoxvalleytennis.org or email juniors@comoxvalleytennis.org



Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS

EDUCATION PROGRAMMES

COLLECTIONS

ARCHIVES



Courtenay and District **Museum** & Paleontology Centre

Book a Tour!

250-334-0686

www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7



Make new friends, get crafty, nurture your creative spirit - the I Belong Centre is the place to make it happen!



Register for an activity or just hang out with us -

Community Circle potluck, 5pm,
first Tuesday of the month
Peas & Potatoes Café,
12pm, third Wednesday of the month
Drop-in Coffee,
10am, every Friday!



FMI or to Register, Call

L'Arche Comox Valley I Belong Centre
1465 Grieve Avenue • Courtenay, BC
250.871.6288 • larchecomoxvalley.org

COAL HILLS BMX RACING

Family Fun for riders of all skills and ages 3 - 73+

First Race FREE!!!
Just mention this add.



All you need is a bike and helmet. There is a group for every rider and skill level.




NEW RIDERS ALWAYS WELCOME

Practice: Monday 5:45 - 8:00 pm

Racing: Visit COALHILLSBMX.COM

2815 Dunsmuir Road, Cumberland BC

Check us out! Coal Hills BMX 

 © Lee Cejavin photography



**Woodland
Spring
Welcome**

Saturday April 4th 1pm-4pm
Entry by Donation
2001 Black Creek Rd. 250-337-5190

An Outdoor SPRING Family Event
Join our family centered gathering with engaging
children's activities & experiences!

SAVE THE DATE

Cruise with Confidence
Boating courses taught by boaters
Winter 2020 sessions starting now

Boating for Women, by Women
Get your PCOC & ROC(M)
Saturdays March 7 & 12 9:00 am – 5:00 pm

**Boating 1 – Boating Basics
Pleasure Craft Operator Card**
Saturday March 21 9:00 am – 5:00 pm

**VHF Maritime Radio
Digital Selective Calling
ROC(M) Card**
Saturday March 28 9:00 am – 5:00 pm
More courses & seminars available at
capelazocps.ca

 **Cape Lazo Power and Sail Squadron**
A unit of Canadian Power & Sail Squadrons & a member of Vancouver Island North District
Information & registration:
capelazoeducation@gmail.com
Capelazocps.ca  Cape Lazo Squadron




COMOX VALLEY CHILDREN'S CHOIR
For the Love of Singing

**Come SING with
us this year!**

**Children's choir
and a youth choir!**

Spring Session Starts Wednesday April 1

sing • connect • perform
Register online at: comoxvalleychildrenschoir.com



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
Cathy Holland (President)
250-650-5243 or
www.bludevilsswimclub.com



FUN Basketball for Girls K to Grade 12

Learn how to play
the most popular
game for girls in
the world!
No experience
necessary



Great coaching, learn the basics, FUN!

Coed K - Grade 3 program also available
Register for the April to June 2020
programs at www.cvathletics.ca

Contact: [Peter drpedro@telus.net](mailto:Peter.drpedro@telus.net) or 250-334-7497

Comox Bay Sailing Club

www.ComoxBaySailingClub.ca



Learn to Sail Courses

Kids • Teens • Adults
Recreational or
Competitive

Online Registration
Spring, Summer and
Fall Programs

Located at the
Comox Marina

info@comoxbaysailingclub.ca



CUMBERLAND
COMMUNITY SCHOOLS
SOCIETY

Working with you toward a
healthy & vibrant community



Providing Community School Programs
& Events Since 2000

Including life-long learning for all ages,
Santa's Breakfast, Thunderballs, weekly
bingo nights, volunteer opportunities + more!

For more information visit
cumberlandcommunityschools.com

The Gardens on Anderton
...where growth happens



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

Open daily, 10 am to 4 pm, Mother's Day thru
September. Admission by donation.

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

gardensonanderton.org or 250-334-3089



Boys & Girls Clubs
of Central Vancouver Island

GREAT FUTURES START HERE!

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



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

Vancouver Island's largest childcare provider!

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

Aspen Park Elementary
250-650-2274
aspenpark@bgccvi.com

Brooklyn Elementary
250-650-1458
brooklyn@bgccvi.com

After school pick-ups available from Ecole Robb Road



Register Online
www.bgccvi.com



Great Futures
Start Here



Boys & Girls Clubs
of Central Vancouver Island



Adventure Club

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

Teen Entrepreneur
Network Club

Awesomeness Wanted!
The Teen Entrepreneur
Network is a **FREE** program
for motivated 13-19 year
olds who want to turn
passions into profit and
learn about business.

Awesomeness Wanted!



Teen Entrepreneur Network



www.bgccvi.com



Adventure Club
250-218-6583

TEN Club
250-898-9282 or 250-754-3215



St. John Ambulance

SAVING LIVES
at work, home and play



PUT SAFETY FIRST

Get First Aid Training and Supplies
with St. John Ambulance

GENERAL FIRST AID COURSES

- Standard First Aid & CPR
- Emergency First Aid
- Basic Life Support

WORKPLACE SAFETY COURSES

- Occupational First Aid (OFA) Level 1, 2, 3
- Hydrogen Sulphide (H2S)
- WHMIS

SAFETY KITS & SUPPLIES

- Kits for Home, Work & Play
- Emergency Preparedness
- AEDs

VOLUNTEER OPPORTUNITIES

- Volunteer Brigade Advanced
- Medical Emergency Responder
- Therapy Dog Program

shop kits & supplies online at

shopsafetyproducts.ca

Find a Course, Visit Our Location

Unit #84 - 1742 Cliffe Avenue, Courtenay, BC
250-897-1098 | cvalley@sja.ca



Community Groups

NORTH ISLAND COLLEGE



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

Comox Valley Campus
Spring 2020

Code	Course	Date(s)
FAC 084	Marine Advanced FA	Mar 2 - 6
FAC 010	Emergency Child Care FA	Mar 8
OFA 010	OFA Level 1	Mar 31
FAC 021	Standard FA & CPR C	Apr 7 & 8
FAC 020	Emergency FA & CPR C	Apr 19
FAC 082	Marine Basic FA & CPR C	Apr 27 & 28
FAC 010	Emergency Child Care	May 24
OFA 010	OFA Level 1	June 15
FAC 020	Emergency First Aid	July 12
FAC 021	Standard FA & CPR C	July 14 & 15

Emergency Medical Responder (EMR) & OFA Level 3

AET 020	EMR - Mar 16 - 27
OFA 030	OFA Level 3 - May 4 - 15



For a complete list of all first aid courses being offered
at the Comox Valley Campus or any of our other
campuses visit www.nic.bc.ca/continuing-education



Check us out on facebook
North Island College - First Aid Training
Twitter @NICFirstAid
Instagram @NICFirstAid

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

Fostering leads you to discover places in your heart you never knew existed.



BC Federation of Foster Parent Associations
"Another Branch of the Family Tree"

Considering fostering and would like to learn more?

1-800-663-9999
bcfosterparents.ca

Information sessions for the Comox Valley run:
The first Wednesday of each month at 6:30pm
The third Friday of each month at 10:00am
Call or text 250.218.2704 to register

38th Annual
April 26, 2020

Classic Race Division
"NEW Recreational Division
Enter "Just for the Fun of it!"

Pre-Race Party @
Mount Washington
April 25/20, 4-7pm &
Costume Contest

Register: www.snowtosurf.com
or volunteer

Sponsors: ROYAL LEPAGE, MT. WASHINGTON, TimberWest, VALIALLA PURE, CLEAN, coastal physiotherapy, EXTREME YOUNESS, Record, J. MORRIS, 98.9 Jet FM, PLATES

Watch for details on the 7th annual
Petite Fondo

The 2019 Petite Fondo raised \$9,900 for Lilli House.



www.petitefondo.ca

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place
to learn!*



4R's

(K - 12)

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

Opening Doors for Learning



Little R's Pre-school

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

T/Th afternoon class now available!



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

OUR PROGRAMS

Parents Together

An ongoing group for parents of teens.

Parenting Without Power Struggles

A 10 week program for parents of preteens.

**FOR MORE INFORMATION ON GROUPS IN
YOUR AREA PLEASE CONTACT:**

Boys and Girls Club of Central Vancouver Island

Comox Valley Club

250-338-7141

parentingprograms@bgccvi.com



Boys & Girls Clubs
of Central Vancouver Island

BGCC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Central Vancouver Island.

Funding is generously provided provincially by the Ministry of Children and Family Development.

New Turf. New Era for Field Hockey.

Comox Valley Field Hockey

For girls, boys, women and men.

Spring Sessions: March - June 2020



For information and registration contact club at
cvlfha@gmail.com

We Love GoByBike week

May 25-31, 2020

Register for free at GOBYBIKEBC.ca



APPLY TO PERFORM at Canada Day & the Simms Concert Series

Performers
& Bands

The City of Courtenay is accepting applications from performers and bands for **2020 events** including July 1st Celebrations at Lewis Park and the Simms Summer Concert Series at Simms Park.

To apply (or for further information) email Scott, smossing@courtenay.ca by **Monday, April 13** by sending:

- Biography
- An audio clip or video clip of your talent
- Payment expectations



CITY OF
COURTENAY
Recreation &
Cultural Services

250-338-1000
courtenay.ca/canadaday
courtenay.ca/simms

Comox Valley

Aboriginal Head Start

Preschool

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

Free of charge

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

Six Major Components

Culture & Language	Social Support
Education	Parental Involvement
Health Promotion	Nutrition

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

Early Years Program

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

Program Includes

- Snacks
- Parent participates with child
- Licensed Early Childhood Educators

**Located in Courtenay
Elementary School**

**Please call 250-465-9944
for more information**

Funded by Public Health Agency of Canada

Sponsored by Upper Island Women of Native Ancestry

VOLUNTEERS NEEDED



Health Equipment Loan Volunteers
are needed in

Courtenay

Full training is provided

1-844-818-2155 · redcross.ca/Volunteer · volunteerBCY@redcross.ca

36TH ANNUAL
TRIK

SHORELINE ORTHODONTICS
TRIATHLON
COMOX VALLEY ~ MAY 31, 2020

**THE RACES
FOR ALL AGES**

TEENY	5 - 7 YEARS
INBETWEENY	7 - 9 YEARS
MINI	8 - 17 YEARS
SPRINT	16 YEARS +
JUST TRI-IT!	16 YEARS +
AQUABIKE	16 YEARS +

Register
Online!
www.trik.ca



FOR RACE DETAILS AND TO REGISTER
WWW.TRİK.CA



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



- Riding Lessons
- Tiny Tot
- Kids Camps
- Hay Sales
- Horse Boarding
- Sales Horses



Check out our website for full details: www.SproutMeadows.com



Horne Lake Caves

WELCOME TO ... BREATHTAKING!
The Island's Hidden Jewel

Spectacular Guided Tours
 Hike the Fossil Trail
 Self-exploration Options

 Ranked #1

OPEN YEAR ROUND
 HORNELAKE.COM 250-248-7829



COMOX VALLEY
 SPORTS & SOCIAL CLUB

SPORTS LEAGUES



**Register for Spring Leagues
 by April 6**

- Indoor Volleyball • Soccer • Slo-Pitch
- Ultimate Frisbee • Basketball
- Flag Football • Beach Volleyball

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

UB Diving

Learn SCUBA for:
FUN, FITNESS & FAMILY, UB Diving programs for ages 8 to 88 make vacations more fun when you can visit the other 70% of planet Earth.
ADVENTURE, UB diving sponsors free guided shore dives most weekends.
CAREERS, UB Diving offers PADI programs recognized for both college & high school credit. Many local good paying jobs begin with being a PADI Diver.
 Get FREE dry suit use & training with every open water diver course.




www.ubdiving.com 250-338-0161
ubdiving@shaw.ca find us on 

Community Directory

Adult Education

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

Community Services

Advocacy Society - Marnie.....250-338-4694
Amnesty International.....250-897-1658
Canadian Mental Health Association
Courtenay Branch.....250-871-0559
Chamber of Commerce
- Courtenay.....250-334-3234
- Cumberland.....250-336-8313
Community Based Victim's Services
Sexual Assault Services (Local 224).....
Domestic Violence Services (Local 226).....
.....250-338-7575
Comox Valley Family Services.....250-338-7575
CV Le Leche League-Gill.....250-941-6450
CV Pregnancy Care Centre.....250-334-0058
CV Military Family Resource Centre
.....250-339-8290
CV Multicultural & Immigrant Support
Society.....250-898-9567
CV Project Watershed.....250-703-2871
CV Transition Society.....250-897-0511
Vancouver Island Crisis Line
- Crisis Line1-888-494-3888
- Office.....1-877-753-2495
Fallen Alders Community Hall...250-339-9299
Fanny Bay Community Hall
- Vanessa.....250-335-2832
Food Security Hub.....250-331-0152
Help Line for Children.....Zenith 1234
Immigrant Welcome Ctr.....250-338-6359
Juvenile Diabetes Research Foundation ..
.....*jdfrf.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.....*kittycatpals.com*
Lilli House 24 hr Crisis Line.....250-338-1227
Meals on Wheels - Diane.....250-331-8522
MARS Wildlife Rescue & Visitor Centre.....
.....778-428-1990
Social Planning Council
- Elizabeth Shannon.....250-335-2003
St. John Ambulance.....250-897-1098
The Salvation Army
- Family Services.....250-338-5133
- Thrift Stores.....250-338-8151
Today n' Tomorrow Young
Parent Program.....250-338-8445
Therapeutic Riding Association.250-338-1968
Transition Town CV.....*transitiontowncv.org*
United Way (Comox Valley).....250-338-1151
VI Regional Library Courtenay...250-334-3369
VI Visitor Centre.....*info@investcomoxvalley.com*
Welcome Wagon - Judi.....250-218-5431
Y.A.N.A.....250-871-0343

Clubs & Organizations

Church Groups

CV Aglow - Debra250-871-7678
CV Community Church The Salvation Army
.....250-338-8221
CV Presbyterian Church250-339-2882
CV Unitarian Society.....250-890-9262
Comox Community Baptist250-339-0224
Shepherd of the Valley
Lutheran ELCIC250-334-0616
Unity Comox Valley..*info@unitycomoxvalley.com*

Dog Clubs

CV Kennel Club (1990) - Frank250-331-0185
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
.....*cvgss.org*
CV Horticultural Society
.....*comoxvalleyhortsociety.ca*
N.I. Rhododendron Soc.....*nirsrhodos.ca*

Public Speaking

CV Toastmasters - Sylvain.....250-338-1431
Komoux Toastmasters-Gaynor..250-334-3664
60 Minute Toastmasters
- Gaynor250-334-3664

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
- Shirley250-339-5917
Camera Club - Lin Auerbach250-703-2850
CV Classic Cruisers - Richard.....250-338-9540
CV Genealogy Group
.....*info@cvgenealogygroup.org*
CV Humanists*cvhumanists.org*
Newcomers Club*cvnewcomers.net*
Orca Probus Club - Patrick250-338-8728
Radio Control Aeronautics Assoc.
- Frank250-337-5320
Taoist Tai Chi Society - Arlene.....250-890-3671
CV Ukrainian Cultural Society
- Sharon McEwan.....250-871-3899
Vancouver Island Paleontology
- Betty250-339-7372

Seniors

Comox Senior Centre.....250-339-5133
CV Eldercollege.....250-334-5000 ext 4602
Evergreen Senior's Club.....250-338-1000
Comox Valley Senior Support Society.....
.....*seniorpeercounselling@shaw.ca*

Health & Wellness

Adult & Teen Day Therapy.....250-339-1496
Al-Anon - Rene.....250-334-2392 Jan 250-338-2947
Alcoholics Anonymous250-338-8042
Anderton Therapeutic Garden Society
Joan250-334-3089
Canadian Cancer Society250-338-5454
CV Hard of Hearing.....*hearinglosscomoxvalley.ca*
CV Mental Health & Addictions Services
.....250-331-8524
CV Hospice Society
(Info. & bereavement support)..250-339-5533
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
Cumberland Health Centre & Lodge
Recreation Department....250-336-8531 ext 271
CV Head Injury Society250-334-9225
CV Ostomy Support Group.....250-871-4778
On the Move Fitness Service.....250-923-8291
Overeaters Anonymous*oa.org*
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
AIDS Vancouver Island - Sarah..250-338-7400
Therapeutic Riding Association 250-338-1968
Public Health Nursing250-338-1711
Wheels for Wellness Society250-338-0196

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. 28250-336-2361
CV Kinsmen Club - Jim Lilac250-334-9444
CV Lions Club250-339-6232
Royston Cumberland Lions Club.....250-400-5415
CV Monarch Lions Club
.....*e-clubhouse.org/sites/comoxvm*
Elks Club #60250-334-2512
Harmony Rebekahs Lodge #22
- Carol Briggs250-336-8373
Kiwanis Club - Courtenay - Bill...250-703-2222
Knights of Columbus - Rodger ..250-339-1176
Baynes Sound Lions - John250-335-0365
IODE Laura Gordon Chapter.....
- Louisa250-338-1162
Order of the Royal Purple - Irene..250-334-4740
Pythian Sisters - Diana Harris...250-335-2451
Rotary Club of Comox - Victor ..250-338-3740
Soroptomist Club of Courtenay
- Sandra Longland.....250-941-1013
Strathcona Sunrise Rotary Club
- Keith.....250-897-5055

Fairs & Festivals

Empire Days
.....*facebook:cumberland empire events society*
CV Exhibition250-338-8177
Filberg Festival*filbergfestival.com*
CV Highland Games Society
- Laurie250-897-8885

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).....
.....*cvsharksheadcoach@gmail.com*
CV Orcas Synchronized Swim Club.....
.....*cvorcas@gmail.com*

Baseball/Softball

CV Minor Baseball*cvba.ca*
CV Minor Softball.....*cvba.ca*
CV Slo Pitch League - Mike.....250-792-1807
CV Ladies Slo Pitch - Jennifer.....250-898-1371
Softball BC Rep - Gord.....250-338-7935

Basketball

CV Men's Masters Basketball - James.....
.....250-941-1204
CV Youth Basketball Assoc.
- Anthony Edwards.....250-898-9973
Wheelchair Basketball - Rene.....250-650-8780

Ice Sports

CV Glacier Kings Jr. Hockey
- Iris250-338-5409
CV Minor Hockey.....*randireid17@gmail.com*
CV Ringette - Haley.....250-334-6632
CV Skating Club.....*cvskatingclub.ca*
Women's Ice Hockey
Teresa - Breakers.....250-702-1614
Kelly - Whalers.....250-338-9786

Martial Arts

VI Karate Society - Jacque250-338-4718
Courtenay Shito-Ryu Karate.....
- Todd250-338-9722
CV Karate Club - Brenda250-338-9722
CV Kung Fu Academy250-702-3780
Pacific Coast Karate School.....250-335-1079
Russion Martial Arts - Vali.....250-335-2781
The Academy of Martial Arts
& Fitness.....250-465-9073
Warriors Realm.....250-703-0092

Racquet Sports

CV Tennis Club - Pat McGrath
.....*mcgrathpm@shaw.ca*
Courtenay Sr. Badminton Club
- Daryl Bissell.....250-339-3383
CV Squash Club - Jayson Feurstenberg
.....*jayson@feurstenberg.ca*

Skiing/Snowboarding

JumpCamp.....*jumpcamp.com*
Mt Washington Ski Club
John Trimmer (head coach).....250-897-6058
Mt Washington Volunteer Ski Patrol
Tim Baker.....250-334-0609
Strathcona Nordics Cross Country
Angela Nadle.....*info@strathconanordics.com*
Vancouver Island Society for Adaptive
Snowsports.....*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.....
.....*comoxcougars.org*
CV Curling Centre250-334-4712
CV Road Runners*cvrr.ca*
CV Field Hockey.....*cvlfha@gmail.com*
Island Charity Wrestling - Tim.....250-792-3332
Killerwhale/Lake Trail Olympic
Weightlifting - Ed Lafleur250-338-9657
Minor Lacrosse Association, CV Wild
.....*comoxlacrosse.ca*
Roller Derby.....*brickhousebetties.ca*
Junior Roller Derby.....*stonecoldstellas.com*
Rugby - Kicker's Club
- Aimee Eurley.....250-703-6677
Rugby - Saratoga Beach Over 40
- John Gotto.....250-338-8142
Special Olympics, CV - Randy.....250-897-1828

Outdoor Groups

Boating

Canadian Power & Sail Squadron
- Curt.....250-339-1964
Comox Bay Sailing Club.....*comoxvaysailingclub.ca*
Compass Adventures.....*compassadventure.ca*
Dragon Boat Society (Blazing Paddles)
- Erica Roy.....250-703-0707
Dragon Boat Team-Hope Afloat (Women
Cancer Survivors)-Glenda Wilson.....250-339-3598
Dragon Boat Team (Dragonflies)
- Colleen.....250-334-3676
Dragon Boat Team (Prevailing Wins)
- Leon.....250-339-5772
Dragon Boat Team (Flying Dragons Ladies)
- Judy.....250-339-4824
CV Rowing Club-Geoff.....*rowingcanada.com*
Comox Valley Yacht Club.....
.....*comoxvalleyyachtclub.com*
Comox Valley Paddlers Club
- Monica.....250-339-2950
Outrigger Canoe Club - Annie.....250-339-1978

Other

Coal Hills BMX.....*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 Naturalists Society -Robin250-339-4754
CV Land Trust - Jack.....250-331-0670
Comox Golf Club.....250-339-4444
Courtenay Fish & Game Protective
Association250-338-9122
CCCTS (Cycling).....*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

Argentine Tango.....250-703-3057
Ocean Waves Square Dance Club
- Fran Archambault.....250-335-0096
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukranian Dancers
- Janette Martin-Lutzer250-339-0793
West Coast Swing Collective.....250-338-8986

Visual/Performing Arts

Artsphere.....*artspherecomoxvalley.org*
Comox Valley Art Gallery.....250-338-6211
Comox Valley Concert Band
- Howard250-941-1598
CV Clown Club - Dolores VanderMaaten
.....250-334-4255
CV Potters Club - Laurie250-339-4229
Courtenay Little Theatre - Gail...250-334-3494
Comox Valley Arts250-334-2983
CV Pipe Band Society - Bill.....250-339-6444
Co-Val Chorister - Beryl Regier...250-339-4429
CYMC/CV Youth Music Centre ..250-338-7463
Fiddlejam - Craig Freeman.....250-339-4249
Filberg Lodge & Park Association
- Glen & Lynn250-339-2715
Just in Time Jazz Choir
- Wendy250-338-0244
Les Harmonies Francos
- Pauline Tardif250-334-8884
Letz Sing Community Choir
- Tina250-923-7709
North Island Choral Soc.- Mary ..250-338-5077
North Island Music Teachers Association
- Ginny Lawrie.....250-338-9464
NOVA Firespinners - Tracey.....250-331-0880
Pearl Ellis Gallery.....250-339-2822
Rainbow Youth Theatre
.....*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
- Megan250-336-7981

Youth

Scouting

CV Girl Guides.....*cvdistrict.ggc@gmail.com*
Scouting Inquiries - Chris250-339-2424

Cadets

Air Cadets - 386 Squadron.....250-339-9198
Army Cadets -250-339-8211 ext 7995
Sea Cadets - Tracey Court.....250-339-6726
H.M.C.S. Quadra.....250-339-8211
St John Ambulance - Cadet Brigade..250-897-1098

Other

Boys and Girls Club.....250-338-7582
CV Children's Choir - Sophie.....250-792-3173
Dragon Boating Youth Team
(Dragon Riders).....*cvdragonriders@gmail.com*
CV Girls Group - Wendy.....250-897-5568
Nature Kids.....*comox@naturekidsbc.ca*
CV Waldorf School - Maurissa....250-871-7777

Bear with us!



Courtenay Recreation has launched new recreation software and online registration at courtenay.ca/reconline.

We appreciate your patience as we adjust to the new system.



Help us improve the new software!
Let us know how our online registration is working for you.

Thank you!



CITY OF
COURTENAY
Recreation

courtenay.ca/recreation

Lewis Centre 250-338-5371

Filberg Centre 250-338-1000

follow us  

Courtenay Recreation is excited to be launching new software and online registration!



Register for programs and activities **Monday, March 2nd** - the first day of Spring program registration.

Create Account:

To ease the move to this new software, we are asking patrons to create new online accounts. Visit www.courtenay.ca/reconline and go to "Set up your new account" or visit the Lewis or Filberg Centre offices.

3 Ways to Register:

1. **Come in:** The Lewis Centre or The Filberg Centre
2. **Call:** The Lewis Centre 250-338-5371 or The Filberg Centre 250-338-1000
3. **Click:** courtenay.ca/reconline



www.courtenay.ca/reconline

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



INTERNATIONAL
STUDENT PROGRAM
COMOX VALLEY

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interested in hosting an
international student.



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www.studyinbritishcolumbia.com/introduction-to-homestay

For more information contact: **250-792-0101** or **250-218-9605**

isonline@sd71.bc.ca

International Student Program's office **250-703-2904**

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