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*"We respectfully acknowledge
that the land on which we
recreate is the traditional
unceded territory of the
K'ómoks First Nation."*

*Cover photo by Kim Stallknecht of
Kim Stallknecht Photography*



COURTENAY RECREATION
WELCOME

Welcome!

Courtenay Recreation is a great place to learn new skills, meet new people, get active, and of course have fun. It's a place to build friendships and community, and a big part of that experience is our team of amazing instructors.

If you have a skill you'd like to share with community members, whether they're infants, older adults, or all the ages in between, please get in touch with the front desk at the Lewis Centre, Florence Filberg Centre, or The LINC Youth Centre to learn more about what's involved with instructing.

The pages of this Winter Recreation Guide contain a wide range of programs, activities, and events for every interest. Register online, or reach out by phone or in person to our friendly Courtenay Recreation team.



Sincerely,
Bob Wells
Mayor of Courtenay

Courtenay Recreation

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Legend:



Childminding
is offered
during this
program



This program
incorporates
physical
literacy



Evergreen
Member
discounted
program



Spring
Break
program



COURTENAY RECREATION | 250-338-5371 | 250-338-1000 | courtenay.ca/rec



Lewis Centre

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

Office Hours

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

Facility Hours

Mon - Fri 5:30 am - 9:00 pm
Sat & Sun 8:30 am - 4:00 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 - 4:00 pm



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



The LINC Youth Centre & Indoor Skatepark

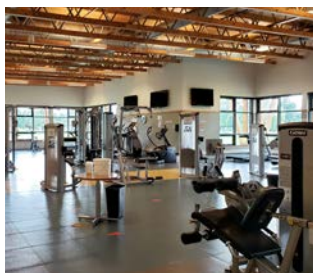
The LINC houses an indoor skateboard park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

**For up to date hours
please call**

250-334-8138 or visit
www.courtenay.ca/linc



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



Facility Closures:

Remembrance Day **Saturday November 11** - Closed
Monday **November 13** - Closed
Sunday **December 24** - Closed at 12:00 pm
Monday **December 25** - Closed
Tuesday **December 26** - Closed
Sunday **December 31** - Closed at 3:00 pm
Monday **January 1** - Closed
Monday **February 19** - Hours TBA

Christmas Eve
Christmas Day
Boxing Day
New Year's Eve
New Year's Day
Family Day



COZY CORNER Preschool

at the Lewis Centre
Ages 3 - 5 years

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

*Now with a dedicated
outdoor play space
thanks to funding from
Service Canada.*

Spaces available.
Register now!



'Children need the freedom
and time to play. Play is not a
luxury. Play is a necessity.'
- Kay Redfield Jamison
Professor & Psychologist



Join our fully qualified and experienced Early Childhood Educators in a nurturing play-based environment.

Our goal encourages not just learning but the love of learning. We focus on the importance of social skills with both large and small groups to work together to solve problems by providing diverse experiences and safe exploration. We believe each child's voice should be heard to promote a sense of belonging and a sense of self.

Our flexible, and hands on approach will maximize the learning potential for playful exploration and new discoveries. We believe children learn in many ways; a play-based approach that engages children with natural elements and open-ended materials provide a pathway for individual learning.

New Extended Hours & Days!

Monday, Wednesday & Friday

9:00 am - 1:00 pm OR 1:30 - 4:30 pm

Tuesday & Thursday

9:00 am - 12:00 pm OR 12:30 - 4:30 pm

Monthly Fees

T/TH am \$105

T/TH pm \$155

M/W/F am \$205

M/W/F pm \$180

\$ 50 - annual family registration fee

(\$25 will be applied to first month's fee)

Cozy Corner is a proud
participant in the Child Care
Fee Reduction Initiative!
Fees have been reduced
accordingly.

Program runs September through June

COURTENAY COZY CORNER



follow us  

REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)

Early Years Drop-in Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 8:45-10:30am	Childminding 10:15-11:45am	Childminding 8:45-10:30am	
Family Gymnastics 12:00-1:00pm	Parent & Tot Playtime 10:30-11:30am Family Gymnastics 11:30am-12:30pm		Curious Crawlers 9:00-10:00am Wobbly Walkers 10:30-11:30am Little Movers 11:30am-12:30pm		Parent & Tot Morning Play Time 10:00-11:00am	Parent & Tot Morning Play Time 9:15-10:15am Family Gymnastics 9:15-10:15am
<i>schedule subject to change</i> no drop-ins on stat holidays schedule updates at courtenay.ca/dropin						

CURIOUS CRAWLERS

(0 - 18 months with adult)
Is your little one starting to explore the world on their hands and knees? Come enjoy some social time with other parents and babies who are in the same stage. Some of the space will have mats for those who need a soft place to land.

#13070 Thursdays
January 11 - March 14
9:00 - 10:00 am
Lewis MP Hall
\$3/drop-in

DROP-IN

WOBBLY WALKERS

(6 months - 3 years with adult)
Do you have a little wobbly walker who is ready to explore the world. Come hang out with other little wobblers and explore our fun toys. An area will have mats for those little adventurers needing a softer place to land. Adult participation required.

#13067 Thursdays
January 11 - March 14
10:30 - 11:30 am
Lewis MP Hall
\$3/drop-in

DROP-IN

LITTLE MOVERS

(4 years or younger)
Join us Thursdays for play that is suited to young children who are just getting moving and comfy in navigating their surroundings. Parent Participation is required.

#13068 Thursdays
January 11 - March 14
11:30 am - 12:30 pm
Lewis MP Hall
\$3/drop-in

DROP-IN

PARENT & TOT GO WILD

(6 years & under)
Bring your energy as you skip, hop and run to this hour of fun! Invite your friends and get ready to play. An adult must participate and is responsible for the supervision of their child(ren).

#13086 Tuesdays
January 9 - March 12
Lewis MP Hall
10:30 - 11:30 am
\$3/drop-in

DROP-IN

PARENT & TOT MORNING PLAY TIME

(1 - 6 years old with adult)
Drop in with your parent and friends to take part in social and active play. This program provides unstructured play time with a variety of fun equipment and toys. Adult participation is required.

#13087 Saturdays
January 13 - March 9
Lewis MP Gym
10:00 - 11:00 am

DROP-IN

#13095 Sundays
January 14 - March 10
Lewis Craft Room A
9:15 - 10:15 am
\$3/drop-in

no drop-ins on stat holidays
schedule updates at
courtenay.ca/dropin

See drop-in Family Gymnastics
on page 46



Crafts & Cooking

CREATIVE CRITTERS

(3 - 5 years)

Let's get ready to doodle, draw and dive into your creativity as we learn about different art materials! This class is perfect for budding artists to come and explore different art materials and creative prompts. Pencils, pens, pastels and paint, - this class is perfection. **No class February 19.**

#12713 Mondays

January 29 - March 11

1:00 - 2:00 pm

Lewis Craft Room B

\$40/6

DOODLE BUGS

(4 - 5 years)

Explore caterpillars, ants, butterflies, the outdoors and more as you doodle, read, play and learn all about insects! Stories, active play, creative snacks, and drawing are all part of this spectacular journey!

#11258 Wednesdays

January 17 - February 14

1:00 - 2:30 pm

Lewis Craft Room B

\$35/5

CHILDMINDING

Our excellent childminding service offers a safe, friendly and fun environment for your child while you attend our programs or use the Wellness Centre.

Monday - Thursday

8:45 - 10:30 am

Friday 10:15 - 11:45 am

Saturday 8:45 - 10:30 am

\$3/ up to 1¾ hours



means childminding available

MESSY MASTERPIECES

(4 - 5 years)

Let's get messy and create your very own masterpieces! We'll get our hands dirty using paints, shaving cream, glue and so much more! Be sure to wear your comfiest play clothes.

#13038 Tuesdays

February 13 - March 12

10:45 am - 12:00 pm

Lewis Salish Building

\$35/5

KOOKY COOKING

(4 - 5 years)

Create silly and delicious snacks every week while learning kitchen safety and cooking basics. Our secret ingredient is FUN!

#12715 Fridays

January 19 - March 1

1:00 - 2:15 pm

Lewis Craft Room A

\$65/7

We are combining the Spring and Summer Guides! More info on page 144.

BUDDING BAKERS

(3 - 5 years)

Whisk, mix and flip up some fun while you bake a fun treat each week. They'll alternate between sweet and savory snacks each week, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

#13085 Tuesdays

February 13 - March 12

12:30 - 2:00 pm

Lewis Craft Room B

\$55/5

MINI CHEFS

(3 - 5 years)

Throw on your apron and get ready to mix, roll and pat your way to some tasty treats. Participants will leave with a recipe book to keep the cooking and baking going through the seasons.

#13037 Tuesdays

January 9 - February 6

10:30 am - 12:00 pm

Lewis Craft Room B

\$55/5

COURTENAY EARLY YEARS



follow us

REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



Special Interest

FAIRY TALE ADVENTURES

(3 - 5 years)

Let's take a trip into Far Away lands with crafts, stories and dancing. Explore the world of Fairy Tales and find new magic every week. Come dressed as your favourite fairy tale friend.

#12714 Mondays

January 15 - February 12
11:00 am - 12:30 pm
Lewis Craft Room B
\$40/5

SCIENCE FRIENDS

(3 - 5 years)

Experiment like a scientist of the world around us. We'll explore with hands on play and cool experiments, concoctions and fun reactions.

#13036 Wednesdays

January 17 - February 14
10:30 - 11:45 am
Lewis Craft Room A
\$40/5

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

BLAST OFF!

(3 - 5 years)

Train like an astronaut and get ready to blast off into outer space. Learn all about space and how astronauts get ready for their trips.

#13033 Fridays

January 19 - February 23
1:00 - 2:15 pm
Lewis Craft Room B
\$45/6

NATURE DISCOVERIES

(4 - 5 years)

Explore your curiosity of the outdoors in this fun active program where you will learn that plants eat bugs! Did you know a cucumbers lives in the ocean? Both indoor and outdoor activities will take place so please come prepared for all kinds of weather.

#13039 Fridays

February 23 - March 22
10:30 am - 12:00 pm
Lewis Craft Room A
\$35/5

WORLD EXPLORERS

(4 - 5 years)

Travel around the world with us through crafts, cooking and stories! We'll explore everything from the animals of the rain forest to yummy treats from other parts of the world.

#12716 Thursdays

January 11 - February 15
11:30 am - 1:00 pm
Lewis Craft Room B
\$45/6

OCEAN ODYSSEY

(3 - 5 years)

Put on your scuba suit and discover the ocean and all its wonders! We will deep sea dive into crafts, stories and make some delicious ocean themed treats.

#13034 Thursdays

January 18 - February 15
1:15 - 2:45 pm
Lewis Craft Room A
\$40/5

HOLIDAY PARENT & TOT PLAYTIME

(6 years & under)

Join us for an hour of Holiday Play! We'll run, jump and sing! Parent Participation is required

#12608 Wednesday - Friday

December 20 - 22 & 27 - 29
11:30 am - 12:30 pm
Lewis MP Hall
Free

HOLIDAY PARENT & TOT SPORTS TIME

(1 - 6 years with adult)

Drop in with your parent to burn off some energy. This program is mainly unstructured play time with a variety of fun equipment and toys.

#12338 Wednesday - Friday

December 20 - 22 & 27 - 29
10:30 - 11:30 am
Lewis Centre Gym
\$4/drop-in



Active Adventures

PRESCHOOL ACRO

(3 - 5 years)

Build confidence and gain awareness. Acro is a balance of dance and gymnastics, it provides children with a great starting point to increase flexibility, strength and versatility!

Instructor: Leigha Wald

#13028 Mondays

January 15 - February 12

2:10 - 2:55 pm

Lewis Centre Gym

\$49/5

TODDLER YOGA

(1 - 5 years with adult)

Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. We try to keep our expectations low on how many yoga poses the little ones actually do and focus on having fun. While the class is geared towards kids aged 18 months - 5, parents are welcome to join in the stretches too. **Instructor:** Kelly Yaskiw

#13057 Fridays

January 12 - March 15

9:00 - 9:45 am

Lewis Meeting Room

\$80/10

SPORTS BLAST

(3 - 5 years)

Come play with us! In this program the focus is FUN. You and your child will work on a variety of skills while learning new games and sports each week and make new friends. Parent participation as needed.

Wednesdays

#12816 January 17 - February 14

\$35/5

#12817 February 21 - March 13

9:30 - 10:15 am

Lewis Centre Gym

\$30/4

LI'L DANGLES HOCKEY

(3 - 5 years)

This program will focus on the enjoyment of the game, while teaching players the basic skills required to play. Players will play a variety of games designed to teach them how to hold the stick, make a pass, and take a shot all while having fun. For this age group, we will use foam hockey sticks and balls.

#13060 Tuesdays

February 6 - March 12

9:00 - 9:45 am

Lewis MP Gym

\$40/6

SOCCER STARS

(3 - 5 years)

Run, kick, pass, shoot, dribble and practice skill based 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, teamwork and fitness. Parent participation as needed.

Saturdays

#12818 January 13 - February 10

#12819 February 24 - March 16

9:00 - 9:45 am

Lewis Centre Gym

\$35/5

Mondays

#13064 January 15 - February 5

#13065 February 12 - March 11

10:30 - 11:15 am

Lewis MP Hall

\$30/4

Please check receipts for important program information.



Family Day!

Monday February 19

Lewis Centre & LINC Youth Centre

10:00 am - 4:00 pm



Arts & Crafts

Youth Zone

Live Entertainment

Skate Park

Toddler Play Space

Concessions (cash only)

Lewis Centre 250-338-5371
courtenay.ca/familyday

COURTENAY EARLY YEARS



follow us  

REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)



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! **No class February 19.**

Instructor: Sheri & Breanne

#12812 Mondays
January 8 - March 11
10:45 - 11:45 am
Lewis Centre Gym
\$162/9

SPRING BREAK FAMILY GYMNASTICS

(All ages with an adult)

Come run, jump, bounce and laugh with us this spring break at Family Gymnastics. Our enthusiastic coaches will supervise this fun and safe play time.

#12881 Monday - Friday
March 18 - 22
9:00 - 10:00 am
Lewis Centre Gym
\$6.50/drop-in



INTRO TO GYMNASTICS

(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 your parent as an instructor leads you through individual basic skill, moving safely around the gym, getting along with others, offering and accepting new ideas.

Instructor: Sheri Roffey, Breanne & Carla

#12813 Mondays
January 8 - February 12
1:00 - 2:00 pm
Lewis Centre Gym
\$100/6

#12814 Tuesdays
January 9 - March 19
10:15 - 11:15 am
Lewis Centre Gym
\$180/11



*Please note:
No gymnastics classes
February 19.
See page 45 for
Family Day fun!*



KINDERGYM WITH TRAMPOLINE

(3 - 5 years)

Take those first little steps into organized gymnastics, guided by your fun and knowledgeable gymnastics staff! You'll learn basic movements, play games, run, roll, climb and explore on all the equipment set up in our gym! This class could help your child realize their love for gymnastics and help focus some of their energy!

Instructor: Sheri Roffey

#12815 Tuesdays
January 9 - March 12
1:00 - 2:00 pm
Lewis Centre Gym
\$160/10



FAMILY GYMNASTICS

(All ages with an adult)

Play together as a family or with friends, as you get to explore and have fun on the best indoor playground! Swing, bounce, and have a good time on our gymnastics equipment. **No classes February 19.**

#12874 Sundays
January 7 - March 17
9:15 - 10:15 am

#12880 Mondays
January 8 - March 18
12:00 - 1:00 pm

#12879 Tuesdays
January 9 - March 19
11:30 am - 12:30 pm
Lewis Centre Gym
\$6.50/drop-in



SCAN ME
TO REGISTER ONLINE



Special Interest

KIDS IN STEAM

(k - 8 years)

Robots, experiments, building, creating and more! In this dynamic class you'll become a scientific explorer, tech-savvy wizard, artist and problem solving engineer!

#12690 Tuesdays

January 16 - February 13

5:45 - 7:15 pm

Lewis Craft Room B

\$75/5

KIDS IN STEAM: LEVEL UP

(8 - 12 years)

Get ready to embark on an exciting journey through science, technology, engineering, Arts and Math. From building circuits to scientific art projects, you will explore creativity through learning!

#12108 Wednesdays

January 17 - February 14

5:45 - 7:15 pm

Lewis Craft Room A

\$75/5

KIDS CAN! SKILLS & MORE: LEVEL UP

(8 - 10 years)

Join us each week as we learn an important skill that you can take with you wherever you go! We'll explore sewing, cooking and more, through projects that will help you to develop and hone your skills as we have fun and make friend! Because Kids Can!!

#13109 Wednesdays

January 24 - February 14

3:15 - 4:45 pm

Lewis Craft Room A

\$59/4

Please check receipts for important program information.

HOME ALONE

(10 - 13 years)

The Canadian Safety Council's Home Alone program is designed to provide and prepare children with the necessary skills and knowledge to be safe and responsible when home alone. Topics include establishing a routine, dealing with strangers, telephone safety, emergencies, basic first aid, internet safety and more. A student reference book and certificate of completion are included.

#12686 Saturday January 27

#12687 Saturday February 24

#12688 Saturday March 16

9:00 am - 12:00 pm

Lewis Meeting Room

\$45

KIDS CAN! SKILLS AND MORE!

(k - 7 years)

Join us each week as we learn important skills you can take with you wherever you go! We'll explore cooking, sewing and more as we have fun and make friends! Because Kids Can!!

#12689 Wednesdays

February 21 - March 13

3:15 - 4:45 pm

Lewis Craft Room B

\$59/4

BABYSITTER TRAINING

(11 - 18 years)

Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! Topics include: managing challenging behaviors, leadership and professional conduct as a babysitter, first aid, managing risks and emergencies, child development, how to feed, diaper, dress and play with children and babies and starting your babysitting business. Reference manuals and information from Canada Safety Council.

Saturday & Sunday

#12678 January 20 & 21

#12679 February 10 & 11

#12680 March 9 & 10

9:00 am - 1:00 pm

Lewis Meeting Room

\$85/2

Are you a coach or someone who works with children aged 5 - 12? High Five Principles of Healthy Childhood Development (#12885) is here to give you the power to PLAY! See page 62 for more information!



COURTENAY CHILDREN



follow us  

REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



EXPLORAWORLD

(7 - 9 years)

An engaging and educational program designed to foster curiosity, creativity, and healthy childhood development. Combining science, art, and interactive activities to encourage global exploration, critical thinking, and imagination.

#12684 Wednesdays
January 17 - February 21
6:00 - 7:30 pm
Lewis Craft Room A
\$89/6

COMIC KIDS

(8 - 11 years)

Do you love the action of a good comic book? Have you ever thought about making your own comic strip? Learn about story boards, character development and other story creation tricks during this hands on, creative class!

#12682 Mondays
January 15 - February 12
3:30 - 5:00 pm
Lewis Craft Room A
\$75/5

CREATION SCIENCE

(k - 8 years)

Creation Science is hands-on program designed to ignite the curiosity and creativity of children, while introducing them to basic scientific concepts through exciting crafting projects.

#12951 Fridays
February 23 - March 15
3:15 - 4:45 pm
Lewis Craft Room B
\$59/4

BRICK QUEST

(k - 11 years)

Calling all Master Builders! Do you enjoy using your hands to solve challenges and figure out how things work? Then you will love this program where you will be tasked with solving a variety of engineering and design problems with Lego.

Saturdays
#12681 January 20 - February 10
(5 - 7 years)
#13110 February 17 - March 9
(8 - 11 years)
12:00 - 1:30 pm
Lewis Craft Room A
\$59/4

WORKING WITH CLAY

(7 - 16 years)

Explore clay through a variety of techniques and projects such as pinch pots, coil-throwing, and mask-making. **No class February 19.**

Instructor: Katie Czaplicki
Mondays
January 22 - March 11
#12703 3:00 - 4:00 pm (7 - 9 years)
\$129/7
#12704 5:00 - 6:00 pm (10 - 12 years)
\$175/7
#13111 6:30 - 8:00 pm (13 - 16 years)
\$199/7
Lewis Craft Room B

SUPER SCIENTISTS

(7 - 9 years)

Whether you're a super genius or a super villain, you'll be sure to have a super reaction to this scientifically fun class! Gather your beakers and safety goggles, it's about to get crazy as we explore the world of everyday science. From the kitchen, magnets, circuits, it's all part of this wild and fun science based program!

#12702 Tuesdays
February 13 - March 12
3:30 - 5:00 pm
Lewis Craft Room B
\$75/5

ORDER OF THE JEDI

(6 - 9 years)

The resistance is calling! There is no need to send your little Padawan to a galaxy far, far away. Build an X-Wing, design your own light saber, and make galaxy slime all while you prepare to face the First Order one last time. Enjoy this class, you will.

#12700 Fridays
January 26 - March 1
5:30 - 7:00 pm
Lewis Craft Room B
\$89/6



CRAFTY KITCHEN

(6 - 8 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and imaginative crafts. At the end of the course you will bring home a book of tasty recipes and creative craft creations.

#12683 Wednesdays

January 17 - February 21

3:30 - 5:00 pm

Lewis Craft Room A

\$99/6

GLOBAL COOKING

(9 - 12 years)

Go around the world with your taste buds as you learn to create delicious foods from a different country each week! Crafts, activities and scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#12685 Saturdays

January 27 - March 9

2:00 - 3:30 pm

Lewis Craft Room A

\$115/7

SNACK ATTACK

(6 - 9 years)

Sometimes all you need is a quick, delicious snack! During Snack Attack, we'll learn how to prepare a variety of yummy snacks while we play games and laugh with new friends. From Ants on a Log to zucchini muffins, with Lego and crafts, you will leave each class with a smile and a happy belly!

#12701 Tuesdays

February 6 - March 12

3:15 - 4:45 pm

Lewis Craft Room A

\$99/6

Please check receipts for important program information.

KITCHEN BASICS: SCIENCE EDITION

(9 - 12 years)

Build your confidence in the kitchen as you learn to follow recipes, knife skills, and how ingredients interact to create delicious dishes. Now with a scientific twist! We'll learn about the science behind the art of baking and kitchen creations. This class is sure to spark your culinary creativity, and make you the best cook in town!

#12943 Thursdays

February 15 - March 14

5:45 - 7:15 pm

Lewis Craft Room A

\$85/5

KINDER QUEST

(k - 7 years)

Puzzles, crafts and challenges await you in this small but mighty program! Each week participants will engage in a group quest to achieve a creative task. Where will this adventure take you?

#12705 Thursdays

January 11 - February 15

3:15 - 4:45 pm

Lewis Craft Room A

\$75/6

KINDER KITCHEN

(k - 7 years)

Welcome to Kinder Kitchen, where you'll learn all about kitchen safety and how to prepare yummy snacks with new friends. This program is geared towards our young friends who are new to experiencing social learning environments. We will bake and cook up some easy and tasty recipes, try a few new crafts and take home your very own cookbook at the end! Roll up your sleeves and get ready to play!

#12944 Thursdays

February 22 - March 14

3:15 - 4:45 pm

Lewis Craft Room A

\$49/4



SCAN ME
TO REGISTER ONLINE



COURTENAY CHILDREN



follow us  

REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



Spring Break

SPRING BREAK GYMNASTICS CAMP

(5 - 12 years)

Come join us for a fun focused gymnastics camp where we will play games that will develop strength, flexibility and balance.

Instructor: Sheri Roffey

Monday - Friday

March 18 - 22

#12826 10:00 - 11:30 am (5 - 7 years)

#12827 12:00 - 1:30 pm (8 - 12 years)

Lewis Centre Gym

\$75/5

SPRING BREAK FAMILY GYMNASTICS

(All ages with an adult)

Play together as a family or with friends, as you get to explore and have fun on the best indoor playground! Swing, bounce, and have a good time on our gymnastics equipment.

#12881 Monday - Friday

March 18 - 22

9:00 - 10:00 am (all ages)

2:00 - 3:00 pm (0 - 6 years)

3:00 - 4:00 pm (6 - 13 years)

Lewis Centre Gym

\$6.50/drop-in



SPRING BREAK CAMP: SPORT N' MORE

(8 - 12 years)

Let's play the day away!

School's out, so grab your friends and come play a variety of games throughout the day.

We'll explore games like tag, dodgeball, soccer, archery and more. We will take advantage of the winter weather and explore sports common for this time of year. And when we're not playing, we'll do lots of fun activities in our downtime. Bring your water and be ready to move!

#12825 Monday - Thursday

March 25 - 28

8:30 am - 4:30 pm

Lewis MP Hall

\$160/4



Look for this symbol for Spring Break programs

SPRING BREAK CAMP: ADVENTURES IN STEAM

(8 - 12 years)

School may be out, but the fun doesn't stop! Come explore the fundamentals of STEAM (Science, Technology, Engineering, Arts & Mathematics) with us as we create, bake and play the week away. You'll have so much fun, you won't even know you're learning along the way!

#12717 Monday - Friday

March 18 - 22

8:30 am - 4:30 pm

Lewis Tsolum Building

\$225/5



SPRING BREAK CAMP: EVERYTHING & MORE

(k - 12 years)

School's out and we've got your ticket to fun! Join us for a little of everything and more! We'll bake, create, play fun games and explore as we make new friends and get silly. Each day will have a new, exciting theme and more fun filled activities!

Monday - Friday

March 18 - 22

#13030 k - 8 years

#13029 9 - 12 years

8:30 am - 4:30 pm

Lewis Craft Room B

\$199/5

Monday - Thursday

March 25 - 28

#12718 k - 8 years

#12942 9 - 12 years

8:30 am - 4:30 pm

Lewis Craft Room A

\$160/4



Find more Spring Break programs on page 60



School's Out

FROSTY CAPERS CAMP

(k - 12 years)

School's out and we're cooking up fun! Join us this Winter Break for a camp sure to keep you busy! With cooking, crafts, games and more, you'll enjoy expressing your creative side, learning new recipes and making friends.

#12476 Wednesday - Friday

December 27, 28 & 29

8:30 am - 4:30 pm

\$119/3

GAMES GALORE DAY

(7 - 12 years)

Come play the day away with gym games, outside play and a few fun surprises!

#13114 Tuesday January 2

8:30 am - 4:30 pm

Lewis Centre Gym

\$49

CRAFTY CAPERS DAY

(7 - 12 years)

Explore imaginations, develop new skills and make lasting memories.

#13115 Wednesday January 3

8:30 am - 4:30 pm

Lewis Craft Room B

\$49

WINTER

WONDERLAND DAY

(7 - 12 years)

Step into a magical Winter Wonderland designed to spark creativity, laughter and culinary skills.

#13116 Thursday January 4

8:30 am - 4:30 pm

Lewis Craft Room B

\$49

ARCHERY DAY

(7 - 12 years)

Combine the fun & skills of indoor archery with creativity and fun.

#13117 Friday January 5

8:30 am - 4:30 pm

Lewis Centre Gym

\$49

PRO D DAY:

SPORT N' MORE

(8 - 12 years)

Let's play the day away! School's out, so grab your friends and come play a variety of games throughout the day. We'll explore games like tag, dodgeball, soccer, archery and more. And when we're not playing, we'll do lots of fun activities in our downtime. Bring your water and be ready to move!

#12828 Friday February 16

8:30 am - 4:30 pm

Lewis MP Hall

\$49



We are combining the Spring and Summer Guides! More info on page 144.

PRO D DAY:

ADVENTURE DAY QUEST

(k - 12 years)

Adventure Quest Day promises an unforgettable experience where children can immerse themselves in a world of wonder, excitement, and creativity. It's an opportunity for kids to learn, socialize, and explore in a safe and fun environment. The theme is all about exploring an enchanted realm, and we've prepared an array of activities that will keep the young adventurers engaged and entertained. So, gear up for a day of magical memories and thrilling quests with our amazing staff.

#12759 Friday February 16

8:30 am - 4:30 pm

Lewis Craft Room A

\$49



We love our Volunteers!

Lots of volunteer opportunities at Courtenay Recreation

For more information call 250-338-5371

or email Courtnea at cstolting@courtenay.ca



CITY OF
COURTENAY
Recreation

Lewis Centre 250-338-5371

The LINC 250-334-8138

Filberg Centre 250-338-1000

COURTENAY CHILDREN



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)



Martial Arts

WOO KIM INTRO TO TAEKWONDO

(5 - 9 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 9 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors class. **No class February 9.**

#12795 Fridays

January 12 - March 15

4:00 - 4:30 pm

Native Sons Grand Hall

\$72/9



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy. See page 53 for more info.

WOO KIM TAEKWONDO TIGERS

(5 - 8 years)

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. **No class February 20 & 22.**

#12797 Tuesdays & Thursdays

January 9 - March 14

3:45 - 4:30 pm

Native Sons Grand Hall

\$220/18

Please check receipts for important program information.

WOO KIM TAEKWONDO JUNIORS - GREEN AND LOWER

(8 years & over)

Students will further develop their Taekwondo skills, as well as gain physical ability in strength, endurance, coordination, flexibility and balance skills, all while learning core human values of courtesy, integrity, perseverance, self-control and confidence. **No class February 20 & 22.**

#12794 Tuesdays & Thursdays

January 9 - March 14

4:40 - 5:30 pm

Native Grand Hall

\$220/18

WOO KIM TAEKWONDO JUNIORS - BLUE STRIPE TO BLACK

(8 years & over)

Students will further develop their Taekwondo skills, as well as gain physical ability in strength, endurance, coordination, flexibility and balance skills, all while learning core human values of courtesy, integrity, perseverance, self-control and confidence. **No class February 20 & 22.**

#12793 Tuesdays & Thursdays

January 9 - March 14

5:40 - 6:30 pm

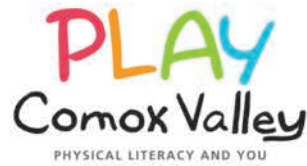
Native Sons Grand Hall

\$220/18

We are combining the Spring and Summer Guides!

In an effort to get summer information in your hands earlier, the Spring and Summer editions of the Co-mox Valley Recreation Guide will now be together in one guide. This will enable you to see which summer camps and activities are being offered further in advance, helping you plan the ideal summer of recreation fun.

Stay tuned for release and registration dates!



PLAY Comox Valley (PLAY CV) is a community-centered initiative designed to encourage and improve the level of physical activity in the Comox Valley. Our mission is to foster collaboration and action among community stakeholders to educate, inspire, and support building physical literacy for a healthy, active lifestyle for all.

BUILD CAPACITY

SUSTAINABILITY

PHYSICAL LITERACY FOR COMMUNITIES



BENEFITS FOR ALL

1

Reduces anxiety and mild depression

2

Improves self esteem and self worth

3

Enhances social connectedness

4

Promotes resilience and overall well-being

5

Develops the ability to participate in chosen activities for life



Be on the lookout for more PLAY Comox Valley programs this Fall!
physicalliteracy.ca

EDUCATE



Provide information on the role of physical literacy in leading a healthy active lifestyle.

TRAIN



Provide world class training to recreation leaders and sport groups on developing physical literacy and quality sport programs

SUSTAIN



Build capacity through partnerships and quality programs to improve physical literacy in the Comox Valley

COURTENAY CHILDREN



follow us

REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)

Birthday Parties

GYMNASTICS/ TRAMPOLINE BIRTHDAY PARTY

(3 - 14 years)

Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group in our fun-filled space while they play on the gymnastics set up. Once you have jumped, spun and ran your way to fun, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. Host parent must be present. Maximum of 12 children. **No party February 18.**

Sundays
starting January 7
11:15 am - 1:15 pm
Lewis Centre Gym
\$125

SPORTS SIZZLER

(3 - 14 years)

If your party is going to have a lot of energy, then this option is for you! We offer an hour of instructor-lead fun in our gymnasium with structured games, free time with toys or a bit of both. It's up to you. Once we burn some of that energy, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast! Host Parent must be present.

Sundays
Starting January 14
1:00 - 3:00 pm
Lewis Centre Gym &
Craft Room B
\$125

LEGO BIRTHDAY BASH

(5 - 14 years)

Let's celebrate! Create Lego masterpieces, take part in building challenges and play original Lego games. You'll have a room for all your party festivities and an hour with our instructor in another space for Lego games and building. Host parent must be present. Maximum 12 participants.

Saturdays
starting January 13
10:30 am - 12:30 pm
Lewis Craft Room A & B
\$125

*for Birthday Parties at The LINC,
go to page 62*



FIRST TEE

(7 - 13 years)

Come join our interactive and immersive first Tee program today! In this program kids will play fun interactive golf games to help develop golfing skills at a young age! All coaches are First Tee certified and have been trained to help in player development! No prior experience needed. **No class March 2.**

Saturdays
January 28 - March 9
#13148 1:30 - 2:30 pm (7 - 9 years)
#13148 2:30 - 3:30 pm (10 - 13 years)
Free



AFTER SCHOOL GAMES AND MORE

(10 - 12 years)

We believe in the power of play to keep kids active, engaged, and excited about life. Join us for an unforgettable journey of fun and friendship as we play games like dodgeball, gaga-ball and so much more. Let's get moving and make memories together!

#13113 Thursdays
February 15 - March 14
3:15 - 4:15 pm
Lewis MP Hall
\$50/5

THE DANCE SAMPLER

(k - 12 years)

Try out Lyrical, Jazz and Acro in this fun 5-week class which will introduce you to these three styles of dance. Classes include a cardio-based warm-up, technique and combos that are sure to light you up and excite both mind and body.

#13156 Sundays
January 14 - February 11
11:00 am - 12:00 pm
Lewis Activity Room
\$75/5



PRIVATE SKATEBOARD LESSONS

(6 - 16 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 with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays

starting January 9

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$25/lesson



JUNIOR SOCCER KIDS

(6 - 8 years)

Come join us in this program where you'll work on developing your dribbling, passing and shooting skills (or perhaps learn some new ones)! Fun relay games, activities and real soccer game play will help you feel more confident and help get you used to playing with teammates.

Thursdays

#13127 January 18 - February 8

3:15 - 4:00 pm

Lewis MP Hall

\$39/4

#13128 February 15 - March 14

4:45 - 5:30 pm

Lewis MP Hall

\$49/5



LET'S PLAY! INTRO TO SPORTS

(5 - 8 years)

Join our instructors as we explore a variety of sports and get our bodies moving. We'll try soccer, basketball, floor hockey and more as we make friends and develop our skills.

#13112 Wednesdays

February 14 - March 13

4:20 - 5:20 pm

Lewis MP Hall

\$50/5



FLOOR HOCKEY

(8 - 12 years)

Grab your stick and join your friends for some good old fashioned fun hockey. We will practice skills like passing, shooting and stick handling, then end the day with a scrimmage. Be sure to wear runners and bring water.

Mondays

#12803 January 8 - February 5

\$50/5

#12804 February 26 - March 18

\$40/4

3:45 - 4:45 pm

Lewis MP Hall



WINTER BASKETBALL CAMP

(8 - 15 years)

This is a basketball camp that will be working on shooting, dribbling, and passing. The aim is to help give valuable knowledge to the youth that they can carry throughout their sports careers in a fun and engaging way.

Instructor: Trent Johnson

Sundays

January 21 - March 10

#13081 9:00 - 10:00 am (8 - 11 years)

\$95/8

#13150 10:00 - 11:30 am (12 - 15 years)

\$125/8

Lewis MP Hall



CHILDREN'S BEGINNER ARCHERY

(7 - 12 years)

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

Saturdays

January 13 - March 2

#12810 10:45 - 11:45 am (7 - 9 years)

#13151 12:00 - 1:00 pm (10 - 13 years)

11:00 am - 12:00 pm

Lewis Centre Gym

\$79/8



SCHOOL'S OUT BASKETBALL SKILLS & GAMES

(8 - 12 years)

Get a chance to develop your basketball skills and techniques with other kids from the community! You'll learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

#12802 Tuesdays

January 16 - March 12

3:30 - 4:30 pm

Lewis MP Hall

\$89/9



Meet Trent!

Trent Johnson has played varsity level basketball, and has been an active coach teaching a variety of different skill levels for the last six years. The Winter Basketball Camp will help participants learn the game, and will have a focused training progression where participants will begin to sharpen skills such as shooting, passing, positioning, and much more!



COURTENAY CHILDREN



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



7 Story Circus

YOUTH AERIAL ARTS: BASICS

(10 - 18 years)

Discover the basics of aerial fabric. This class is for students new to aerial fabric or those needing a refresher. With a focus on skill & strength building you'll start close to the ground and then gain height as your confidence and abilities increase. We will work towards creating acts to present in the last class.

#12792 Thursdays

January 11 - March 14

4:00 - 5:30 pm

Lewis Centre Gym

\$375/10

YOUTH AERIAL ARTS: INTERMEDIATE

(10 - 18 years)

This class is for aerialists with previous experience. We will focus on skills, technique, strength, endurance, creative movement & much more. We will work towards creating acts to present in the last class.

#12791 Wednesdays

January 10 - March 13

4:00 - 5:30 pm

Lewis Centre Gym

\$375/10

COMMUNITY CIRCUS 1

(6 - 12 years)

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, flower-sticks and plates. Balance on stilts, rola-bola, and partner acrobatics. Play, improvisation and performance games. Be inspired and amazed by your own abilities!

Fridays

January 12 - March 1

#13023 4:00 - 5:00 pm (6 - 9 years)

#13024 5:00 - 6:00 pm (9 - 12 years)

Lewis Centre Gym

\$200/8

YOUTH AERIAL ARTS: ADVANCED

(10 - 18 years)

This class is for aerialists with previous experience. We will focus on skills, technique, strength, endurance & much more. We will work towards creating acts to present in the last class.

#12790 Thursdays

January 11 - March 14

6:00 - 7:30 pm

Lewis Centre Gym

\$375/10

A separate \$25 7 Story Circus membership fee must be paid to the instructor at the first class

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities through two programs:

1. Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

2. LEAP

Regional program open to anyone in the Comox Valley. Provides 52 free admissions to drop-in activities.

Ask us how to apply for either program!

250-338-5371 or 250-338-1000

TRAMPOLINE

(8 years & over)

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

Instructor: Sheri, Carla & Zach

Tuesdays

January 9 - March 12

#12788 3:45 - 4:45 pm

#12787 4:45 - 5:45 pm

Lewis Centre Gym

\$169/10



PARKOUR KIDZ

(7 - 11 years)

Test out your parkour skills in this class just for kids. We'll race through the gym trying to get from point A to point B as quickly and smoothly as possible using skills and tricks we practice. This class is sure to get your heart rate going as you run, vault, jump and climb your way through obstacles.

Instructor: Sheri Roffey

#12789 Sundays

January 7 - March 17

10:15 - 11:15 am

Lewis Centre Gym

\$185/11



GIRLS GET ACTIVE

(7 - 13 years)

Girls, this one is for you! Come join our friendly staff and have fun playing sports in a safe and encouraging space. This is your time to show off your skills or learn some new ones. This program is open to all levels. We will spend time playing classics like soccer, basketball and volleyball as well as explore others like archery, badminton and more. Let's play!

Thursdays

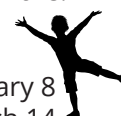
#12805 January 11 - February 8

#12806 February 15 - March 14

4:45 - 5:45 pm

Lewis MP Hall

\$50/5



CV Gymnastics Championships

March 9, 2024

10:00 am - 2:00 pm

Lewis Centre

Ribbons Trophies

Friends Fun



COURTENAY CHILDREN



courtenay.ca/gymnastics

Lewis Centre 250-338-5371



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)



Gymnastics

BOYS & GIRLS MIXED

(5 - 7 years)

Your experienced, fun and energetic instructors will lead you through a thorough warm-up and then will help you to learn the fundamentals of gymnastics, develop your individual skills, increase strength, flexibility and stamina. **No class February 19.**

Instructor: Sheri Roffey, Carla, Breanne, Zach & Leigha

#12775 Sundays

January 7 - March 10
12:30 - 1:30 pm
\$169/10

#12776 Mondays

January 8 - March 11
3:30 - 4:30 pm
\$155/9

Please note: No class Monday February 19. Family Day gymnastics event. Details TBD.

See page 50 for Spring Break Gymnastics Camp



GIRLS GYMNASTICS

(8 years & over)

Learn new skills from fun and knowledgeable coaches! We'll work on basic skills, developing new skills, strength and explore a variety of apparatus. **No class February 19.**

#12779 Sundays

January 7 - March 10
1:30 - 2:30 pm
\$169/10

#12780 Mondays

January 8 - March 11
4:30 - 5:30 pm
\$155/9



BOYS GYMNASTICS

(8 years & over)

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. **No class February 19.**

#12777 Sundays

January 7 - March 10
1:30 - 2:30 pm
\$169/10

#12778 Mondays

January 8 - March 11
4:30 - 5:30 pm
\$155/9



GIRLS & BOYS INTERMEDIATE

(8 years & over)

Boys and girls will progress into these programs once base skills are strong and when you are physically and mentally ready to advance. Everyone joining must be invited by Sheri, kids will be assessed in their 8+ classes in order to move up or given a golden ticket! We recommend 2 classes per week to develop and maintain your skill level. **No class February 19.**

#13092 Sundays

January 7 - March 10
2:30 - 4:00 pm
\$199/10

#13093 Mondays

January 8 - March 11
6:00 - 7:30 pm
\$179/9



SCAN ME
TO REGISTER ONLINE

Special Interest

HOMESCHOOLER REC

(8 years & over)

Homeschooler Rec offers you a special pre-registered timeslot to be active and creative. Join us for skatepark power hour, special crafts, game tournaments and fun activities! Drop-ins welcome.

#12980 Wednesdays

January 10 - March 13

1:00 - 3:00 pm

LINC Youth Centre

\$22/10

\$2.50/drop-in

GNARLY LITTLE

CHRISTMAS CRAFT FAIR

(9 - 19 years)

Be a part of Courtenay's biggest youth craft market and make extra cash this Christmas showcasing your talents! Painting, photography, jewelry, art-cards, crafts, baking and more are all welcome in our 15th annual 'just-for-youth' craft fair.

#12553 Sunday December 3

11:00 am - 3:00 pm

Native Sons Grand Hall

\$10/table

MIXED MEDIA

MAYHEM

(11 - 16 years)

Get ready to explore your creative side. Each week you'll learn about a different medium - acrylic and watercolour paint, collaging, charcoal, chalk, and more! Then practice your new skills as you create cool projects.

#130703 Mondays

January 8 - February 5

4:00 - 5:30 pm

LINC Multipurpose Room

\$80/5

WINTER ADVENTURES

(11 - 16 years)

Winter doesn't need to be boring! Get out of the house and join us for some fun Saturday activities! Activities are tentative and subject to change.

Saturdays

#13074 February 10 Snowshoeing

#13075 February 24 Tubing

#13076 March 9 Mystery Adventure

10:30 am - 2:30 pm

\$50/day



4 ESSENTIALS:

MEDITATION INTRODUCTION FOR BEGINNERS

(12 years & over)

Learning the essentials to establish your meditation practice in a secular environment. You will be introduced to postures, using breath, body and sounds as an anchor and working with thoughts and emotions. These meditation principles applied on a regular basis lead to decreased stress, being more present, focused, happier and peaceful.

Instructor: Julie Blais

#13050 Tuesdays

February 20 - March 26

6:00 - 7:30 pm

Lewis Craft Room B

\$89/6

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

15th Annual
Gnarly Little
Christmas Craft Fair
(9 - 19 years)
Sunday December 3
11:00 am - 3:00 pm
Native Sons Hall
\$10/table

Cross items off your holiday shopping list and support local youth vendors showcasing talents in arts, crafts, baking & more! Check out some sneak peeks at courtenay.ca/gnarly or The LINC facebook page. There's still time to join in on the fun - tables (\$10) for youth 9-19 years are still available!

Lewis Centre 250-338-5371
courtenay.ca/gnarly

COURTENAY YOUTH



follow us

REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



School's Out

TWEEN PRO D DAY

(7 - 12 years)

Enjoy your day off of school at The LINC! We'll keep you busy playing games, participating in cool activities, practicing your tricks in the skatepark, having fun in the games room and relaxing at the wave pool!

#12945 Friday February 16
8:30 am - 4:00 pm
LINC Youth Centre
\$44

NEW YEARS BAKE OFF

(10 - 16 years)

Create an assortment of holiday baking this holiday season! Cookies, bars and treats galore; you'll be a hit at the parties and have all the goodies to ring in the New Year! Participants will leave with an assortment of treats to share and a recipe book to continue baking at home!

#12580 Wednesday - Friday
December 27 - 29
11:00 am - 3:00 pm
LINC Youth Centre
\$99/3

SK8 SCOOT SNOW & SK8 SCOOT SPRING

(7 - 12 years)

SK8 Scoot and Swim your way into FUN! Ride your skateboard or scooter and get tips and tricks from our skatepark staff as you cruise the street section and bowl of the indoor park. Or, challenge your friends to games and activities like dodge-ball, air hockey, and trips to the wave pool, outdoor skateparks and more! We'll make sure you have an action-packed break!

#12554 Wednesday - Friday
December 27 - 29
\$105/3

#12555 Tuesday - Friday
January 2 - 5
\$140/4

#13021 Monday - Friday
March 18 - 22
\$175/5

#13022 Monday - Thursday
March 25 - 28
\$140/4
9:00 am - 4:00 pm
LINC Youth Centre
Indoor Skatepark

SPRING BREAK SMASH UP

(SB)

(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.

Monday - Thursday

#13017 March 25 **Rock Climbing**

#13018 March 26 **Caving**

#13019 March 27 **Archery Tag**

#13020 March 28 **Go Karting**

9:00 am - 4:00 pm

LINC Youth Centre

\$65/day

CHOPPED

(10 - 16 years)

Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included!

#13016 Monday - Friday **(SB)**
March 18 - 22
10:30 am - 2:30 pm
LINC Youth Centre
\$155/5

(SB) Look for this symbol for Spring Break programs

FAMILY DAY AT THE LINC

Let's enjoy The LINC together! Get ready to ride the bowl, play ping pong, sing karaoke, explore your creative side at craft stations and more! All-ages welcome with an adult. For more information, check out page 45.

Monday February 19
11:00 am - 3:00 pm
The LINC Youth Centre
FREE



Skatepark Programs

SCOOTER TRICKS 101

(6 - 12 years)

Join us after-school for a scooter around the indoor skatepark! Have fun developing in this sport as you learn tips from your instructors maneuvering around the street section and bowl. This class is geared to beginner-novice riders wanting to learn new tricks or try out a new sport.

Wednesdays

January 10 - March 13

#12984 4:00 - 4:45 pm

#12985 4:45 - 5:30 pm

LINC Indoor Skatepark

\$89/10 or

\$99 w/ rental



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy. See page 53 for more info.

ADULT SK8 NIGHT

(16 years & over)

Dust off your skateboard and come out for adult night at the indoor park! This program is based on regular participation and may be extended or cancelled. Helmets required and available. **No drop-in February 19.** Please pay for drop-in at The LINC.

#12676 Mondays

January 8 - March 11

7:00 - 9:00 pm

LINC Youth Centre

\$4/drop-in

\$40/11 punch pass

We are combining the Spring and Summer Guides! More info on page 144.

SK8 LIKE A GIRL

(7 - 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 are included. **No class February 19.**

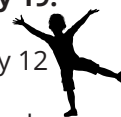
#12982 Mondays

January 8 - February 12

5:45 - 6:45 pm

LINC Indoor Skatepark

\$87/6



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. **No class February 19.**

#12981 Mondays

January 8 - February 12

3:30 - 4:15 pm

\$59/6



SKATEBOARD FUNDAMENTALS

(7 - 12 years)

Build confidence in learning the sport of skateboarding. We'll review the basics to get you cruising and then try a trick or two! This class is geared toward beginner-novice skaters. **No class February 19.**

#12983 Mondays

January 8 - February 12

4:30 - 5:30 pm

LINC Indoor Skatepark

\$77/6 or

\$87 w/ rental



PRIVATE SKATEBOARD LESSONS

(6 - 16 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 with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays

starting January 9

4:00 - 4:45 pm

5:00 - 5:45 pm

6:00 - 6:45 pm

LINC Indoor Skatepark

\$25/lesson



COURTENAY YOUTH



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89

Birthday Parties at the LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

- **dodgeball**
- **gaming**
- **skatepark**
- **all about girls**
- **karaoke**
- **general**
- **make & take (slime or tie dye shirts)**

Or combine themes to make a party all your own!

Host parent must be present. Maximum 12 participants.

No birthdays February 17 & 18.

Saturdays starting January 13 12:30 - 2:30 pm **or**

Sundays starting January 14

10:30 am - 12:30 pm **or** 1:00 - 3:00 pm **or** 3:30 - 5:30 pm

LINC Youth Centre & Indoor Skatepark

\$125, \$165 (3 large pizzas)

\$170 (make & take - slime or tie dye t-shirts)

\$210 (make & take and 3 large pizzas)



Skill Development

JOB PREP

(12 - 18 years)

Are you ready to join the work-force and make your own money but are unsure where to start? Get armed with resources and skills to land your next job. Gain valuable resume-building skills through experience in The LINC's concession, including cash & food handling, customer service and workplace safety. Complete a resume, learn interview skills, practice teamwork and communication skills tour local businesses to get the inside scoop on what could set your application apart. Receive a reference, resume and certificate upon completion. **No class February 17.**

Saturdays

#13077 February 3 - March 16

2:45 - 5:30 pm

LINC Multipurpose Room
\$72/6

Please check receipts for important program information.

BRAND DESIGN

(12 - 18 years)

Let's learn the basics of design! Experiment with markers, ink, screens, squeegees and more as you create a logo, t-shirt design and an art print. We'll also explore digital and print applications of design. **No class February 19.**

Instructor: Johnny Sugrue

#13079 Mondays

January 22 - March 11

5:30 - 7:00 pm

The LINC

\$110/7

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 Palardy

#13078 Friday March 22

9:00 am - 4:00 pm

LINC Multipurpose Room
\$98

HIGH FIVE®

(14 years & over)

Principles of Healthy Child Development (PHCD) is a 4-hour training that equips front-line leaders (anyone working with children aged 4 to 12 - i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading. It provides essential training in the HIGH FIVE Principles of Healthy Child Development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Please bring a lunch.

#12885 Saturday March 2

10:00 am - 3:00 pm

Lewis MP Hall

\$95

Oh no, you had to cancel the class?

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



LINC

youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay
250-334-8138



WHAT WE OFFER

- indoor skatepark
- skateboard & scooter rentals
- youth-access computers
- digital arts
- media & tech nights
- ping pong
- air hockey
- foosball
- pool
- Xbox One
- Xbox 360
- PS2
- Wii
- Nintendo
- concession
- kitchen
- big screen TV
- basketball court
- out trips
- special events
- private rentals

WINTER HOURS

Monday	7 - 9 pm
(Adult SK8 16 years & over)	
Tuesdays	3 - 7 pm
(Tween Night 8 - 11 years)	
Wednesdays	3 - 8 pm
(8 years & over)	
Thursdays	3 - 8 pm
Fridays	3 - 11 pm
Saturdays	3 - 11 pm

**The skatepark is open for all-ages Wednesday - Saturday and youth centre is open for youth 11 years & over Thursday - Saturday*

FEES

Youth (8 - 18 years):
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership
Adult (Skatepark ONLY):
\$4 drop-in
\$20/month membership
\$40/11 punch pass

LINC ANNUAL TURKEY DINNER & HOLIDAY PARTY

(11 - 18 years)
Calling all youth! Join us for some festive fun and food! Door prizes, games, turkey, ham, stuffing and all the fixings are up for grabs.

Saturday December 16
3:00 - 11:00 pm
Dinner served ~ 5:30 pm
LINC Youth Centre
FREE

Did you know . . . Eligible participants with LEAP & RAC can attend some drop-in programs free. See page 141 for details.

FRIDAY NIGHT LIGHTS



(11 years & over)
Run, jump, throw, kick or bounce your way into the weekend. We'll keep you busy Fridays with different sport scrimmages, building on your skills and having fun with friends! Try out new sports and play your favourites - basketball, soccer, racquetball, floor hockey and more! Fee includes drop-in to LINC before/after program.

Fridays
January 12 - March 15
7:00 - 8:30 pm
Lewis MP Hall
\$20/10 or
\$2.50/drop-in

YOUTH NIGHTS

Are you looking for a cool, dry place to hang out with your friends after school or on the weekend? Come down and challenge your friends to a game of pool, enjoy snacks from the concession or get in some practice at the indoor skatepark! Check out the monthly calendar for other special activities like open mic, free food frenzy, contests and more.

Wednesdays (8 yrs & over)
3:00 - 8:00 pm
Thursdays (11 yrs & over)
3:00 - 8:00 pm
Fridays & Saturdays (11 yrs & over)
3:00 - 11:00 pm
\$2.50/drop-in

COURTENAY YOUTH



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



Active Adapted Programs

ADAPTED ARCHERY

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve.

#12770 Fridays
January 12 - March 15
12:15 - 1:30 pm
Lewis MP Hall
\$40/10

ADAPTED BASKETBALL

Are you ready to ball? In this Intro-Level program, you will learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

#12882 Thursdays
February 8 - March 14
11:15 am - 12:15 pm
Lewis MP Hall
\$25/6

INDOOR SOCCER

Dribble, pass, and shoot your way to the goal of having fun while playing Soccer. Begin every session with some basic skills work, and end every session sliding into game play and showcasing your ability!

#12883 Thursdays
January 11 - March 14
1:30 - 2:30 pm
Lewis Centre Gym
\$40/10

ADAPTED KARATE *New Instructor!*

Learn the basics of kicks, punches and moves in this karate class adapted to each participant's needs and mobility issues.

#12772 Fridays
January 19 - March 15
10:15 - 11:45 am
Lewis Centre Gym
\$45/9

ADAPTED CHAIR FIT

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome.

#12771 Fridays
January 12 - March 15
10:45 - 11:45 am
Lewis MP Hall
\$65/10

ADAPTED DANCE CLASS

Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

#11745 Thursdays
January 11 - March 14
1:10 - 2:00 pm
Lewis Activity Room
\$40/10

DANCE PARTY

Let's get the wild winter dance party started! Register with your friends and join us for this fitness inspired class that is sure to warm you up during the cold winter days! All abilities and levels welcome.

#12773 Wednesdays
January 17 - March 13
1:15 - 2:00 pm
Lewis Activity Room
\$35/9

DIVERSE SPORTS

Basketball, floor hockey, soccer, kickball, you name it: we play it. Come enjoy some adapted sports in a friendly, non-competitive fun way.

#12868 Wednesdays
January 10 - March 6
10:30 am - 11:45 pm
Lewis Centre Gym
\$35/9

*Registration for Adapted Programs
starts Monday November 20 @ 8:30 am*



ADAPTED BADMINTON

Bring a racquet, get some exercise, and meet new players and improve your game in this fast-paced group sport! Instructor will be able to teach you the basics, so you can take your game to the next level or be comfortable in any environment. Space may be limited so don't forget to register in advance!

#12878 Sundays
January 14 - March 17
11:45 am - 12:35 pm
Lewis MP Hall
\$25/10

CHALLENGER BASEBALL

Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#12774 Thursdays
January 11 - March 14
10:00 - 11:00 am
Lewis Centre Gym
\$20/10

ADAPTED YOGA

Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

#12873 Tuesdays
January 9 - March 12
1:15 - 2:00 pm
Lewis Activity Room
\$50/10

ART CARDS

Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists. **No class February 19.**

Mondays
January 8 - March 11
#12865 10:00 - 11:00 am
#12862 1:00 - 2:00 pm
Lewis Craft Room A
Free



ART IN THE AFTERNOON

Get creative with TaraLee with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#12866 Wednesdays
January 10 - March 13
2:30 - 4:00 pm
Lewis Salish Building
\$45/10

WINTER BOWLING LEAGUE

Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

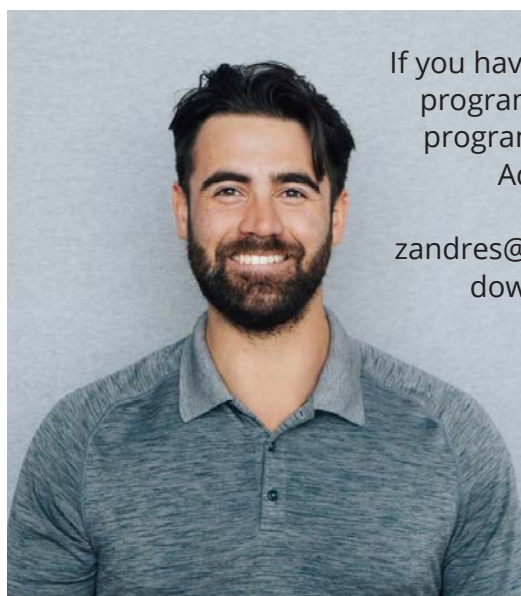
#12829 Wednesdays
January 17 - March 13
3:00 - 4:00 pm
Codes Country Bowling
\$5/9

YOUNG ADULTS CLUB

Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on January 9th.

#12911 Tuesdays
January 9 - March 12
6:00 - 8:00 pm
Lewis Craft Room A
\$30/10

Please note: while we do our best to meet your needs, we do not provide 1 on 1 assistance. Please bring support staff if required.



If you have any questions about programs, have ideas for new programs, or want to join our Adapted Program team, please contact Zach at zandres@courtenay.ca or come down to the Lewis Centre!



Adapted Special Interest

ST. PATRICK'S DAY BINGO

Do you have the Luck of the Irish? Wear your green and bring good luck for our afternoon bingo session! Lucky charms for everyone!

#12886 Tuesday March 12
1:00 - 2:00 pm
Lewis MP Hall
\$3

ST. PATRICK'S DAY DANCE

An afternoon of jigs, reels, and then some! Wear green and shamrocks, join us for an afternoon of step dancing... even if you aren't Irish!

#12831 Friday March 15
2:30 - 4:30 pm
Lewis MP Hall
\$3

VALENTINE'S BINGO

Bring your sweetheart, bring your friends and get ready to enjoy a sweet game of bingo to celebrate! Chocolate and prizes for everyone!

#12887 Tuesday February 13
1:00 - 2:00 pm
Lewis MP Hall
\$3

VALENTINE'S DANCE

Celebrate Valentine's Day with all your friends at our annual Valentine's Day Dance. Be ready to spread the love and don't forget your dancing shoes for an afternoon of music and treats!

#12830 Friday February 9
2:30 - 4:30 pm
Lewis MP Hall
\$3

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

LEAP

Regional program open to anyone in Comox Valley and provides 52 free admissions to drop-in activities.

Ask us how to apply! 250-338-5371 or 250-338-1000

ESPRESSO-YOURSELF

Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley.

#12869 Tuesdays
January 9 - March 12
10:30 - 11:30 am
Lewis Craft Room A
\$20/10

KITCHEN CREW

Join the kitchen crew! Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in the LINC's games room. **No class February 19.**

Mondays
#12870 January 8 - February 5
\$35/5
#12871 February 12 - March 11
10:30 am - 12:00 pm
The LINC Kitchen
\$30/4

SING-ALONG

Introducing our Adapted music group! This program meets weekly to sing all the greatest hits and play instruments like tambourines and maracas. Come join along with our sing-a-long! No previous musical experience needed.

#12872 Wednesdays
January 17 - February 28
10:30 - 11:30 am
Craft Room A/B
\$30/7

*Registration for
Adapted Programs
starts Monday
November 20
@ 8:30 am*



Special Interest

AROMATHERAPY AND YOUR IMMUNE SYSTEM

Join Deanna for an informative aromatherapy workshop to learn about essential oils and how to assist in boosting your immune system. We will look at plant chemistry and how that interacts with our body systems and create a personal inhaler.

Instructor: Deanna Papineau
#12889 Wednesday February 28
 6:00 - 8:00 pm
 Lewis Craft Room B
 \$49



OPT IN!

Receive emails from Courtenay Rec for important updates. This can be done on your customer account online. Call the Lewis or Filberg Centre for more information or assistance.

THE ZEN ZONE: THINK WITH INK

Experience the creativity and the calm that comes with doodling with a pen! We will explore a variety of patterns to get started, then create a final piece that combines your favourites and maybe some of your own patterns! Super easy and relaxing and no artistic ability required. Materials provided.

Instructor: Laura Forgie
#12598 Thursday March 7
 6:30 - 8:30 pm
 Filberg Soroptomist Lounge
 \$15

MINDS IN MOTION

(50 years & over)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2017 for more info.

Instructor: Nancy Victoria
 Wednesdays
 1:00 - 3:00 pm
 Native Sons Lodge & Dining Room
#12749 January 10 - February 14
 \$75/6
#12855 March 6 - April 3
 \$60/5

Are you a coach or someone who works with children aged 5 - 12? High Five Principles of Healthy Childhood Development is here to give you the power to PLAY!

HIGH FIVE®

(14 years & over)

Principles of Healthy Child Development (PHCD) is a 4-hour training that equips front-line leaders (anyone working with children aged 4 to 12 - i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading. It provides essential training in the HIGH FIVE Principles of Healthy Child Development so front-line leaders understand what they need to do to ensure each child's social, emotional and cognitive needs are met. Please bring a lunch.

#12885 Saturday March 2
 10:00 am - 3:00 pm
 Lewis MP Hall
 \$95



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Creative Pursuits

INTRODUCTION TO LANDSCAPE PAINTING (OILS, WATERCOLOURS OR ACRYLICS)

The Comox Valley is a beautiful place to paint - let's learn how! From making your sketch to getting the colours right to defining leaves, water and clouds, we'll cover the skills needed to help you tackle the fun of painting landscapes on your own using oils, watercolour and acrylic. A supply list will be provided at registration.

Instructor: Teresa Knight

#12897 Thursdays

February 22 - March 28

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

Reasons to Get Creative!

- Increases happiness
- Reduces dementia
- Improves mental health
- Boosts immune system
- Enhances social connection
- Increases positivity
- Improves self esteem
- It's fun!

HOW TO DRAW & PAINT PEOPLE

Capturing the human figure on canvas or paper is so much fun and so rewarding. Teresa's methods make it easy to get proportion and position right, show movement, replicate colours and add life to your work. You will learn a lot from this course while having fun!

Instructor: Teresa Knight

#12901 Tuesdays

January 9 - February 13

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

ALL LEVEL ACRYLIC

This class will teach or repeat all the basics for those new to painting or those who are looking for a refresher. In addition, you may work in class on your paintings-in-progress with help and advice, or start and finish some new ones from scratch! There will be lots of learning and opportunities for improvement for everyone.

#13062 Tuesdays

February 20 - March 26

6:00 - 8:00 pm

Filberg Craft Room

\$109/6

ADULT BEGINNER POTTERY

NEW

New class! Guided by our Ceramics artist, Katie Czaplicki, you'll embark on a creative journey crafting unique functional pieces of pottery. Learn the fundamentals of wheel throwing and glazing. Suitable for beginners and those looking to practice pottery in a friendly environment. All supplies included.

Instructor: Katie Czaplicki

Thursdays

#13147 January 11 - February 8

#13155 February 15 - March 14

Lewis Craft Room B

\$199/5

We are combining the Spring and Summer Guides!

In an effort to get summer information in your hands earlier, the Spring and Summer editions of the Comox Valley Recreation Guide will now be combined into one guide. This will enable you to see which summer camps and activities are being offered further in advance, helping you plan the ideal summer of recreation fun.

Stay tuned for release and registration dates!



Cooking

CHINESE VEGETARIAN

Come and discover the flavours and colours of Chinese cuisine. Chef Sonja will emphasize the importance of fresh organic ingredients. There will be step by step instruction to learn recipes like Sweet & Sour Tofu, Egg Fried Rice and Pot Stickers with a sauce. Be prepared for some hands on. Enjoy a full meal after the lesson. Bring some to-go containers.

Instructor: Sonja Limberger
#13089 Wednesday January 24
6:00 - 9:00 pm
Filberg Upper Kitchen
\$85

THAI VEGETARIAN

Come and discover the wonderful aromatic flavours of Thailand. Recipes will be based on traditional Thai dishes with vegetarian substitutions for meat. Recipes include a Thai Curry made from scratch, a Pad Thai Noodle dish and a peanut sauce. Copies of the recipes will be supplied. Enjoy a meal at the end of the class. Bring containers in case of left overs.

Instructor: Sonja Limberger
#13090 Wednesday February 28
6:00 - 9:00 pm
Filberg Upper Kitchen
\$85



SCAN ME
TO REGISTER ONLINE

NEPALESE VEGETARIAN COOKING

If you like spicy and exotic flavors this class is for you. We will make a Nepalese Vegetable Curry, Vegetarian Momos (Nepalese version of Tibetan dumplings) and a Tomato cilantro Achar dipping sauce. Chef Sonja learned these recipes with a Nepalese Chef while working at Victoria's own Mint Restaurant. Come hungry - we'll enjoy a delicious meal after the lesson.

Instructor: Sonja Limberger
#12906 Wednesday March 13
6:00 - 9:00 pm
Filberg Upper Kitchen
\$85

NATURALLY SUGAR FREE COOKING CLASS

Are you interested in alternative ways to sweeten baked goods or a savory dish? Chef Sonja will teach some recipes using natural sweeteners and sugar substitutes. The recipes you will learn are cashew butter & banana muffins, chocolate raspberry cake or cupcakes, chocolate truffles and a creamy green salad dressing. There will be some hands on. Enjoy sampling our creations after the lesson. Bring to-go containers.

Instructor: Sonja Limberger
#13088 Wednesday March 6
6:00 - 9:00 pm
Filberg Upper Kitchen
\$85

Meet Sonja!

Sonja has many years of experience in the field of whole foods and vegetarian cooking and baking. She has worked in vegan focused establishments such as The Naam in Vancouver, Hollyhock farms on Cortes Island and the Mint restaurant in Victoria. Sonja started teaching cooking classes in 2007 in Victoria at various recreation centres and community centres, as well as in home private and group classes. She has self-published a cookbook in 2013. But most important has a passion for whole foods cooking and sharing what she has learned over the years.



COURTENAY ADULT



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Dance & Music

BEGINNER BELLY DANCE

Come have fun learning belly dance and discovering your inner Sheherazade! We will cover the basic moves, rhythms and veils. **No class February 19.**

Instructor: Laura Forgie

#12768 Mondays

January 8 - March 11

6:45 - 7:45 pm

Native Sons Grand Hall

\$79/8

INTERMEDIATE BELLY DANCE

Let's build on the foundations of the beginner class to add some new techniques and moves! We will explore new drum rhythms, costuming, veil work, and a short choreography that will pull everything together. As always, the main goal is to have FUN!! **No class February 19.**

Instructor: Laura Forgie

#12767 Mondays

January 8 - March 11

5:30 - 6:30 pm

Native Sons Grand Hall

\$79/8

LINE DANCE - BEGINNER

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

Instructor: Joan Wydenes

#12902 Wednesdays

January 10 - March 27

1:00 - 2:00 pm

Lewis Activity Room

\$109/12

LINE DANCE - INTERMEDIATE

Come and kick up your heels and dance the afternoon away! Line dancing is a great way to keep your brain and your body active! No partners required. **No class February 20.**

Instructor: Joan Wydenes

#12903 Tuesdays

January 9 - March 26

12:00 - 1:00 pm

Native Sons Grand Hall

\$99/11

see page 83 for Zumba, Dancefit Silver & other drop-in programs

CIRCLE DANCE

Come learn traditional folk, modern and meditative songs and dances from around the world. Beautiful, dreamy dances to fun (and funny) dances. Most are done in a circle connected by hands, but can be modify for those who wish to do so, as we create a circle of laughter and healing. No dance experience necessary and two left feet are most welcome!

Instructor: Laura Forgie

#12900 Thursday February 8

6:00 - 8:00 pm

Filberg Conference Hall

\$19

LINE DANCE PARTY

Line dancing isn't just country anymore! Learn fun and easy line dances to a mix of dance tunes that will have you burning calories and having loads of fun! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. 'Life's Too Short Not to Dance'. **No class February 19.**

#12904 Mondays

January 8 - March 25

7:00 - 8:15 pm

location

\$99/11

FUN FOR ALL! LINE DANCE SOCIAL

Join us for a monthly afternoon of dancing, socializing and sharing. This is an opportunity to perfect the dances we've been learning and to come together to share the dances of our line dance community. Open to all levels and anyone who loves line dancing. Hosted by instructors Darlene Birtwistle and Joan Wydenes. Must pre-register.

#13144 Saturday February 24

#13145 Saturday March 23

1:00 - 3:00 pm

Bill Moore Lawn Bowling

Building

\$5/class



BEYOND BEGINNERS AFRICAN DRUMMING

Looking for a place to enhance your drumming skills? Do you have a few beginners sessions under your belt but you're not quite ready to jump to the intermediate level? This is the class for you! In this class we will continue to improve on technique while learning new & exciting West African rhythms - all while having fun getting into the groove. Please contact instructor if unsure of level. Participants must provide their own djembe.

No class February 9.

Instructor: Monica Hofer

#12899 Fridays

January 12 - March 22
1:30 - 2:30 pm
Native Sons Grand Hall
\$145/10

BEGINNERS 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.

Instructor: Larry Ayre

#12896 Tuesdays

February 6 - March 12
7:15 - 8:15 pm
Lewis Meeting Room
\$89/6

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

DRUMS ALIVE FOR EVERY BODY

Drums Alive is the most fun you will ever have drumming and moving to the beat! No experience necessary - you can work at your own pace! This class suits any-body who is looking for a fun, get-fit routine, whether you want a slower pace, are recovering from injury or really want to power out. Join Monica and see how Drums Alive will make you smile, inside and out! **No class February 19.**

Instructor: Monica Hofer

#12765 Mondays

January 22 - March 18
12:15 - 1:15 pm
Native Sons Grand Hall
\$69/8

DRUMS ALIVE POWER BEATS

Come get your groove on as we beat on fitness balls and move to some high energy music! Great for EVERY body and you can dial it up or down as you need. Fabulous for stress release but the focus is really on fitness fun! **No class February 21.**

Instructor: Laura Forgie

#12764 Wednesdays

January 17 - March 27
6:00 - 7:00 pm
Native Sons Grand Hall
\$85/10

INTERMEDIATE AFRICAN DRUMMING

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. Great for the mind, body and spirit! This class is intended for those with previous experience.

No class February 9.

#13084 Fridays

January 12 - March 22
12:00 - 1:00 pm
Native Sons Grand Hall
\$159/10

BEGINNER FINGER PICKING & CLASSICAL GUITAR

This course teaches you how to get started with fingerpicking the guitar. Musical examples and exercises draw on fingerpicking folk and blues styles as well as beginner classical pieces. Both simple note reading and tablature are covered with step by step instructions. Suitable for both beginner and intermediate level guitarists.

Instructor: Larry Ayre

#12895 Tuesdays

February 6 - March 12
5:45 - 7:00 pm
Lewis Meeting Room
\$89/6



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Sports

BADMINTON

(16 years & over)

Drop-in and get some exercise at our Recreational Badminton. Meet new players and improve your game in this fast paced group sport! Bring your own racquets. Birdies are provided. Participants set-up equipment.

#12859 Wednesdays

January 10 - March 13

#12860 Fridays

EG January 12 - March 15

1:15 - 3:15 pm

Lewis Centre Gym

\$4/drop-in

BASKETBALL

(14 years & over)

Looking for some facilitated 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 Tuesday nights and enjoy the flexibility of drop-in Basketball.

#12858 Tuesdays

January 16 - March 19

7:00 - 8:30 pm

Lewis Centre Gym

\$4/drop-in

SATURDAY BADMINTON

(13 - 21 years)

Bring a racquet, get some exercise, meet new players and improve your game in this fast-paced group sport! Instructor will be able to teach you the basics so you can take your game to the next level or be comfortable in any environment. Space may be limited so don't forget to register in advance! **No class March 9.**

Saturdays

January 13 - March 23

#12875 1:30 - 2:30 pm **Beginner**

#12876 2:45 - 3:45 pm **Intermediate**

Lewis Centre Gym

\$79/10

PICKLEBALL

(18 years & over)

Join in and have fun playing this exciting paddle game! Pickleball is played by 2 or 4 people on a badminton sized court using wood paddle racquets and a plastic style baseball. **No class February 20 & 22.**

#12856 Tuesdays

January 9 - March 26

#12857 Thursdays

EG January 11 - March 28

1:15 - 3:15 pm

Native Sons Grand Hall

\$5/drop-in

INTRODUCTION 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

#13026 Fridays

EG February 16 - March 22

11:00 am - 12:00 pm

Wellness Centre

Entrance Outside

\$59/6

INTERMEDIATE NORDIC POLE WALKING

(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

#12754 Fridays

EG February 9 - March 15

12:30 - 1:30 pm

Wellness Centre

Entrance Outside

\$59/6

Drop-in programs free for eligible participants with LEAP & RAC. See page 141 for details.



HISTORICAL FENCING

Join us in restoring this medieval martial art. Learn and drill basic footwork, cuts, thrusts, grappling and slow, free-play. This is a great introduction to HEMA (Historical European Martial Arts) and a great way to prepare for joining your local historical fencing club!

Instructor: Comox Valley Combat Guild

#12748 Tuesdays

January 16 - March 19

5:30 - 6:30 pm

Filberg Conference Hall

\$120/8

HISTORICAL FENCING - CORE CURRICULUM

The Core Curriculum is designed to take you from the Intro program to competitive HEMA fencer, long-term. Expect to work on building coordination, focus, and fitness, with opportunities to spar with Padded, Synthetic, and Steel. Expect to sweat during solo and partner drills. **No class January 23 & 30.**

#13153 Tuesdays

January 16 - March 19

6:30 - 8:30 pm

Filberg Conference Hall

\$120/8

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities through two programs:

1. Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

2. LEAP

Regional program open to anyone in the Comox Valley. Provides 52 free admissions to drop-in activities.

Ask us how to apply for either program!

250-338-5371 or 250-338-1000

ADULT SK8 NIGHT

Dust off your skateboard and come out for adult night at the indoor park! This program is based on regular participation and may be extended or cancelled. Helmets required and available. **No drop-in February 19.** Please pay for drop-in at The LINC.

#12676 Mondays

January 8 - March 11

7:00 - 9:00 pm

LINC Youth Centre

\$4/drop-in

MS FOR MS

Movement and strength training is very important when dealing with multiple sclerosis. I will teach you strength training and cardio using the TRX, so you have the safety and stability of the TRX straps. We will also have discussion time to share our battles and victories with each other sharing the same disease.

No class February 19.

#13051 Mondays

January 22 - March 18

1:15 - 2:15 pm

Lewis Activity Room

\$100/8

COMOX VALLEY ROAD RUNNERS 5K CLINIC

This 10 week course is aimed at four levels of runner. 1) Walkers who want to build strength, endurance and speed - turning to a run. 2) Walk/run - a slow, careful introduction to running. 3) Run - helps you build up endurance and distance. 4) Speed - learn the skills that will take your run up to the next level. Your 10th week will be a 5K Fun Run designed to give you a race experience along with allowing you to celebrate your new skills and accomplishments. Experienced members of the CVRR are there to mentor and guide you through this program; carefully structured by a running coach. As well, you'll receive informative and entertaining talks on subjects relating to the sport of running from community professionals. For more info contact 5kclinic@cvrr.ca or visit www.cvrr.ca

#12762 Saturdays

January 13 - March 16

8:00 - 11:30 am

Filberg Rotary Hall

\$60/9



COURTENAY ADULT



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | [See page 89](#)



Martial Arts

CHI KUNG

Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy to learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus.

Instructor: Tom Haber

#12755 Thursdays
January 11 - March 28
1:00 - 2:00 pm
Native Sons Lodge &
Dining Room
\$99/11



**Oh no, you had to
cancel the class?**

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

EVENING CHI KUNG

Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy to learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus.

Instructor: Tom Haber

#12756 Tuesdays
January 9 - March 26
7:00 - 8:00 pm
Lewis MP Hall
\$110/12

EVENING THAI 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

#12761 Thursdays
January 11 - March 28
7:15 - 8:15 pm
Lewis Activity Room
\$109/12

WOO KIM TAEKWONDO ADULT

(13 years & over)

This fast-paced program is designed to give participant a full body workout while building a new skill. Taekwondo is a Korean martial art and a recognised 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 February 20 & 22.**

#12758 Tuesdays & Thursdays
January 4 - March 14
6:40 - 7:40 pm
Native Sons Grand Hall
\$225/18

KUNG FU

(13 years & over)

Tibetan White Crane Kung Fu develops whole body fitness through a set of controlled movements and sequences. This fast-paced class provides an introduction to Kung Fu and is suitable for those looking to build agility, learn self-defense and improve overall well-being. Each session will consist of a warm-up, practice of basic movements, and training adjusted to individual level and progression.

Instructor: Tom Haber

#12760 Wednesdays
January 10 - March 27
6:45 - 8:00 pm
Native Sons Lodge &
Dining Room
\$132/12

*Please check receipts for
important program
information.*



Performing Arts

ADULT AERIAL ARTS: MIXED LEVELS (BASICS TO ADVANCED)

(16 years & over)

In this mixed-level (basics to advanced) class we will focus on skills, technique, strength, endurance, creative movement and much more. Students will have the option to work towards creating acts to present in the last class.

#12910 Wednesdays

January 10 - March 13

6:00 - 7:30 pm

Lewis Centre Gym

\$375/10

A separate \$25 7 Story Circus membership fee must be paid to the instructor at the first class

COMMUNITY CIRCUS 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts!

#13025 Fridays

January 12 - March 15

6:30 - 8:00 pm

Lewis Centre Gym

\$300/10

YOUTH AERIAL ARTS: ADVANCED

(10 - 18 years)

This class is for aerialists with previous experience. We will focus on skills, technique, strength, endurance & much more. Each aerialist will have their own apparatus and training area to accommodate social distancing. We will work towards creating acts to present in the last class.

#12790 Thursdays

January 11 - March 14

6:00 - 7:30 pm

Lewis Centre Gym

\$375/10

More Aerial Arts & Circus options on page 56

Introducing Kelly

Kelly stumbled into her first yoga class because it was part of her gym membership over 20 years ago. It wasn't long before she was gravitating to her yoga mat more often than the treadmill. She dove deep into regular practice and took multiple trips to India to study yoga and meditation. She is passionate about making these traditional practices accessible for all. She strives to create a welcoming space for you to nourish your nervous system with gentle movement, breath connection, and stillness blended into each class. Kelly is a mother to two young children which has sparked her desire to also offer playful yoga classes for toddlers. You are never too young to learn to breathe, stretch, and find your inner calm! Look for her classes on pages 87 & 45:

Gentle Yoga

Toddler Yoga

Yoga for Deep Rest



COURTENAY ADULT



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



Wellness

MEDITATION FOR BEGINNERS

Have you wanted to try out meditation but don't know where to start or how? Perhaps the thought of joining a class with others feels inspiring and less intimidating? In this beginner class you will be right alongside others new to meditation and start from the basics. You will learn different sitting postures and tips to avoid unnecessary pain, work with breath, calming your mind and your body, dealing with emotions and/or difficult situations that may have come up during the day or week and learn how to incorporate mindfulness into your daily life. This is your chance to try it out!

No class February 20.

#12742 Tuesdays

January 23 - March 12
4:00 - 5:15 pm
Lewis Meeting Room
\$105/8

We are combining the Spring and Summer Guides! More info on page 144.

4 ESSENTIALS: MEDITATION INTRODUCTION FOR BEGINNERS

(12 years & over)

Learning the essentials to establish your meditation practice in a secular environment. You will be introduced to postures, using breath, body and sounds as an anchor and working with thoughts and emotions. These meditation principles applied on a regular basis lead to decreased stress, being more present, focused, happier and peaceful.

Instructor: Julie Blais

#13050 Tuesdays

February 20 - March 26
6:00 - 7:30 pm
Lewis Craft Room B
\$89/6

Have you tried the WISH LIST ?

An online feature that will help you get organized and ready in advance of Registration Day. Ask us how it works or visit www.courtenay.ca/reconline to see the video.

INTEGRATING MEDITATION INTO DAILY LIFE FOR EXPERIENCED MEDITATORS

(12 years & over)

Are you struggling to integrate meditation into daily life? Looking for accountability and a consistent practice? This series of classes will help you reach the next level of mindfulness practice and will support you with your meditation goals. Each class will have a guided meditation and theme focus for the week's practice. Some meditation experience required.

Instructor: Julie Blais

#13048 Wednesdays

February 21 - March 27
3:00 - 4:00 pm
Lewis MP Hall
\$75/6

INTRODUCTION TO VARIOUS PRACTICES OF MEDITATION

(12 years & over)

Extend length of focus, be more present for your life, increase self-awareness and gain clarity and insights are a few benefits of developing a meditation practice. Get a glimpse of what a mindfulness practice can look like for you. Julie will introduce you to a variety of styles and methods that may work for you. This workshop is designed to give you an overview of the many options and benefits of meditation and a chance to try these practices in a safe and peaceful setting. No experience required.

Instructor: Julie Blais

#13049 Tuesday February 13

7:15 - 8:45 pm
Lewis Meeting Room
\$5





Lewis Centre Squash Courts

To Reserve a court:

You must pre-book your squash court by phone **250-338-5371**.

Payment is due at the time of booking with Visa/Mastercard or by pre-paid squash booking card.

Prime Time:

Monday to Friday 11:15 am - 1:30 pm
& 4:30 - 8:30 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 - 3:45 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

For up to date information and schedules, please call our Lewis Centre Office at 250-338-5371 or check online at courtenay.ca/rec



COURTENAY SQUASH





Wellness Centre

Ages 12 & Over

12 - 15 years must be with adult (19 years or older) or when Attendant is on duty.

Please call ahead to ensure Attendant is present as schedules are subject to changes.

Wellness Centre Hours

Monday - Friday 5:30 am - 9:00 pm

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 4:00 pm

*not open on statutory holidays

Services Include:

Professional Assistance
Memberships & Punch Cards
Drop-in
Personal Training
55+ Strength Training Group Fitness

Pass Suspensions

Passes may be suspended in advance for a minimum of one month for **medical reasons only**. 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
- Treadmills
- Cross Trainers
- Stair Climber
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights
- TRX

Childminding

(All ages)

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

Childminding hours:

Monday - Thursday 8:45 - 10:30 am

Friday 10:15 - 11:45 am

Saturdays 8:45 - 10:30 am

Memberships (includes 5% GST)

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

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

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 & Punch Cards can be purchased in person or online at courtenay.ca/reconline



Wellness Centre Hours

Open Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 am - 9:00 pm					8:30 am - 4:00 pm	
5 am	<i>Supervised</i> 5:30 - 10:30 am					CLOSED	
6 am						<i>Supervised</i> 8:30 am - 4:00 pm	
7 am							
8 am							
9 am							
10 am	<i>Unsupervised</i> 10:30 am - 3:30 pm						
11 am							
12 pm							
1 pm							
2 pm							
3 pm	<i>Supervised</i> 3:30 - 7:30 pm					CLOSED	
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
Schedule may be subject to change. Please check website for most up to date info. Ages 12 - 15 must be accompanied by an adult (19+) or attend during supervised times.							

WOMEN'S STRICTLY STRENGTH

This women's only strength class provides a comfortable environment for women of all ages to focus on building strength through resistance training and the use of a variety of equipment. No cardio is involved, but you will work towards developing lean muscle mass, improving bone strength, increasing flexibility and feeling stronger, both physically and mentally.

Instructor: Signi Caine

#13041 Fridays

January 12 - March 22

10:30 - 11:30 am

Lewis Activity Room

\$133/11



SPIN AND STRENGTH

Spin and Strength is an inclusive full body workout. Since variety is the spice of life, we will be using many different styles of equipment optimal for strength endurance and cardio! The goal is to never have the same workout, and incorporate blasts of HIIT to turn up the heat!

Instructor: Nancy Victoria

#13032 Tuesdays

January 9 - March 19

4:45 - 5:45 pm

Lewis Activity Room

\$139/11

Please check receipts for important program information.

STRONG NATION®

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training that is synced to original music and designed to match every single move. Lower intensity options provided and all bodies/fitness levels are welcome to try it out! **No class February 19.**

Instructor: Alana Hoever

#13071 Mondays

January 8 - March 18

9:00 - 10:00 am

Lewis Activity Room

\$6.50/drop-in



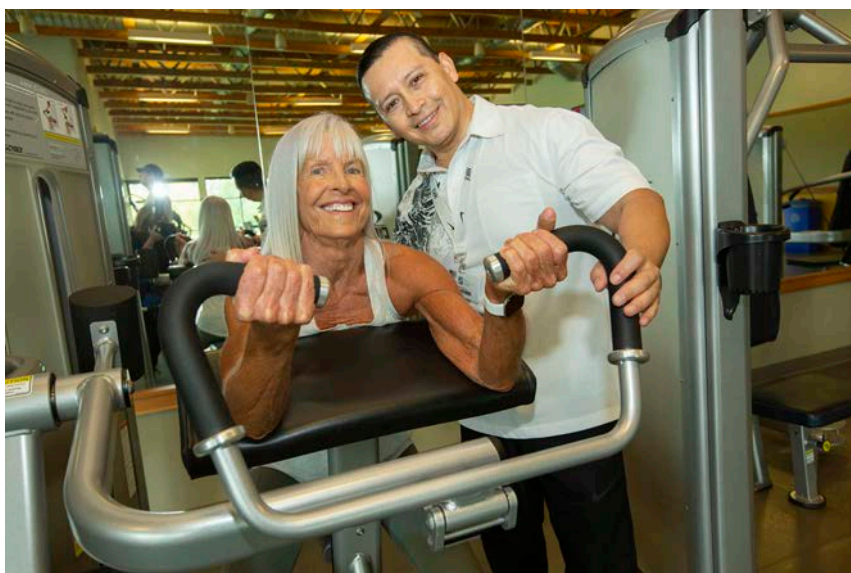
means childminding available

COURTENAY ACTIVE LIVING



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89




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. Dynamic movements are performed with great music to improve cardiovascular performance including gentle stretching. Participants should be able to get up and down from the floor. **No class February 19.**

Instructor: Juan Blancas

#12735 Mondays

 January 8 - March 18
10:30 - 11:30 am
Native Sons Grand Hall
\$79 10

#12736 Wednesdays

 January 10 - March 20
10:30 - 11:30 am
Native Sons Grand Hall
\$96/10



*Look for the Evergreen
symbol for 55+ classes.
More information
on page 90.*


SIMPLY STRENGTH 2

(55 years & over)

This popular class with Steve is an intermediate level class and is a step up from Simply Strength 1. It offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class February 19.**

Instructor: Steve Thomson

#12745 Mondays & Wednesdays

 January 3 - March 27
9:00 - 10:00 am
Native Sons Grand Hall
\$229/23

HIIT

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to compliment your gym routine!

#12847 Wednesdays

January 10 - March 20
12:05 - 12:55 pm
Lewis Activity Room
\$6.50/drop-in




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. This Wellness Centre class will provide personal instruction with various strength training equipment providing a well-rounded exercise routine with personalized workouts to address your needs. Our qualified instructor will be giving you instruction, support and guidance throughout your sessions in a fun, non intimidating atmosphere. **No class February 19.**

Instructor: Juan Blancas


#12727 Tuesdays & Thursdays

 January 9 - March 21
12:30 - 1:30 pm
Lewis Wellness Centre
\$259/22


#12728 Tuesdays & Thursdays

 January 9 - March 21
2:00 - 3:00 pm
Lewis Wellness Centre
\$259/22


#12730 Mondays & Wednesdays

 January 10 - March 20
12:30 - 1:30 pm
Lewis Wellness Centre
\$235/20


#12731 Mondays & Wednesdays

 January 10 - March 20
2:00 - 3:00 pm
Lewis Wellness Centre
\$264/20

#12732 Fridays

 January 12 - March 22
12:30 - 1:30 pm
Lewis Wellness Centre
\$129/11

#12733 Fridays

 January 12 - March 22
2:00 - 3:00 pm
Lewis Wellness Centre
\$129/11



STRENGTH, STRETCH & CORE

(55 years & over)

This popular class checks off all the boxes! Your workout 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 February 19.**

Instructor: Nancy Victoria

#12739 Mondays



January 8 - March 25

9:00 - 10:00 am

Filberg Rotary Hall

\$120/11

#12741 Thursdays



January 11 - March 21

9:00 - 10:00 am

Native Sons Grand Hall

\$129/12

BOOTCAMP BLAST

You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

Instructor: Steve Thomson

#12843 Tuesdays

10:30 - 11:30 am

#12844 Thursdays

9:00 - 10:00 am

\$6.50/drop-in

DROP-IN

SPIN CYCLE

Come get your heart pumping with 60 straight minutes on the spin bike. Listen to motivating music, challenge your body, and get some Big Bang for Fitness Buck with this fun and motivating class!

Instructor: Michaela Jelen

#12845 Wednesdays

January 10 - March 27

6:00 - 7:00 am

Lewis Activity Room

\$6.50/drop-in

DROP-IN

SPIN EXPRESS

Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down & stretch.

Instructor: Fiona McQuillan

#12852 Fridays

12:05 - 12:55 pm

Lewis Activity Room

\$6.50/drop-in

DROP-IN

BUTTS AND GUTS

A leg and core workout like no other! Time to build strength and endurance using a variety of equipment and interval training techniques proven to work!

#13053 Thursdays

February 22 - March 21

6:00 - 7:00 am

Lewis Activity Room

\$6.50/drop-in

DROP-IN

SPINTERVALS

Let's cycle through the world using music from various countries and replicate cycling the hills in Austria or making our way through the Canadian Prairies. You'll improve your cardiovascular fitness with speed drills and hill climbs. All levels welcome.

Instructor: Nancy Victoria

#12853 Fridays

January 12 - March 22

5:15 - 6:15 pm

Lewis Activity Room

\$6.50/drop-in

DROP-IN

TRX

A highly effective bodyweight workout across a wide range of exercises and intensities. Improves strength, endurance, balance, coordination, flexibility, power, and core stability while using the TRX suspension training tool. **No class February 19.**

#13054 Mondays

January 8 - March 18

6:00 - 7:00 am

Lewis Activity Room

\$120/10

We are combining the Spring and Summer Guides!

In an effort to get summer information in your hands earlier, the Spring and Summer editions of the Comox Valley Recreation Guide will now be combined into one guide. This will enable you to see which summer camps and activities are being offered further in advance, helping you plan the ideal summer of recreation fun.

Stay tuned for release and registration dates!



COURTENAY ACTIVE LIVING



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89

Drop-in Fitness Schedule

effective January 8, 2024

	MON	TUES	WED	THURS	FRI	SAT
9:00 am	Strong Nation®	Step It Up	Zumba w/ Milena	BootCamp Blast	Power Circuit	Pedal N' Sculpt+
10:30 pm		BootCamp Blast		Dancefit Silver		
12:05 pm	Gutts, Butts & Arms	Yoga Fusion	HIIT	Flow Yoga	Spin Express	
5:15 pm	Zumba Toning 5:30 pm		Chiseled	20/20/20	Spin-tervals	
6:15 pm		Zumba w/ Stacie				

No classes on stat holidays

Please note: This schedule is subject to change.
Classes may be cancelled due to low attendance.
Classes are located in the Lewis Centre Activity Room unless otherwise noted.

Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

No classes on stat holidays

For fitness schedule before January please check courtenay.ca/rec

Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

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 43.

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



Drop-in Fitness

Fitness classes are for 16 years & over.

STRONG NATION®



Mondays 9:00 - 10:00 am

STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training that is synced to original music and designed to match every single move. Lower intensity options provided and all bodies/fitness levels are welcome to try it out!

Instructor: Alana Hoever

GUTTS, BUTTS & ARMS

Mondays 12:05 - 12:55 pm

Target those stubborn areas with this strength class that will tighten and tone your arms, legs, glutes and core with targeted movements and cardio.

Instructor: Susan Obieglo

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.

Instructor: Milena Spratt

ZUMBA W/ STACIE

Tuesdays 6:15 - 7:15 pm

Join Stacie for a medium to high intensity Latin inspired dance fitness class guaranteed to make you sweat!

Instructor: Stacie Cleveland

YOGA FUSION

Tuesdays 12:05 - 12:55 pm

Yoga Fusion is a blend of yoga poses and other fitness styles like Pilates, strength training, bodyweight exercises and intervals.

Instructor: Susan Obieglo

BOOTCAMP BLAST

Tuesdays 10:30 - 11:30 am

Thursdays 9:00 - 10:00 am

You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

Instructor: Steve Thomson

STEP IT UP

Tuesdays 9:00 - 10:00 am

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

ZUMBA WITH MILENA

Wednesdays 9:00 - 10:00 am

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest!

Instructor: Milena Spratt

FLOW YOGA

Thursdays 12:05 - 12:55 pm

In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement. You'll leave feeling energized!

Instructor: Susan Obieglo

HIIT

Wednesdays 12:05 - 12:55 pm

This class involves short and long bursts of plyometric and calisthenics targeting all body parts and giving you the most effective cardio workout in the shortest amount of time. This quick, fun and effective workout is a great way to compliment your gym routine!

CHISELED

Wednesdays 5:15 - 6:15 pm

This class will use various equipment, including the very versatile little green bender Ball! Incorporate pyramid training with a strong emphasis on form and move on to using higher reps with lower weights to get ripped and speed up metabolism.

Instructor: Nancy Victoria

No classes on stat holidays

DANCEFIT SILVER

Thursdays 10:30 - 11:30 am

Get happy and fit in this lower intensity dance-style class. Features easy to follow dance moves and fun, upbeat music from around the world. Music includes Latin, International, Bollywood, pop and more.

Instructor: Lyla Pettis

20/20/20

Thursdays 5:15 - 6:15 pm

20 minutes of spin, 20 minutes of Barre and 20 minutes of core & stretch. All levels welcome.

Instructor: Nancy Victoria

POWER CIRCUIT

Fridays 9:00 - 10:00 am

This circuit training class has it all from strength to cardio to core! You'll work your way through a variety of fun, dynamic exercises targeting different muscle groups.

Instructor: Michaela Jelen

SPIN EXPRESS

Fridays 12:05 - 12:55 pm

Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down & stretch.

Instructor: Fiona McQuillan

PEDAL N' SCULPT+

Saturdays 9:00 - 10:15 am

This popular Saturday morning class begins with a cycle workout to get the heart pumping, followed by strength and ab training.

Instructor: Luis Acosta



COURTENAY ACTIVE LIVING



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89

55+ CHAIR FITNESS

(55 years & over)

This fun, lower impact, chair-based class can be done both in or out of the chair! You'll be guided carefully through exercises focusing on balance, mobility, range of motion, coordination, flexibility, muscle strength and relaxation. The instructor will offer modifications as needed, as well as, provide support to participants at every turn. All levels welcome!

Instructor: Nancy Victoria

#12743 Tuesdays



January 9 - March 19
9:00 - 10:00 am
Filberg Rotary Hall
\$105/11

#12744 Fridays



January 12 - March 22
9:00 - 10:00 am
Filberg Rotary Hall
\$105/11

MINDS IN MOTION

(50 years & over)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2017 for more info.

Instructor: Nancy Victoria

Wednesdays

1:00 - 3:00 pm

Native Sons Lodge &
Dining Room

#12749 January 10 - February 14
\$75/6

#12855 March 6 - April 3
\$60/5

*Please check receipts for
important program
information.*

PILATES AND MORE

Enjoy this beginner to intermediate full body strength and stretch class which uses sound pilates and core principles. Use bender balls, tubing, discs and bosu balls as Sandra takes you through a good progression.

Instructor: Sandra Stessun

#12894 Wednesdays

January 10 - March 20

4:00 - 5:00 pm

Lewis Activity Room

\$129/11

STANDING & MAT PILATES

In this class you'll build strength, balance and flexibility with safe exercises, improve your posture, challenge your core strength and emerge feeling fit as well as more calm after a relaxing stretch. Learn how your breath helps you achieve a great full-body workout emphasizing functional fitness. With Pilates, a little goes a long way. No experience necessary. **No class February 20.**

#13083 Tuesdays

January 9 - March 26

7:30 - 8:30 pm

Lewis Activity Room

\$159/12

ATHLETIC BARRE

Athletic Barre has no ballet or yoga moves. The barre is used for balance and posture as in the "Above Barre" classes. However, it incorporates heavier weights, tubing and that little green bender ball to ensure you are activating your core properly. Some power moves are incorporated but options for non-power moves will also be provided. This is an intermediate to challenging class that optimizes your strength. **No class February 19.**

Instructor: Nancy Victoria

#12738 Mondays

January 15 - March 25

5:30 - 6:30 pm

Lewis Craft Room A

\$129/10

MS FOR MS

Movement and strength training is very important when dealing with multiple sclerosis. I will teach you strength training and cardio using the TRX, so you have the safety and stability of the TRX straps. We will also have discussion time to share our battles and victories with each other sharing the same disease.

No class February 19.

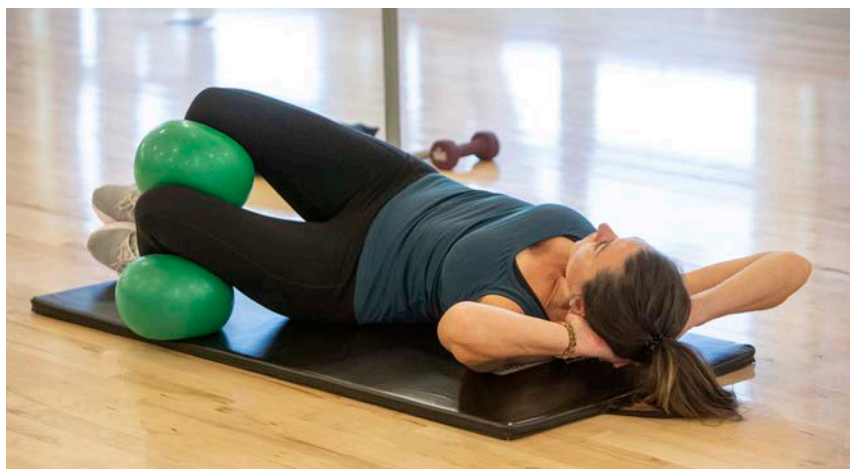
#13051 Mondays

January 22 - March 18

1:15 - 2:15 pm

Lewis Activity Room

\$100/8



Yoga

CHAIR YOGA FOR EVERYBODY

(18 years & over)

This is a chair yoga practice that is accessible to people with all kinds of bodies. Chair Yoga is a great practice! It's not only for people who are older or have mobility issues. With this practice you'll work on improving flexibility and strength and calming your mind and nervous system. **No class February 22.**

Instructor: Akiko Shima

#12753 Thursdays

January 18 - March 21

9:30 - 10:30 am

Native Sons Lower level

\$149/9

YOGA FOR MEN OVER 55

(55 years & over)

You've seen the pictures of women in pretzel poses, and you've thought, "no Yoga for me, thanks". But maybe for years, your wife or female friends have been telling you how much you'd benefit from Yoga. This class is just for men over 55 who might be new to Yoga. You'll be in the same boat as everyone else as you gradually increase your flexibility and learn some breathing techniques to help you reduce stress. As the weeks progress, you might find that you're less prone to injuries at work or during leisure, and that you recover faster from exertion. **No class February 19.**

Instructor: Susan Obieglo

#12706 Mondays

EG January 8 - March 18

7:15 - 8:30 pm

Native Sons Lower level

\$132/10

YIN/RESTORATIVE YOGA

In Yin Yoga, you will enter poses - on the floor - and stay a while, observing strong sensations and breathing with awareness. Yin Yoga is an excellent complement to other forms of Yoga. Come home to your body in a profound and satisfying way. Prerequisite: at least one year of yoga experience.

Instructor: Catherine Reid

#12723 Fridays

January 12 - March 22

10:00 - 11:30 am

Native Sons Lodge &

Dining Room

\$165/11

YOGA FOR DEEP REST

Designed to nourish your nervous system, this beginner friendly class is a blend of hatha yoga, restorative yoga, and yoga nidra meditation. Practice begins with gentle movement to release joints, lengthen muscles and connect to breath. This is followed by long-held restorative postures on the ground, supported by props. The final part of class is guided Yoga Nidra (yogic sleep) meditation to unravel tension and prepare you for a good sleep. This class is the mid-week retreat you didn't know you needed!

Instructor: Kelly Yaskiw

#13058 Wednesdays

January 10 - March 20

7:00 - 8:15 pm

Lewis Activity Room

11/\$120

Register ONLINE at
courtenay.ca/reconline
For updates & schedule
changes, go to
www.courtenay.ca/rec

WOMEN'S YOGA FOR PELVIC HEALTH

Are you hesitant to cough, sneeze, or bounce on a trampoline? This class is specifically designed to help maintain good pelvic function, with poses that help strengthen the bladder, lift the uterus, and tone the pelvic floor muscles. Prerequisite: at least one year of regular Yoga practice. **No class February 19.**

#13047 Mondays

January 8 - March 25

1:30 - 2:30 pm

Lewis Meeting Room

\$165/11

HATHA 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 February 19.**

#12724 Mondays

January 8 - March 25

5:45 - 7:00 pm

Lewis MP Hall

\$165/11



COURTENAY ACTIVE LIVING



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89



CHAIR YOGA

(55 years & over)

Developed for those who cannot get up and down from the floor easily. There's still a lot of Yoga that can be done in a chair. Special breathing practices, gentle joint movements and muscle strengthening will all take place in this fun class. We also do poses while standing, using the chair for support. **No class February 20, 23 & March 15.**

Instructor: Catherine Reid

#12710 Tuesdays

EG January 9 - March 26
10:30 - 11:30 am
Native Sons Grand Hall
\$129/11

#13045 Fridays

EG January 12 - March 22
1:00 - 2:00 pm
Filberg Conference Hall
\$115/9



SCAN ME
TO REGISTER ONLINE

FLOW YOGA

In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement. You'll leave feeling energized!

Instructor: Susan Obieglo

#12849 Thursdays

January 11 - March 21
12:05 - 12:55 pm
Lewis Activity Room
\$6.50/drop-in

DROP-IN

55+ YOGA - JOINT SERIES THURSDAYS

(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. **No class February 22.**

Instructor: Sheron Jutila

#12726 Thursdays

EG January 11 - March 21
10:00 - 11:15 am
Native Sons Grand Hall
\$129/12

Please check receipts for important program information.

55+ YOGA - JOINT SERIES TUESDAYS

(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 easily be adapted into a chair and may be more suitable for those needing the extra support. Come join us and give it a try!

Instructor: Sheron Jutila

#12725 Tuesdays

EG January 9 - March 26
10:00 - 11:15 am
Native Sons Lower level
\$139/12

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 February 19.**

Instructor: Sheron Jutila

#12677 Mondays

EG January 8 - March 25
2:00 - 3:15 pm
Native Sons Grand Hall
\$129/11

RESTORATIVE YOGA

At the end of your day, if you are seeking relaxing, this class is for you! Relieve anxiety and chronic pain, while improving sleep. Being supported by a lot of props throughout the practice. Everyone is welcome. **No class February 19.**

Instructor: Akiko Shima

#13040 Mondays

January 22 - March 18
5:30 - 7:00 pm
Lewis Meeting Room
\$99/8



GENTLE YOGA

Unwind from your week with this grounding practice hosted by Kelly Yaskiw. This Hatha Yoga class offers gentle movement, breath connection, and stillness. Find length in your muscles, release stiffness in your joints, and link movement with your breath. The physical movements will be slow, gentle, and explore postures that are seated, standing, and reclined with lots of time for transitions. Each class will include breathing practices and guided meditation to support your nervous system. All of the practices are beginner friendly and modifications will be offered to ensure it is accessible for most bodies.

#13094 Fridays
January 12 - March 15
10:30 - 11:30 am
Lewis Salish Building
\$100/9



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 February 9.**

Instructor: Sheron Jutila
#12707 Fridays
EG January 5 - March 22
10:00 - 11:30 am
Native Sons Grand Hall
\$139/11

We are combining the Spring and Summer Guides! More info on page 144.

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. Class will be cancelled one week prior to start date if insufficient registration.

Instructor: Akiko Shima
Wednesdays
#12721 January 17 - February 14
\$89/5
#12722 February 21 - March 27
3:00 - 4:00 pm
Lewis Meeting Room
\$89/6

YIN YOGA W/ SUSAN

This class will help enhance mobility and flexibility by targeting your deep connective tissue through long, deep holds and leave you with a sense of deep relaxation. Yoga experience is required. **No class February 19.**

Instructor: Susan Obieglo
#13091 Mondays
January 8 - March 19
7:15 - 8:30 pm
Lower Native Sons Hall
\$135/11

WHIMP TO WARRIOR

Have you tried Kundalini yoga and felt it was interesting but inaccessible? Do you feel a pull to do it again but don't want to attend a fast paced "all levels" class? This series will be workshop styled where we experiment with common Kundalini poses to find adaptations for our individual needs. We'll create a stable foundation and then build our ability and endurance in stages.

Instructor: Sheron Jutila
#13154 Wednesdays
January 10 - March 13
1:30 - 2:55 pm
Lewis Craft Room A
\$130/10

TODDLER YOGA

(1 - 5 years with adult)
Introduce your little ones to yoga early! This fun class includes breathing practices, songs, stretches, silly wiggles, and animal sounds. We try to keep our expectations low on how many yoga poses the little ones actually do and focus on having fun. While the class is geared towards kids aged 18 months - 5, parents are welcome to join in the stretches too. **Instructor:** Kelly Yaskiw
#13057 Fridays
January 12 - March 15
9:00 - 9:45 am
Lewis Salish Building
\$80/10

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, mind and baby. The class will be lead by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima
#12720 Wednesdays
January 17 - March 27
6:30 - 7:45 pm
Lewis Meeting Room
\$179/11



COURTENAY ACTIVE LIVING



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REGISTRATION STARTS TUESDAY NOVEMBER 14 | See page 89

Personal Training Team



Juan Blancas

Training Specialties:
 - Fitness Assessments & Training
 - Resistance Training
 - Core Activation & Conditioning
 - Muscle & Strength Building



Tammy Jones

Training Specialties:
 - TRX & Functional Training
 - Older Adult Fitness
 - Resistance Training
 - Group Fitness



Susan Obieglo

Training Specialties:
 - Weight training
 - Posture Analysis
 - Functional training
 - Older Adult Fitness
 - Biomechanical deficiencies



Adam Commandeur

Training Specialties:
 - Full body transformation
 - General Fitness
 - Circuit training
 - Speed, Agility, Quickness
 - Sports specific training



Nancy Victoria

Training Specialties:
 - Women & Weight loss
 - Older Adult Fitness
 - Resistance Training
 - Sports Conditioning
 - Functional Conditioning



Signi Caine

Training Specialties:
 - Functional Training
 - Resistance Training
 - Older Adult Fitness
 - Core Conditioning
 - Group Fitness

Personal Training Prices

Private

1 session	\$65
3 sessions	\$195
5 sessions	\$300
10 sessions	\$550

Semi Private (2 people)

1 session	\$98
3 sessions	\$292
5 sessions	\$450
10 sessions	\$828

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

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.

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
- Faster and better results
- Establish a lifetime exercise habit
- Overcome plateaus

CORPORATE WELLNESS

Give your staff the gift of wellness. By enrolling, your staff will receive a 15% discount on:

- programs (some restrictions apply)
- Wellness Centre memberships
- squash courts
- outdoor pool admissions

For the low cost of \$100 for 100 employees or less, or \$250 for 101+ employees.

Please contact Courtenay Recreation for more info.

Winter Registration starts Tuesday November 14 at 7:15 am

How to Register

3 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 Online Registration
courtenay.ca/reonline

No email registrations accepted.



SCAN ME
TO REGISTER ONLINE



OPT IN!

Receive emails from Courtenay Rec for important updates.
This can be done on your customer account online.
Call the Lewis or Filberg Centre for more information or assistance.

Registration Policy & Guidelines

- All registrations are processed on a first come first serve basis.
- Pre-registration is required for most classes.
- Fees are to be paid in full at the time of registration.
- All memberships start date is the date of purchase, excluding the annual Evergreen Membership.
- 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.

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, Wellness Centre & Fitness Memberships** are non-refundable & non-transferable.

COURTENAY REGISTRATION

Create your customer account now

to be prepared to register online **starting November 14**

Visit our 'How To' video at courtenay.ca/reonline



follow us  

REGISTRATION STARTS TUESDAY NOVEMBER 14



The Evergreen Club is a non-profit organization offering social and recreational activities for adults 55+, in the Comox Valley and beyond. Considering becoming a member? To find out more, call or visit the Filberg Centre to talk with Evergreen Club Staff, attend a New Members' Welcome, try out one of our activity clubs or drop by the Evergreen Lounge for coffee or a meal. Come find out why our members say the Evergreen Club is one of the best recreation clubs in Canada. Operating out of the Florence Filberg Centre, the Evergreen Club has many membership benefits!

- Over 45 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre
- New Members Welcome

All for just \$35 a year! www.evergreenclub.ca
Don't forget to "like" us on Facebook.

Most activities take place at the Florence Filberg Centre,
411 Anderton Ave in Courtenay.

For information about the Evergreen Club,
email info@evergreenclub.ca or call **250-338-1000**

Evergreen Club 2023 Memberships

Annual Memberships (\$35) can be purchased by phoning the Florence Filberg Centre 250-338-1000 or the Lewis Centre 250-338-5371 or purchased online on the Courtenay Recreation Registration website courtenay.ca/reconline.

Evergreen Club Activities

Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Horseshoes
- Table Tennis
- Snooker/8-Ball
- Slo Pitch
- Walk & Talk

Music & Dancing

- Choristers
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder
- Heartstrings
- The Jam

Crafts & Hobbies

- Quilting
- Fabric Arts
- Art Club
- Drama Club
- Genealogy Club
- Stamp Club
- Improv Club
- Writer's Club
- Supper Club
- Camera Club
- Book Club
- Knit & Crochet
- Brazilian Embroidery
- Meet & Greet (Singles) Group
- Lacemakers

Cards & Games

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

Special Events

- Dinner/Dances
- Armchair Travel
- Fashion Shows
- Theatrical Productions
- Workshops
- Craft Fairs
- Luncheons
- Concerts

Day Trips

- Lunch Outings
- Plays
- Concerts
- Shopping
- Museums
- Galleries
- Points of Interest



Special Events

Members and non-members are welcome at Evergreen Club events.

Watch for details and more events in our monthly Evergreen Club newsletter online or pick up a copy at the Florence Filberg Centre. All events are fundraisers for the Evergreen Club.

Comox Valley Concert Band

Sunday December 3 at 2 pm
Conference Hall, Filberg Centre
Come enjoy this popular concert!
Tickets \$10 in advance at Filberg Reception or at the door.

The Evergreen's Second Stage Players Presents Scattered Skits

Tuesday December 5 &
Wednesday December 6 at 1 pm
Conference Hall, Filberg Centre
You are sure to be entertained by this collection of light-hearted humours skits.
Tickets \$10 can be purchased in advance at the Florence Filberg office or at the door.

The Evergreen Club Choristers Presents

A Traditional Christmas Sing-Along
Friday December 8, 10:30 am Rotary Hall, Filberg Centre, by donation.
Remember the fun and festive feeling you would get from singing Christmas songs! Capture that feeling again by singing some nostalgic holiday music in a fun welcoming atmosphere.

Murder Mystery

Wednesday January 31, 2024 Matinee
Thursday February 1, 2024 Evening Performance
Conference Hall, Filberg Centre
For the first time ever, the Evergreen Club is hosting a murder mystery! Watch the story unfold around you, but be sure to pay attention, as it is your job to uncover the identity of the murderer. Tickets TBA

Georgia Strait Big Band

Sunday February 11, 2024 at 2 pm
Join us to listen and/or dance to this fantastic group of musicians!
Conference Hall, Filberg Centre. Tickets TBA



Evergreen Lounge

Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge!
A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Rubens, are offered on Tuesdays, Wednesdays and Fridays. Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen dinner for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to have a game of cards. Everyone is welcome. Members can take out a book, DVD or puzzle from our lending library.

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

Volunteering at the Evergreen Club is a great way to get involved, meet people and help provide a valuable service to our community. We are always looking for more volunteers so we can continue to offer a variety of clubs, special events and food at affordable prices.

Hours are flexible to accommodate your busy schedule, and can start at just 2 hours a month. If you would like to learn more, we would love to chat with you.



The Evergreen Club at the
Florence Filberg Centre



Maria and Bodil have enjoyed volunteering together for many years. Between the two of them they have volunteered in the EG kitchen for a total of 23 years!

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
- Electric Vehicle Charging Station



MP Hall/Gym



Tsolum Building



Salish Building

Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



Bill Moore Park Lawn Bowling Bldg

- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



Call the Lewis Centre
at 250-338-5371

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

The LINC Youth Centre

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



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.

Event and Meeting Rooms:

- The Conference Hall is 6,000 square feet and can accommodate such functions as weddings, conferences, resource fairs, dances.
- The Rotary Hall is 3,000 square feet and is ideal for dances, meetings and events.
- The Evergreen Lounge is a large, comfortable meeting space with kitchen access.

Features:

- Commercial kitchens on both levels
- Hourly rates available
- Wheelchair accessible
- Ample parking
- Air conditioned
- Audio/Visual equipment & Wifi available



Rotary Hall



Conference Hall

Native Sons Hall

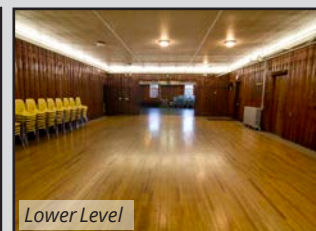
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

Event and Meeting 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:

- Commercial Kitchen
- Hourly rates available
- Wheelchair accessible
- Ample parking



Lower Level



Upper Level

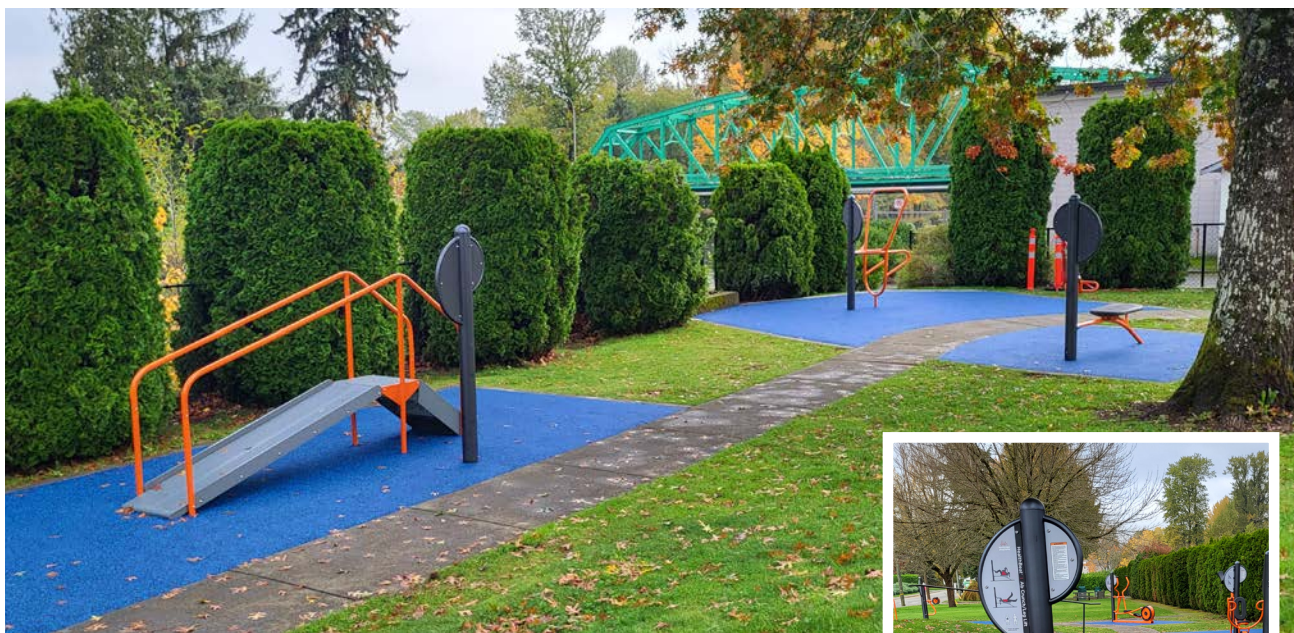
Call the Florence Filberg Centre at 250-338-1000

Florence Filberg Centre Office is open for bookings Monday to Friday (8:30 am - 4:00 pm)

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

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





Workout at Riverside Park with New Outdoor Equipment

The outdoor fitness area at Riverside Park on Anderton Road (across from the Florence Filberg Centre) now has brand new equipment installed in mid-October.

Updated equipment includes 14 accessible fitness stations that are easy to maintain, durable and well-suited for outdoor conditions.

While the park is open to all, the equipment is especially well-suited for the life-long needs of older adults, helping maintain and improve mobility, strength, and cardio health.

The Fit Park is available year-round for both informal drop-in use as well as scheduled classes.

Visit courtenay.ca/fitpark for further information



Courtenay Park Bookings

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

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

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

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

Schools:

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

City Parks:

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

ARE YOU READY?

AUTOMATED CURBSIDE COLLECTION
BEGINS **JANUARY 2024!**



Look for the Automated Curbside Collection Guide inside one of your recently delivered carts. For updates on the roll-out be sure to visit **courtenay.ca/carts**



CITY OF
COURTENAY
PUBLIC WORKS

250-338-1525 | publicworks@courtenay.ca



COURTENAY PUBLICS WORKS





Stay informed on the future of the Outdoor Pool

courtenay.ca/aquaticstrategy



CITY OF
COURTENAY
Recreation, Culture and
Community Services

rccs@courtenay.ca | 250-334-4441 ext. 7231

CITY OF COURTENAY

Strategic Cultural Plan

The plan will help inform a short, medium and long-term cultural service implementation strategy for Courtenay. It will identify key gaps and opportunities in cultural services and infrastructure, and guide City processes, support for core areas of services, and investment in the City's cultural services and assets.

The "What We Heard" report is a summary of feedback received through public engagement activities and is now on the project website. The final draft Strategic Cultural Plan will be presented to Council in early 2024.

For more information visit
courtenay.ca/cultureplan



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

Hours of Operation:
Tuesday to Saturday, 10 a.m. to 4 p.m.
For more details check the museum website at
courtenaymuseum.ca or call **250-334-0686**

*Book a fossil
tour and travel
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CV/ARTS Cultivating Creative Diversity

CV/Arts promotes and celebrates
local artists in all genres in the
Central Island Region from Fanny
Bay to Black Creek, including
Courtenay, Comox and Cumber-
land.

Visit the **Central Island Arts Guide**,
a growing resource promoting a
robust roster of talented creatives
and arts organizations throughout
our region. www.ciag.ca

Follow us online for great resources
including the new **Digital Creation
Hub**, our community event calendar
and more.




comoxvalleyarts.com



COURTENAY CULTURE



Volunteer Opportunities

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.

Requirements: Enthusiasm, interest in helping the community, creativity is a bonus. A clean Criminal Record Check (all persons aged 18+). Volunteer schedules are flexible. No minimum required.

www.courtenay.ca/rec

Call 250-338-5371



Habitat for Humanity

Volunteers are the heart of Habitat and the Re-Store. Habitat offers a variety of engaging volunteer opportunities at our ReStores, on build sites, and various events and committees. Wherever a potential volunteer's interests lie, there is an opportunity for them to assist Habitat. If you are 16+ and looking to make a difference in your community, then we invite you to reach out to us

volunteercv@habitatnorthisland.com.

For more information you can find us at Habitatnorthisland.com.



ReStore

MARS Wildlife Rescue Centre

MARS Wildlife Rescue Centre is looking for volunteers! Work with animals directly in our Wildlife Hospital as a caregiver, tell our patients' story in our Visitor Centre as a guide, or help out in other ways including animal transport, small construction projects, helping in our gift shop, native plant restoration, special events, and more, Visit marswildliferescue.com.



MARS
WILDLIFE RESCUE CENTRE

The Evergreen Club for Adults 55+

The Evergreen Club is a fantastic club for mature adults who like to stay busy and social! With 47 clubs we truly have something for everyone! We are able to keep our clubs fees very affordable because of our fantastic volunteers. If you would like to join our community, meet new friends and give back, we would love to hear from you. We happily welcome volunteers of all ages. For more details see our 2 page spread in the Courtenay section of this guide. Questions? Contact caudia@courtenay.ca



The Salvation Army

Volunteer with us today!

Join our team at The Salvation Army to bring hope where there is hardship. Help us meet holistic needs and be a transforming influence!

Call Captain Kevin to volunteer **(250) 338-8221** because, Everyone Needs An Army.

www.comoxvalleysa.ca



Giving Hope Today

Big Brothers Big Sisters of Victoria

In-School Mentors wanted in the Comox Valley. Can you commit to helping an elementary school student for one hour/week, during school hours, through the school year? Mentoring makes a big difference in a child's life! No experience necessary, training provided. Contact Candace for more information at comox.valley@bigbrothersbigsisters.ca or 778-404-3125.



Big Brothers
Big Sisters
OF VICTORIA AND AREA

The Gardens on Anderton

More than just gardeners are needed at The Gardens on Anderton. We need people to host visitors, help in our gift/snack shop, assist with entry to concerts and more all in a beautiful garden setting. For more information e-mail: thegardensonanderton@gmail.com, check our website: www.gardensoanderton.org or visit in person: 2012 Anderton Rd (behind Anderton Nursery).



The Gardens on Anderton
...when growth happens



Low Cost Recreation

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. Register at **250-331-8520** 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

Low cost recreation opportunities are available for Comox residents on limited income. Application forms are available at comox.ca/accessible-rec or call the Community Centre at 250-339-2255 for more information. Qualified applicants receive \$425/per year towards a 50% discount on eligible programs and Fitness Studio memberships.

LEAP - Leisure for Everyone Accessibility Program

Local recreation departments provide free and discounted services for low-income individuals/families. This includes a free 52-punch card for each municipality's drop-in programs for each family member and discounts on CVRD recreation programs (1 free registered program and 4 programs at 50% off per calendar year per family member). Apply at your local recreation centre.

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!

City of Courtenay Recreation Access Program

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 courtenay.ca/forms.

For more information 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**

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.

Village of Cumberland FAIR Program

The FAIR program offers qualifying Village of Cumberland residents a credit of \$350 per calendar year that can be used toward a 50% discount on registered programs. Successful applicants also qualify for the LEAP program. For details, call **250.336.2231** or visit www.cumberland.ca/rec-financial-assistance.



Discoveries Happen Here!

Cultural and Natural History
of the Comox Valley

FOSSIL TOURS

EDUCATION
PROGRAMMES

COLLECTIONS

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Courtenay
and District

Museum
& Paleontology Centre

Book a Tour!

250-334-0686

www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7

ENCORE! MEMBERSHIP

**Join our community and enhance
your theatre experience!**

As a Sid Williams Theatre Society member you will directly support our mandate to stimulate and enhance artistic, cultural, and recreational activities for our community.

ENCORE! members also receive some great perks: Front of the line presale access, ticket discount flash sales, and more!



**SID WILLIAMS
THEATRE
SOCIETY**



442 Cliffe Avenue, Courtenay BC | 250.338.2430



sidwilliamstheatre.com



CITY OF
COURTENAY
Recreation

There are lots of volunteer opportunities at Courtenay Recreation!

(12 years & over)

Make new friends! | Learn new skills! |
Earn high school credits! | Have fun!

Ask us how!

For more information call 250-338-5371
courtenay.ca/volunteer

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

Comox Valley United Soccer

Youth Spring Program

For players born 2010 - 2019

Season runs April - June

Info on this page of our website

www.cvusc.org/valley-youth-soccer-league

Adult Programs

Info on this page of our website

www.cvusc.org/adult

For more information contact us at:

cvuscsoccer@gmail.com

250-334-0422



COMOX VALLEY SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Volleyball | Dodgeball
Floor Hockey | Indoor Soccer
Ice Hockey | Basketball | Curling



Register online by
December 15th

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



Comox Valley Minor Hockey

Learn a new sport and make some new friends. The FUN begins when you hit the ice!
Girls and boys, beginners and experienced players, from age 5 to 20.



Contact Simon Morgan for information
250-702-5259 or simonmorgan360@gmail.com



**Ladysmith | Nanaimo | Lantzville
Parksville | Comox Valley**

We know that when we engage kids, we make a big impact on their lives. At BGCCVI, we are committed to creating spaces and opportunities that support children to learn, grow, play, and thrive. Our programs help kids reach their full potential- all while having fun!

Vancouver Island's largest childcare provider!



Get paid to play!

Join our team and enjoy benefits, education, and new career possibilities!

Learn more:
www.bgccvi.com/careers

out of school care

Our licensed out of school care programs provide engaging care before and after the school day, during school breaks, and on Pro-D days. Club kids enjoy field trips, celebrations, Club events, and more!

youth groups

Interactive and inclusive hangout spaces, drop-ins, and programs for teens, offering fun activities, peer connection, and resources for making healthy choices and building healthy habits.

parenting programs

Professionally facilitated programs that are designed to help improve your relationship with your child and learn new parenting skills, strategies, and communication methods.




bgccvi.com
@bandclubofevi
@bgc.cvi

opportunity changes everything.

I Belong!
CENTRE



Try something new.
Make new friends.
Move around.
Get crafty.
Volunteer!

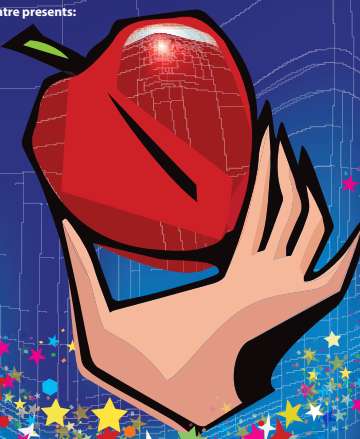
Our activities are open to people with and without disabilities.




**1465 Grieve Ave.,
Courtenay, BC
250.871.6288**

Visit us to learn more!
www.larchecomoxvalley.org

Courtenay Little Theatre presents:



Snow White
a Traditional Pantomime

Written and Directed by Mandy Tulloch*
Produced by Terry Penney and Shari Jakubiec

December 22, 27 & 29 at 7:30pm
December 23, 26, 28, 30 & 31 at 2pm
At the Sid Williams Theatre
Tickets: sidwilliamstheatre.com

*The participation of this artist is arranged by permission of Canadian Actors Equity Association under the provisions of the Dancer-Opera Theatre Policy

theatre be PACV

2023

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
- online lessons available

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



We are looking for qualified teachers to join the 4R's team. If you or someone you know may be interested, we invite you to contact us today!
phone: **250-338-4890** • e-mail: **four.rs@shaw.ca** • website: **www.4rseducation.com**

THE ORANGE TREE SERVICE



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Cape Lazo Squadron

of the Canadian Power & Sail Squadrons

Boating Courses

Boating 1 - an online study course which leads to completing the
Government issued Pleasure Craft Operators Card (PCOC)
All for the low cost of \$49.95

Boating 2 - Online or in person or blended
Continues on from Boating 1 the Pleasure Craft Operators Card basic
skills, with an in person or online course

You will also be a safer, more informed boater. Many insurance
companies offer premium discounts to those who pass our course.
The cost varies depending on in person or self-study or blended,
includes course materials. Upon successful completion, there is an
issuance of certificate

In Person 7 evenings of instruction. Family rate is available.

Boating 3 - Online or in person or blended
Continues from Boating 2 with more Navigational Skills, also online, in
person or blended. Upon successful completion,
there is an issuance of certificate

In Person 6 evenings of Instruction, Family rate is available.

VHF Radio Operators Certificate-ROC (M) - In person on a Saturday
with exam on same day or online self-study. Online self-study exams
can be virtual or in person depending on your location.

Classes are held October 2023 to April 2024 in
Courtenay, Comox or online

For details, please contact

capelazoeducation@gmail.com

On the other hand, check at our web site capelazocps.ca

If you prefer phone Charles, (250) 334-0225

**COMOX VALLEY
WILD
LACROSSE**



Registration opens in January for the Spring season.
Free learn-to-play drop-ins in February and March.
comoxvalleywild.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 programs at
dimevalleybasketball.com www.cvathletics.ca
Contact: [Peter drpedro@telus.net](mailto:Peter.drpedro@telus.net) or 250-334-7497

**COME
PLAY
RINGETTE**

A TEAM
SPORT
WHERE
**EVERYONE
PLAYS.**



**OPEN TO GIRLS AND BOYS
AGES 5 AND UP!**

comoxvalleyringette.com



For more
information



To register
today






Courtenay Recreation

Family Day!

Monday February 19

Lewis Centre & LINC Youth Centre

10:00 am - 4:00 pm

Youth Zone

Arts & Crafts

Skate Park

Live Entertainment

Concessions (cash only)

Toddler Play Space



courtenay.ca/familyday

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

Ski With Us This Winter!



Programs for Children, Youth and Adults
Recreational and Racing
Registration opens October 1
Register Today!
strathconanordics.com



Comox Valley Field Hockey Association

Outdoor Turf Sessions: Aug - Oct and/or Apr - June

Indoor Gym Session: Oct - Dec and/or Jan - Mar

Beginners welcome. Drop-in options. 13 years+

Contact us for more info at cvlfha@gmail.com



JOIN SEA CADETS!

Sea Cadets participate in local training one evening per week, optional training one evening per week, plus occasional weekends and a variety of activities throughout the year including experiences that are unique to this program.

Sea Cadets learn seamanship skills from tying knots to sailing through the waves, navigation, powerboat operations, small boat sailing, marksmanship, drill, and adventure training, all in an environment fostering teamwork and leadership. Sea Cadets have the opportunity to attend summer camps, go on international exchanges, and develop life-long friendships.

Would you like to experience FUN, FRIENDSHIP & CHALLENGES and are between the ages of 12-18?

Meet every Tuesday at 6:15-9:15pm.

For local information contact Lt(N) John Tarrington at PortAugusta189@outlook.com

To learn more about Sea Cadets visit

Facebook: <https://www.facebook.com/189PortAugusta>

Instagram: [189_port_augusta_rcscc](https://www.instagram.com/189_port_augusta_rcscc)

SIGN UP FOR FREE ONLINE



The Royal Canadian Sea Cadets is a youth program funded & delivered in partnership with The Navy League of Canada



COMOX VALLEY

Baseball Association

2024 Spring Season
runs April - June

Co-ed Baseball:
For players born
2006 - 2021

Girls Softball:
For players born
2011 - 2018



Registration Begins January 2024

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

Courtenay Recreation's

CV Gymnastics Championships

March 9, 2024

10:00 am - 2:00 pm

Lewis Centre

Ribbons Trophies Friends Concession



courtenay.ca/gymnastics

Lewis Centre 250-338-5371



COMOX VALLEY Financial Assistance Programs for Recreation Services

The Leisure for Everyone Accessibility Program (LEAP) provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department. Application forms for all regional financial assistance programs (see below) have been combined into one simple form that you can use to apply for LEAP and your home community's program in a single step. Apply by visiting your local recreation department in person or online or call one of the numbers below.



**CVRD SPORTS &
AQUATIC CENTRES'S
LEAP Program**
250-334-9622

All residents of Courtenay, Comox, Cumberland and Areas A, B & C of the CVRD are eligible for the LEAP Program - 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres. Plus each family member receives a \$350 credit that can be used towards the cost of registered CVRD recreation programs.

comoxvalleyrd.ca/rec

follow us    



**COMOX RECREATION'S
Inclusion Program (TRIP)**
250-339-2255

TRIP financial assistance is awarded to eligible Town of Comox residents and can be used for a 50% discount towards registered, non-contract programs and Fitness Studio memberships. Financial Assistance amount is awarded per person, per calendar year and can be used online, in person or over the phone for registrations and memberships.

comox.ca/rec

follow us   



**COURTENAY RECREATION'S
Recreation Access Program**
250-338-5371
250-338-1000

City of Courtenay Residents are eligible for the Recreation Access Program (RAC) - scan cards and program discounts can be used at the Lewis Centre, Florence Filberg Centre, Courtenay Outdoor Pool and LINC Youth Centre. RAC program includes annual scholarship amount to be used towards discounted programs and services, and the LEAP 52 free drop-in card.

courtenay.ca/rec

follow us  



**CUMBERLAND RECREATION'S
FAIR Program**
250-336-2231

The Financial Assistance in Recreation (FAIR) program gives qualifying Village of Cumberland residents a \$350 credit that can be used toward a 50% discount on registered programs. Credit is valid for the calendar year.

cumberland.ca/rec

follow us 

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 Comox Valley.....	250-465-0019
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 Pregnancy Care Centre.....	250-334-0058
CV Military Family Resource Centre.....	250-339-8290
CV Multicultural & Immigrant Support Society.....	250-898-9567
CV Project Watershed.....	250-703-2871
CV Transition Society.....	250-897-0511
Vancouver Island Crisis Line - Crisis Line.....	1-888-494-3888
- Office.....	1-877-753-2495
Fallen Alders Community Hall.....	fallenalders.ca
Fanny Bay Community Hall - Vanessa.....	250-335-2832
Filberg Heritage Lodge & Park Association.....	250-339-2715
Filberg Gift Shop.....	250-941-4417
Food Security Hub.....	250-331-0152
Help Line for Children.....	Zenith 1234
Immigrant Welcome Ctr.....	250-338-6359
Juvenile Diabetes Research Foundation	jdrf.ca
Keystone Artists Market-Leah.....	250-703-3296
Kid Start - John Howard Society NI Wendy.....	250-338-7341 ext 335
Kitty Cat P.A.L. Society.....	kittycatpals.com
Lilli House 24 hr Crisis Line.....	250-338-1227
MARS Wildlife Rescue & Visitor Centre.....	778-428-1990
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
Y.A.N.A.....	250-871-0343

Clubs & Organizations

Church Groups

CV Community Church The Salvation Army.....	250-338-8221
CV Presbyterian Church.....	250-339-2882
CV Unitarian Society.....	250-890-9262
Comox Community Baptist.....	250-339-0224
Comox United Church.....	250-207-5650
Shepherd of the Valley Lutheran ELCIC.....	250-334-0616

Dog Clubs

CV Kennel Club (1990) - Frank.....	250-331-0185
Forbidden Plateau Obedience & Tracking Club -Margot.....	250-338-4792

Horticulture

CV Growers & Seed Savers Society.....	cvgs.org
CV Horticultural Society.....	comoxvalleyhortsociety.ca
N.I. Rhododendron Soc.....	nirrhodos.ca

Public Speaking

CV Toastmasters - Sylvain.....	250-338-1431
Komoux Toastmasters-Gaynor.....	250-334-3664
60 Minute Toastmasters - Maggie Komar.....	250-941-7500

Other

Beekeepers Association - Urs.....	250-337-8858
Camera Club - Lin Auerbach.....	250-703-2850
CV Classic Cruisers - Richard.....	250-338-9540
CV Genealogy Group.....	info@cvgenealogygroup.org
CV Newcomers Club.....	cvnewcomers.ca
Orca Probus Club - Patrick.....	250-338-8728
Radio Control Aeronautics Assoc. - Frank.....	250-337-5320
Taoist Tai Chi Society - Sean.....	250-702-4811
CV Ukrainian Cultural Society - Sharon McEwan.....	250-871-3899
Vancouver Island Paleontology - Betty.....	250-339-7372

Seniors

Comox Senior Centre.....	250-339-5133
CV Care & Compassion Club.....	250-465-8714
CV Eldercollege.....	250-334-5000 ext 4602
d'Esterre Comox Seniors Centre.....	comoxseniors.ca
Evergreen Senior's Club.....	250-338-1000
Comox Valley Senior Support Society.....	seniorpeercounselling@shaw.ca

Health & Wellness

Al-Anon - Rene.....	250-334-2392 Jan 250-338-2947
Alcoholics Anonymous.....	250-338-8042
Canadian Cancer Society.....	250-338-5454
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 Centre.....	250-331-8502
CV Stroke Recovery Branch.....	250-890-0711
CV Head Injury Society.....	250-334-9225
CV Ostomy Support Group.....	250-871-4778
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
Take Off Pounds Sensibly (TOPS) - Jane.....	250-897-9279
Therapeutic Riding Association.....	250-338-1968
Public Health Nursing.....	250-331-8520
Wheels for Wellness Society.....	250-338-0196

Service Clubs

Amateur Radio Club- Glen.....	250-336-8205
Comox Legion - Br.160 - Cyndy.....	250-339-2022
Courtenay Legion - Branch 17.....	250-334-4322
Cumberland Legion - Br. 28.....	250-336-2361
CV Kinsmen Club - Jim Lilac.....	250-334-9444
CV Lions Club.....	250-339-6232
Royston Cumberland Lions Club.....	250-400-5415
CV Monarch Lions Club.....	e-clubhouse.org/sites/comoxvm
Elks Club #60.....	250-334-2512
Kiwanis Club - Courtenay - Bill.....	250-703-2222
Knights of Columbus - Rodger.....	250-339-1176
IODE Laura Gordon Chapter.....	
- Louisa.....	250-338-1162
Rotary Club of Comox - Victor.....	250-338-3740
Soroptimist Club of Courtenay - Sandra Longland.....	250-941-1013
Strathcona Sunrise Rotary Club - Keith.....	250-897-5055

Fairs & Festivals

Cumberlands Victoria Day Celebrations.....	cumberlandleventssociety@gmail.com
CV Exhibition.....	250-338-8177
Filberg Festival.....	filbergfestival.com

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
Softball BC Rep - Gord.....250-338-7935

Basketball

CV Youth Basketball Assoc.
- Anthony Edwards.....250-898-9973
Wheelchair Basketball - Stephane
.....cwssdocs@gmail.com

Ice Sports

CV Glacier Kings Jr. Hockey
- Iris250-338-5409
CV Minor Hockey..simonmorgan360@gmail.com
CV Ringette - Haley.....250-334-6632
CV Skating Club.....cvskatingclub.ca
Women's Ice Hockey
Teresa - Breakers.....250-702-1614

Martial Arts

VI Karate Society - Jacquie250-338-4718
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
The Academy of Martial Arts
& Fitness.....250-465-9073

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

Soccer

CV Masters - Phil.....250-338-4907
Women's Soccer - Lisa.....250-331-0281
Youth Soccer - Cheri.....250-334-0422

Other

Chimo Gymnastics.....250-339-2255
Courtenay Lawnbowling Club
.....courtenaylbc.com
CV Cougars Track & Field Club.....
.....comoxcougars.org
CV Curling Centre250-334-4712
CV Disc Golf Club.....cvdiscgolf.com
CV Pickleball Assoc.cvpickleball.ca
CV Road Runnerscvrr.ca
CV Field Hockey.....cvlfha@gmail.com
CV Horseshoe Club - Wayne.....250-207-1555
Island Charity Wrestling - Tim.....250-792-3332
Killerwhale/Lake Trail Olympic Weightlift-
ing - Ed Lafleur.....edlfier@icloud.com
Minor Lacrosse Association, CV Wild
.....comoxlacrosse.ca
Roller Derby.....brickhousebetties.ca
Junior Roller Derby.....stonecoldstellas.com
Rugby - Kicker's Club
- Aimee Eurlay.....250-703-6677
Special Olympics, CV - Randy.....250-897-1828

Outdoor Groups

Boating

Canadian Power & Sail Squadron
- Curt.....250-339-1964
Comox Bay Sailing Club..comoxbaysailingclub.ca
Compass Adventures.....compassadventure.ca
Dragon Boat Society (Blazing Paddles)
- Erica Roy.....250-703-0707
Dragon Boat Team (Dragon Rider Youth
Team).....- Peter.....250-339-7600
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
Comox Valley Canoe Racing Club.....
.....cvcanoeracing.ca
CV Rowing Club.....comoxvalleyrowingclub.ca
Comox Valley Yacht Club.....
.....comoxvalleyyachtclub.com
Comox Valley Paddlers Club
- Monica.....250-339-2950

Other

Coal Hills BMX.....coalhillsbmx.com
Comox District Mountaineering (Hiking)
Club - Ken Rodonets.....250-871-1245
CV Ground Search & Rescue.....250-334-3211
CV Naturalists Society -Robin250-339-4754
Comox Golf Club.....250-339-4444
Courtenay Fish & Game Protective
Association250-338-9122
Fanny Bay Salmonid Enhancement Society
.....250-335-1575
Tribune Bay Outdoor Ed. Centre...250-335-0080
Horne Lake.....250-248-7829
WildSpirit - Bruce Carron.....250-338-8431

Dance Groups

Argentine Tango.....250-703-3057
CV Line Dance - Joan.....250-703-6660
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukranian Dancers - Karen
.....250-339-0793 or cvdolynadancers@gmail.com
West Coast Swing Collective.....250-338-8986

Visual/Performing Arts

Comox Valley Art Gallery.....250-338-6211
Comox Valley Concert Band
- Howard250-941-1598
CV Children's Choir
.....comoxvalleychildrenschoir.com
CV Clown Club250-650-0582
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 Centrecymc.ca
Fiddlejam - Craig Freeman.....250-339-4249
Hello Strings - Helena Jung
.....250-898-1132 or gohellostrings@gmail.com
Island Voices Chamber Choir.....
.....islandvoiceschamberchoir.bc.ca
Letz Sing Community Choir
- Tina.....250-923-7709
North Island Choral Soc.- Mary ..250-338-5077
North Island Music Teachers Association
- Ginny Lawrie.....250-338-9464
Pearl Ellis Gallery.....250-339-2822
Rainbow Youth Theatre
.....rainbowtheatre.com
Strathcona Symphony Orchestra
.....250-331-0158
Theatreworks - Kim.....250-792-2031
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
H.M.C.S. Quadra.....250-339-8211
St John Ambulance - Cadet Brigade...250-897-1098

Other

Boys and Girls Club.....250-338-7582
Dragon Boating Youth Team
(Dragon Riders).....cvdragonriders@gmail.com
CV German Language School.....
.....comoxvalleygls.org
CV Girls Group - Wendy.....250-897-5568
Nature Kids.....comox@naturekidsbc.ca
CV Waldorf School - Maurissa....250-871-7777

Community Groups

Coming soon . . .

Spring & Summer Rec Guide will be combined!

In an effort to get summer information in your hands earlier, the Spring and Summer editions of the Comox Valley Recreation Guide will now be combined into one guide. This will enable you to see which summer camps and activities are being offered further in advance, helping you plan the ideal summer of recreation fun!

Stay tuned for more information on guide release and registration dates.



CVRD SPORTS & AQUATIC CENTRES  comoxvalleyrd.ca/rec 250-334-9622	COMOX RECREATION  comox.ca/rec 250-339-2255	COURTENAY RECREATION  courtenay.ca/rec 250-338-5371 250-338-1000	CUMBERLAND RECREATION  cumberland.ca/rec 250-336-2231	19 WING COMOX  cfmws.com 250-339-8211
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