

COMOX RECREATION

For more information on these & other Comox Recreation programs go to pages 2 - 31

- Family Open Gym** Wednesdays 11 - 12 pm, Sep 7 - Dec 14
Fridays 10:30 am - 12 pm, Sep 9 - Dec 16
- Youth Open Gym** Tuesdays 3:00 - 4:30 pm, Sep 6 - Dec 13
Wednesdays 3:00 - 4:30 pm, Sep 7 - Dec 14
- Junior & Family Squash Hit Sessions** Saturday 11 - 1 pm, Sep 11 - Dec 11
- Family and Youth Programs
- Meet the Neighbours Babysitter** November 4, 6:30 - 7:30 pm
- Holiday Card Making in the Lobby!** December 7, 3 - 4:30 pm



250-339-2255
comox.ca/rec

CV REGIONAL DISTRICT

For more information on these & other CV Regional District programs go to pages 32 - 58

- Take a Hike in a CVRD Park.
- Use your PLAY or LEAP Pass for a free swim or skate.
- Check out the new Playground at Fanny Bay Community Hall.
- Visit the Bike Skills Park at Pinecrest Park.
- Try Horseback Riding at Seal Bay Park or One Spot Trail.
- Fly a kite at Goose Spit!



250-334-9622
comoxvalleyrd.ca/rec

COURTENAY RECREATION

For more information on these & other Courtenay Recreation programs go to pages 59 - 114

- Work out at Courtenay Riverside Fit Park
- Skateboard at the Courtenay Comox Skatepark or The Lewis Park Skatepark
- Shoot some hoops at The LINC's outdoor basketball court
- Play tennis at the Lewis Park tennis courts



CITY OF
COURTENAY
Recreation
250-338-5371
250-338-1000
courtenay.ca/rec

CUMBERLAND RECREATION

For more information on these & other Cumberland Recreation programs go to pages 115 - 120

- Parent & Tot Playtime** (0 - 6 years with adult)
Meet new friends and enjoy some fun, unstructured & self-supervised play with climbers, ride-on toys and more. Tuesdays & Thursdays, 10:30 am - 12:00 pm, Cumberland Recreation Centre gymnasium
- Enjoy Village Park** - Our racquet and basketball courts, skate park, playground & pump track are free (pump track subject to seasonal closures).



250-336-2231
cumberland.ca/rec