

# What's Inside...



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& Aquatic  
Centres

250-334-9622  
Registration is  
ongoing

27  
Courtenay  
Recreation

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Registration starts  
Monday November 18

85  
Comox  
Recreation

250-339-2255  
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Monday November 18



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*Cover photo supplied by  
Comox Recreation*



COURTENAY RECREATION  
**WELCOME**



# Welcome!

Today's kids are growing up in a rapidly changing world. We're increasingly reliant on electronic devices, at the risk of becoming disconnected from important social and physical activities. The impacts of these behaviors on our youth could last a lifetime. That's why we're so grateful that Physical Literacy for Communities – BC has announced funding for a Comox Valley-wide initiative supporting physical, social, intellectual, mental, and emotional health of local kids. A wide range of local organizations are coming together to deliver this physical literacy project over a two-year period.

The programs in this guide can help foster physical literacy in your own family. If you need ideas or inspiration, our friendly Courtenay Recreation staff are here to help.



*Sincerely,*  
**Bob Wells**  
Mayor of Courtenay

## Courtenay Recreation

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### Program Registration

250-338-5371 or  
250-338-1000

[www.courtenay.ca/rec](http://www.courtenay.ca/rec)  
click on Winter Programs







## Lewis Centre

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

### Facility Hours

Mon - Fri 5:00 am - 10:00 pm

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 8:00 pm

### Office Hours

Mon - Fri 7:15 am - 8:45 pm

Saturday 8:30 am - 12:00 pm

& 1:15 - 4:00 pm

Sunday 8:30 am - 12:00 pm

& 1:15 - 8:00 pm



Phone: **250-338-5371**

Fax: 250-338-8600

Email: [lewis@courtenay.ca](mailto:lewis@courtenay.ca)

489 Old Island Highway,  
Courtenay, BC V9N 3P5

[www.courtenay.ca/lewis](http://www.courtenay.ca/lewis)



## Florence Filberg Centre

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

### Office Hours:

(for Florence Filberg Centre

& Native Sons Hall facilities)

Monday to Friday

8:30 am - 4:30 pm



Phone: **250-338-1000**

Fax: 250-338-0303

Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)

411 Anderton Avenue,  
Courtenay, BC V9N 6C6

[www.courtenay.ca/filberg](http://www.courtenay.ca/filberg)

### Facility Closures:

December 25 - Christmas Day

December 26 - Boxing Day

January 1 - New Year's Day



## The LINC Youth Centre & Indoor Skatepark

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

### Facility Hours:

Tuesday 3:00 - 7:00 pm

(Tween night 8 - 11 years)

Wednesday 3:00 - 8:00 pm

Thursday 3:00 - 8:00 pm

Friday 3:00 - 11:00 pm

Saturday 3:00 - 11:00 pm

Hours subject to change



Phone: **250-334-8138**

Email: [linc@courtenay.ca](mailto:linc@courtenay.ca)

300 Old Island Highway,  
Courtenay, BC V9N 3P2

[www.courtenay.ca/linc](http://www.courtenay.ca/linc)



# COZY CORNER Preschool

at the Lewis Centre  
Ages 3 - 5 years

489 Old Island Highway,  
Courtenay  
250-338-5371  
[courtenay.ca/cozycorner](http://courtenay.ca/cozycorner)



**Register now!**

Ongoing registration  
space permitting.



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

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

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

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

**Monday, Wednesday & Friday**

9:00 - 11:30 am OR

**Tuesday & Thursday**

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

**Monthly Fees**

\$125 - 2 days/week

\$165 - 3 days/week

\$25 - annual family registration fee

*Program runs September through June*

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

*Dr. Seuss*







## Parent Participation

### CHILDMINDING

(one month & up)

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

Monday - Saturday  
January 6 - March 14  
9:00 - 11:00 am

**&/or**

Mondays & Wednesdays  
January 6 - March 11  
5:00 - 6:30 pm  
Lewis Centre  
\$4/1¼ hours

### LITTLE CRUISERS

(7 - 14 months with adult)

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

**Instructor:** Sandra Allen

#49934 Wednesdays  
January 8 - March 11  
10:00 - 11:15 am  
Lewis Meeting Room  
\$1/Drop-in

### MOM & BABY YOGA

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

**Instructor:** Akiko Shima

#49411 Wednesdays  
January 8 - March 25  
11:30 am - 12:30 pm  
Lewis Salish Building  
\$108/12  
\$9/Drop-in

### TREEFROG MUSIC TOGETHER PRESCHOOL

(9 month - 5 years)

Join the beloved Music Together® program! Playful music, movement, and percussion build joy and confidence in music-making! Skills and songs carry over into your home and your child's life. \$50 materials fee due to instructor at first class.

**Instructor:** Kazimea Sokil

#49938 Wednesdays  
January 15 - March 11  
9:00 - 9:45 am  
Lewis Craft Room A

#50012 Fridays  
January 17 - March 13  
10:15 - 11:00 am  
Lewis Craft Room A  
\$122/9  
\$81/second child

### POWER HOUR PLAYTIME FUN!

(one month & up)

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

#49937 Tuesdays  
January 7 - March 10  
10:45 am - 12:00 pm  
Lewis Centre MP Hall  
\$35/10  
\$4/Drop-in



### VALEN-TEENIES

(1 month - 18 months)

Spend some quality time with your little one to celebrate Valentines Day. Make crafts, sing songs and decorate heart shaped cookies together.

#49984 Fridays  
January 31 - February 14  
11:30 am - 1:00 pm  
Lewis Craft Room A  
\$25/3

### Recreation Access

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

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



# FREE FAMILY DROP-IN PROGRAMS

- All programs are free for families to drop into
- Check out the calendar online at [courtenay.ca](http://courtenay.ca) for project schedules
- more programs on page 40

*\*Parent/Guardian participation required*

## FAMILY OPEN GYM

**FREE**

(1 - 99 years with adult)

Drop in with your family to burn off some energy. This program is mainly unstructured play time with a variety of fun equipment and toys. An instructor will facilitate large group games for a portion of the program.

#49985 Thursdays  
January 9 - March 12  
6:00 - 7:00 pm  
Lewis Centre Gym  
Free

## PARENT & TOT PLAYTIME

**FREE**

(2 - 5 years)

Join us Saturday mornings for free play and social interaction with others. Guided activities include parachute games, plasma cars, music and movement games. An adult must participate and are responsible for the supervision of their child(ren). **No class February 15 & March 7.**

#49936 Saturdays  
January 11 - March 14  
11:00 am - 12:00 pm  
Lewis MP Hall  
Free



## PARENT & TOT PAINT TIME

**FREE**

(1 - 5 years with adult)

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

#49970 Tuesdays  
January 7 - March 10  
1:00 - 2:00 pm  
Lewis Craft Room A  
Free

## 1,2,3 COME PLAY WITH ME!

**FREE**

(2 - 12 years)

Come play with hula hoops, bean bags, balls and more! This unstructured play program gives you and your littles ones a fun place for active play. **No class February 17.**

#49954 Mondays & Wednesdays  
January 6 - March 25  
11:00 am - 12:00 pm  
Lewis Centre Gym  
Free



COURTENAY EARLY YEARS



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 18 | [See page 78](#)

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# Courtenay Recreation Family Day!

## Monday February 17

**Lewis Centre &  
LINC Youth Centre**  
**10:00 am - 4:00 pm**  
**FREE**

Arts & Crafts      Live Entertainment  
Games Room      Toddler Play Space  
Skate Park      Concessions (cash only)

[courtenay.ca/familyday](http://courtenay.ca/familyday)

Lewis Centre 250-338-5371 300 Old Island Hwy, Courtenay

### TINY TU TU'S BALLET

(3 - 4½ years)

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

**Instructor:** Magi Schoffield-Reid

**#49931** Wednesdays

January 8 - March 11

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10



### MINI CHEFS

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! **No class February 15.**

**#49981** Wednesdays

January 22 - March 11

10:30 am - 12:00 pm

Lewis Craft Room A

\$75/8

**#50031** Saturdays

January 18 - February 29

9:30 - 11:00 am

Lewis Craft Room B

\$60/6

### CREATIVE MOVEMENT

(3 - 5 years)

Introduce your little one to the magical world of dance. A gentle introduction to basic elements of dance such as rhythm, drama, coordination and body awareness through imagination and movement exploration. Build on social skills through listening and taking turns. **No class February 17.**

**Instructor:** Casey Matute

**#49978** Mondays

January 13 - March 9

9:15 - 10:00 am

Lewis MP Hall

\$49/8



### SILLY SUBMARINES

(3 - 5 years)

Take a deep breath--you're about to dive into the science of the seas! Discover a whole new world of fish, sharks, crabs, whales and more through crafts, stories and games. After this course you'll be hooked! **No class February 14.**

**#50129** Fridays

January 24 - March 6

12:30 - 2:00 pm

Lewis Craft Room B

\$60/6

### FROZEN FUN JR.

(3 - 5 years)

Do you want to build a snowman? Can't get enough of Frozen movie mania? Join us to relive the magic through crafts, games and singing all your favourite songs from the soundtrack.

**#49983** Tuesdays

January 14 - March 3

9:30 - 11:00 am

Lewis Craft Room A

\$75/8

### JR. JEDI TRAINING

(3 - 5 years)

Join us at the Yavin Training Grounds where young Jedi's learn their skills. Younglings will explore the universe, build a light saber, bake chocolate chip wookies, and create an Ewok village. You don't have to travel to a galaxy far, far away to join in on this fun...

**#49982** Thursdays

January 16 - March 5

10:00 am - 12:00 pm

Lewis Craft Room A

\$75/8



# Sports & Movement

## INTRODUCTION TO SPORTS

(1½ - 5 years)

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

Thursdays

January 16 - March 5

#49951 9:15 - 10:00 am 1½ - 3 years

#49953 10:15 - 11:00 am 3 - 5 years

Lewis MP Hall

\$48/8

## DANCE PARTY

(3 - 5 years)

This is a fun program for kids who want to move and dance. This less structured program will offer guidance and movement through song while allowing participants the freedom to be creative. **No class**

**February 17.**

**Instructor:** Casey Matute

#49979 Mondays

January 13 - March 9

10:15 - 11:00 am

Lewis MP Hall

\$49/8



## LI'L KICKS SOCCER

(3 - 5 years)

Run and play games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination and fitness. **No class February 17.**

#49798 Mondays

January 13 - March 9

9:30 - 10:30 am

Lewis Centre Gym

\$56/8



## LI'L BALLERS BASKETBALL

(3 - 5 years)

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

#49989 Tuesdays

January 14 - March 3

9:00 - 9:45 am

Lewis Centre MP Hall

\$52/8



## WOO KIM

### TAEKWONDO TIGERS

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by 4th Dan kukkiwon instructor Richard Dobbs.

**Instructor:** Richard Dobbs

#49961 Tuesdays & Thursdays

January 9 - March 12

3:30 - 4:15 pm

Lewis MP Hall B

\$152/19



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

## What Does It Mean To Be Physically Active?

There are two types of play that every child needs, one being development of fine motor skills and the other being PLAY. Play uses all of children's big muscles, and moves the whole body around, which includes vigorous activity. It is this kind of whole-body physical activity that strengthens the muscles and the heart, and develops balance, coordination and agility. This helps children develop life-long habits of being active, and will help children stay healthier throughout their lives. This type of play is called "being physically active."







# Gymnastics

## FAMILY GYMNASTICS

(1 - 99 years)

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

**Instructor:** Sheri Roffey

**#49955** Tuesdays

January 7 - March 10  
11:00 am - 12:00 pm

**#49956** Wednesdays

January 8 - March 11  
10:00 - 11:00 am

Lewis Centre Gym

\$50/10 (1 adult, 1 child)

\$80/10 (1 adult, 2 children)

\$5.50/Drop-in

\$4.00/Drop-in additional child

## SPRING BREAK FAMILY GYMNASTICS

**(SB)**

(1 - 99 years with adult)

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

Monday - Friday

March 16 - 20

**#50252** 9:30 - 10:30 am

**#50253** 10:30 - 11:30 am

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

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

\$5.50/Drop-in

\$4.00/additional child

## KINDERGYM WITH TRAMPOLINE

(3 - 5 years)

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

**No class February 15 & March 7.**

**Instructor:** Sheri Roffey

**#49957** Tuesdays

January 7 - March 10  
9:45 - 10:45 am

Lewis Centre Gym

\$95/10

Wednesdays

January 8 - March 11

**#49959** 1:00 - 2:00 pm

Lewis Centre Gym

\$95/10

**#49960** Saturdays

January 11 - March 14

9:00 - 10:00 am

Lewis Centre Gym

\$76/8

## PARKOUR & PLAY

(3 - 5 years)

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

**Instructor:** Sheri Roffey

**#49757** Wednesdays

January 8 - March 11

9:00 - 9:45 am

Lewis Centre Gym

\$65/10



## GYMNASTICS NINJA KIDS

(3 - 5 years)

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

**Instructor:** Sheri Roffey

**#49952** Wednesdays

January 8 - March 11

11:00 am - 12:00 pm

Lewis Centre Gym

\$79/10



## SPRING BREAK GYMNASTICS CAMP

**(SB)**

(5 - 7 years)

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

Monday - Friday

March 16 - 20

**#50007** 12:00 - 1:30 pm

Lewis Centre Gym

\$75/5



# Physical Literacy at Courtenay Recreation

In Spring of 2019 the Comox Valley was chosen by Physical Literacy for Communities BC to receive funding for a Valley - wide initiative supporting the physical, social, intellectual, mental, and emotional health of local kids. The Physical Literacy for Communities BC (PL4C-BC) project is an initiative under the BC Physical Activity Strategy, funded by the BC Ministry of Health. The purpose of the initiative is to educate and activate local decision makers, build capacity by training leaders, and create the environment to develop physical literacy in multiple settings and sectors resulting in a positive impact on community health and well being.

## What is Physical Literacy?

It is developing the competence and confidence to move in variety of physical activities and environments. Like learning the alphabet is essential to reading and writing, learning movement skills and patterns as a child is essential to enjoying sports and activities for life.

*-Physical Literacy Association*

## Who is Physical Literacy for?

Everyone! The ideal ages for the development of basic fundamental movement skills is 0 - 12 years, however you are never too old to develop basic movement skills. Being physically literate, you have the skills and confidence needed to be physically active. Whether your goal is to engage in regular physical activity, join a sports team or league or develop habits to be physically active for life.

## Why develop your Physical Literacy?

Because it increases your physical activity, which increases the likelihood you'll be active for life! Other benefits are:

- educational success • cognitive skills • mental health
- psychological wellness • social skills • healthy lifestyle
- habits • physical health • physical fitness

## Examples of skills developed through Physical Literacy:

### BODY CONTROL

agility, balance, coordination, speed, rhythm, and more

### LOCOMOTOR

running, jumping, swimming, wheeling, skating and more

### OBJECT CONTROL

sending, receiving, dribbling, striking, kicking and more

**Practice Fundamental Movement Skills in Courtenay Recreation programs... to be Active for Life!**



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





# Spring Break



## GYMNASTICS CAMP

(5 - 12 years)

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

**Instructor:** Sheri Roffey  
Monday - Friday  
March 16 - 20

#50007 12:00 - 1:30 pm **5 - 7 years**

#50006 1:30 - 3:00 pm **8 - 12 years**  
Lewis Centre Gym  
\$75/5



## SPRING BREAK FAMILY GYMNASTICS

(1 - 99 years with adult)

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

Monday - Friday  
March 16 - 20

#50252 9:30 - 10:30 am

#50253 10:30 - 11:30 am

\$25/5 **1 adult, 1 child**

\$40/5 **1 adult, 2 children**

\$5.50/Drop-in **1 adult, 1 child**

\$4.00/additional child

## SPRING BREAK DAYCAMP

(6 - 12 years)

Do it all during these lively days of Spring Break. Games, sports, brain-teasers, arts & crafts, music, kitchen creations and more will keep you entertained all day long. Bring your lunch.

Monday - Friday

#49916 March 16 - 20

#49917 March 23 - 27

9:00 am - 4:00 pm

Lewis Craft Room A

\$125/5

\$35/day

## SPRING BREAK SPLATTER PARTY

(8 - 12 years)

Learn and play alongside abstract artist, Ashley Slade. Students will learn about layering, textures and having fun with different tools like string and sponges! And, yes, we WILL throw paint! Students leave with one large canvas. Please wear clothes that can get wrecked.

**Instructor:** Ashley Slade

#50166 Thursday March 19

3:00 - 5:00 pm

Lewis Tsolum Building

\$30

## SPRING BREAK EXPLORE ART

(6 - 12 years)

Drawing and painting fun creative projects using all sorts of art supplies. Some days we will draw, some days we will paint and then some days we will mix it up!

**Instructor:** TaraLee Houston

#49929 Monday - Thursday

March 16 - 19

9:00 am - 12:00 pm

Lewis Salish Building

\$99/4

## AERIAL ART CAMP

(10 years & over)

Explore the exciting world of aerial fabric & aerial hoop. With a focus on skill & strength building, you'll start close to the ground and then, gain height as your confidence & abilities increase. Eventually, you will be dancing in the air! Meet others who love it, too!

**Instructor:** Kaya Kehl

#49907 Tuesday, Wednesday & Thursday

March 24 - 26

10:30 am - 12:00 pm

Lewis Centre Gym

\$90/3



## 7 STORY CIRCUS CAMP

(6 years & over)

Climb aerial fabric & aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, flower-sticks & plates. Balance on stilts & rola-bola. Do hand-stands & partner acrobatics. Explore ensemble & solo work with improvisation & performance games. On the final day perform a show for friends & family!

**Instructor:** Kaya Kehl

#49904 Tuesday - Thursday

March 24 - 26

1:00 - 4:00 pm

Lewis Centre Gym

\$135/3



# Cooking Programs

## JR. CHEF

(5 - 8 years)

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

**No class February 17.**

#49996 Mondays

January 20 - March 9

3:00 - 4:30 pm

Lewis Craft Room A

\$80/7

## BAKING BUDDIES

(5 - 8 years)

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

#50004 Wednesdays

January 22 - March 11

3:30 - 5:00 pm

Lewis Craft Room B

\$90/8

## PRO D DAY - SCIENCE, ART & KITCHEN CREATIONS

(5 - 11 years)

Put your interests together as we learn about arts, science and kitchen creations. Get inspired, ignite your curiosity, tantalize your taste buds. Plenty of other fun games and activities round out the fun. Bring your own lunch. We provide the snacks.

#49926 Friday February 14

9:00 am - 4:00 pm

Lewis Salish Building

\$49

## PASSPORT TO COOKING

(7 - 12 years)

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

#49925 Thursdays

January 16 - March 5

3:30 - 5:00 pm

Lewis Craft Room A

\$90/8

## COOKING MASTERS

(8 - 14 years)

Master your cooking skills and learn how to make simple recipes. Put together a nutritious meal plan and learn some secret kitchen tips. **No class February 17.**

#49993 Mondays

January 20 - March 9

5:00 - 6:30 pm

Lewis Craft Room A

\$80/7

## SUGAR RUSH

(9 - 12 years)

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

#49999 Wednesdays

January 22 - February 26

3:45 - 5:45 pm

Lewis Craft Room A

\$99/6



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

## Birthday Parties

### Saturday Sports Sizzler

(3 years & over)

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

Saturdays starting January 11

12:30 - 2:30 pm

\$100

### Gymnastics/Trampoline

(3 - 14 years)

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

Saturdays starting January 11

11:30 am - 1:30 pm

\$100

### Lego Mania

(5 years & over)

Sundays starting January 12

2:00 - 4:00 pm

\$100

### Hoopy Party

(5 years & over)

Sundays starting January 12

12:00 - 2:00 pm

\$100

\$130/with keepsake

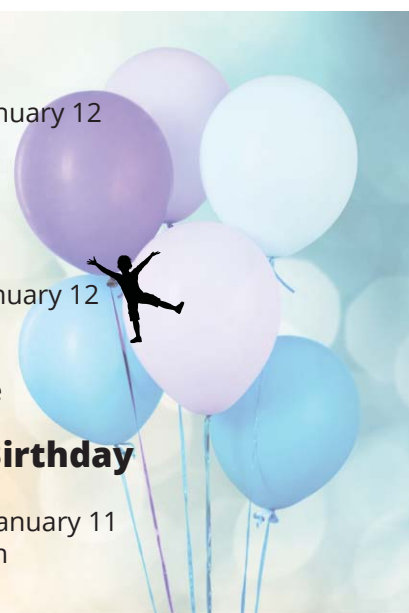
### Sweet Treat Birthday

(6 years & over)

Saturdays starting January 11

10:30 am - 12:30 pm

\$199







## Special Interest

### ST JOHN AMBULANCE BABYSITTING BASICS

(11 - 18 years)

This course teaches young people aged 11 years and older how to care for children and infants while babysitting. The course enhances awareness and safety by teaching responsible babysitting, and helping to develop skills to cope with common emergencies. A certificate of participation is issued upon successful completion of the program. Topics include becoming a babysitter, caring for kids, kids and food, getting along with kids, kids and play, keeping kids safe, handling emergencies and first aid.

**Instructor:** St John Ambulance

#49990 Saturday January 11

#49991 Saturday February 22

#49992 Saturday March 7

9:00 am - 4:30 pm

Lewis Tsolum Building

\$69

### HOME SENSE & SAFETY

(9 - 12 years)

Create a safe environment when you are home alone. Learn about meal and snack prep, household and pet safety, dealing with strangers, making emergency calls, and more.

#49921 Saturday January 25

#49922 Saturday February 22

#49923 Saturday March 7

1:00 - 3:30 pm

Lewis Meeting Room

\$25

### FROZEN FUN

(6 - 9 years)

Do you want to build a snowman? Can't get enough of Frozen movie mania? Join us to relive the magic through crafts, games and singing all your favourite songs from the soundtrack. **No class February 14.**

#50008 Fridays

January 17 - March 13

3:30 - 5:00 pm

Lewis Craft Room A

\$75/8

### FRIDAY NIGHT FUN

(7 - 11 years)

Join us every Friday for a different fun activity. You'll try different crafts, cooking and active games.

**No class February 14.**

#50009 Fridays

January 17 - March 13

5:30 - 7:30 pm

Lewis Craft Room A

\$75/8

### JEDI TRAINING

(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 brownies all while you prepare to face the First Order one last time. Enjoy this class, you will!

#50005 Thursdays

January 23 - March 12

4:00 - 5:30 pm

Lewis Craft Room B

\$75/8

### PIANO ADVENTURES

(5 - 11 years)

Music makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$45 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

Wednesdays

January 8 - March 11

#49935 4:00 - 5:00 pm **5 - 7 years**

#49924 5:00 - 6:00 pm **8 - 11 years**

Lewis Tsolum Building

\$144/10

*Check receipts for  
important program  
information.*

# Arts & Crafts

## SEWING LEVEL 1 SEWING BASICS

(8 - 14 years)

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

**Instructor:** Jean Morgan

**#49927** Tuesdays

January 21 - February 4

3:30 - 5:00 pm

Lewis Craft Room A

\$50/3

## SEWING LEVEL 2 IT'S FUN TO SEW

(8 - 14 years)

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

**Instructor:** Jean Morgan

**#49928** Tuesdays

February 18 - March 10

3:30 - 5:00 pm

Lewis Craft Room A

\$70/4

## STAINED GLASS DESIGNS

(9 - 12 years)

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

**Instructor:** Nancy Morrison

**#49930** Tuesdays

January 28 - March 3

3:30 - 5:00 pm

Lewis Craft Room B

\$90/6

## CLAY DESIGNS

(10 - 15 years)

Have some experience with clay and want to continue learning. Experience the joys and challenges of using a potter's wheel and expand your creative repertoire in working with clay. **No class February 17.**

**Instructor:** Jenja McIntyre

**#49913** Mondays

January 13 - March 9  
5:15 - 7:00 pm

Lewis Craft Room B

\$149/8

## WEAVING & TEXTILE FUN

(6 - 12 years)

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

**Instructor:** TaraLee Houston

**#49975** Wednesdays

January 15 - March 11

6:00 - 7:30 pm

Lewis Salish Building

\$75/9

## CLAY SCULPTING

(7 - 10 years)

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

**No class February 17.**

**Instructor:** Jenja McIntyre

**#49914** Mondays

January 13 - March 9

3:45 - 5:00 pm

Lewis Craft Room B

\$149/8

## DRAWING & PAINTING FUN

(6 - 12 years)

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

**Instructor:** TaraLee Houston

**#49920** Tuesdays

January 14 - March 10

6:00 - 7:30 pm

Lewis Salish Building

\$75/9





# Volunteers . . . are the Heart of the Community



Lots of Volunteer Opportunities at Courtenay Recreation

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

For more information call the Lewis Centre 250-338-5371 or [courtenay.ca/volunteer](http://courtenay.ca/volunteer) or email [lgrutzmacher@courtenay.ca](mailto:lgrutzmacher@courtenay.ca)

## Fun Free Drop-in Programs

### FAMILY PAINT NIGHT

(1 - 99 years with adult)

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

#49971 Thursdays

January 9 - March 12

6:00 - 7:00 pm

Lewis Salish Building

FREE

FREE

### PARENT & TOT PLAYTIME

(2 - 5 years)

Join us Saturday mornings for free play and social interaction with others. Guided activities include parachute games, plasma cars, music and movement games. An adult must participate and are responsible for the supervision of their child(ren). **No class February 15 & March 7.**

#49936 Saturdays

January 11 - March 14

11:00 am - 12:00 pm

Lewis MP Hall

FREE

FREE

### FAMILY SPORT NIGHT DROP-IN

(6 years & over)

Bring out the whole family and enjoy a variety of games and sports, facilitated by an instructor that will change week to week! Some of the activities will include; floor hockey, dodgeball, indoor soccer, basketball, badminton and more. Our emphasis will be on participation, team work and fun!

#49986 Fridays

January 10 - March 13

5:30 - 6:30 pm

Lewis MP Hall

FREE

FREE

### FAMILY OPEN GYM

(1 - 99 years with adult)

Drop in with your family to burn off some energy. This program is mainly unstructured play time with a variety of fun equipment and toys. An instructor will facilitate large group games for a portion of the program.

#49985 Thursdays

January 9 - March 12

6:00 - 7:00 pm

Lewis Centre Gym

FREE

FREE

### GIRLS GET ACTIVE DROP-IN

(7 - 12 years)

Girls, drop in and get active! Join us for this fun, supportive and sporty drop in class, as we try out new sports, play games, explore new movements and make new friends. If you are not too sure about playing team sports or even know what you are interested in trying, this is the class for you! Each week will be a different instructor led activity related to physical health and wellness. For example: yoga, Zumba, nutrition, archery, and more!

#49987 Thursdays

January 9 - March 12

3:30 - 4:30 pm

Lewis Centre Gym

FREE



- All programs are free to drop into.
- Check out the calendar online for project & activity schedules.
- More programs on page 30.

# 7 Story Circus

## AERIAL ARTS THE BASICS

(10 years & over)

This class is for students new to aerial fabric. With a focus on skill & strength building you'll start close to the ground and gain height as your confidence and abilities increase.

**Instructor:** Kaya Kehl

**#49908** Fridays

January 10 - March 13

3:30 - 4:30 pm

Lewis Centre Gym

\$200/10



## AERIAL ARTS INTERMEDIATE TO ADVANCED

(10 - 16 years)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more.

**Instructor:** Kaya Kehl

**#49909** Wednesdays

January 8 - March 11

6:30 - 7:30 pm

**#49910** Fridays

January 10 - March 13

4:30 - 5:30 pm

Lewis Centre Gym

\$200/10



## AERIAL ARTS ADVANCED

(10 - 19 years)

Explore the exciting world of aerial fabric and aerial hoop. This class is for aerialists with previous experience. We'll focus on skills, form, combinations, creative development, strengthening, group work & much more.

**Instructor:** Kaya Kehl

**#49905** Fridays

January 10 - March 13

5:30 - 7:00 pm

Lewis Centre Gym

\$280/10



## COMMUNITY CIRCUS 1

(6 - 12 years)

Climb aerial fabric & hang from aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diabolo, flower-sticks & plates. Balance with stilts & rola-bola. Learn to do hand-stands, increase flexibility & experience the fun of partner acrobatics. Have fun exploring ensemble & solo work with improvisation & performance games. We'll finish off with a show for our friends and family. This class is appropriate for beginners, younger students, and those with less than two seasons of circus experience.

**No class February 17.**

**Instructor:** Kaya Kehl

**#49911** Mondays

January 6 - March 9

3:30 - 5:30 pm

Lewis Centre Gym

\$225/9



## COMMUNITY CIRCUS 2

(12 - 13 years)

This class has a strong focus on ensemble work as well as individual skill building. Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals. (OR 10+years of age, with CIRCUS experience & permission by teacher). Wondering if this class is the right fit for you? Email us at: info@7storycircus. **No class February 17.**

**Instructor:** Kaya Kehl

**#49912** Mondays

January 6 - March 9

6:00 - 8:00 pm

Lewis Centre Gym

\$225/9



*January 20 classes will be rescheduled to January 19.  
March 6 classes will be rescheduled to March 8 or March 12.*

*A separate \$21 once/year 7 Story Circus membership fee must be paid to instructor for all Circus and Aerial Classes.  
See page 61 for Open Training & Handstand Class.*







## 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 skill: courtesy, confidence and perseverance. Kids over 10 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.

**Instructor:** Richard Dobbs

**#49962** Fridays

January 10 - February 28

4:00 - 4:30 pm

Lewis Activity Room

\$69/8



### WOO KIM TAEKWONDO JUNIORS - WHITE AND YELLOW STRIPE

(8 years & over)

Taekwondo is a Korean Martial art and an Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone and offers kids both mental and physical development. Students gain physically ability in strength, endurance, coordination, flexibility and balance skills all while learning core human values of courtesy, integrity, perseverance, self-control and confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

**Instructor:** Richard Dobbs

**#49877** Tuesdays & Thursdays

January 9 - March 12

4:15 - 5:15 pm

Lewis MP Hall A

\$171/19



### WOO KIM TAEKWONDO YELLOW TO GREEN BELT

(8 years & over)

Taekwondo is a Korean Martial art and an Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone and offers kids both mental and physical development. Students gain physically ability in strength, endurance, coordination, flexibility and balance skills all while learning core human values of courtesy, integrity, perseverance, self-control and confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

**Instructor:** Richard Dobbs

**#49964** Tuesdays & Thursdays

January 9 - March 12

4:15 - 5:15 pm

Lewis MP Hall B

\$171/19



### WOO KIM TAEKWONDO JUNIORS - BLUE STRIPE TO BLACK

(8 years & over)

Taekwondo is a Korean Martial art and an Olympic sport. Known for its dynamic, powerful kicks Taekwondo is a rewarding outlet for everyone and offers kids both mental and physical development. Students gain physically ability in strength, endurance, coordination, flexibility and balance skills all while learning core human values of courtesy, integrity, perseverance, self-control and confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

**Instructor:** Richard Dobbs

**#49963** Tuesdays & Thursdays

January 9 - March 12

5:15 - 6:15 pm

Lewis MP Hall

\$171/19



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

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

**BEGINNER KUNG FU**

(7 - 14 years)

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

**No class February 17.****Instructor:** Corny Martens

#49415 Mondays &amp; Wednesdays

January 6 - March 25

4:30 - 5:20 pm

Native Sons Grand Hall  
& Lower Level

\$205/23

**WOO KIM****TAEKWONDO TIGERS**

(5 - 7 years)

Taekwondo is a Korean martial art and an Olympic sport. Students learn Taekwondo with an emphasis on fun. Physical skills such as balance, co-ordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Sanctioned by the Woo Kim Taekwondo Assoc. and the BC Taekwondo Federation. All classes taught by 4th Dan kukkiwon instructor Richard Dobbs.

**Instructor:** Richard Dobbs

#49961 Tuesdays &amp; Thursdays

January 9 - March 12

3:30 - 4:15 pm

Lewis MP Hall B

\$152/19



*Taekwondo participants enjoy benefits like balance, coordination, flexibility, confidence and fun.*

**INTERMEDIATE KUNG FU**

(7 - 14 years)

Having completed the beginner class, students will begin to work more in-depth techniques for various self defense scenarios. Weapons are introduced. Students will be challenged much more, both physically and mentally. **No class February 17.**

**Instructor:** Corny Martens

#49417 Mondays &amp; Wednesdays

January 6 - March 25

5:30 - 6:25 pm

Native Sons Grand Hall  
& Lower Level

\$225/23

**BEGINNER JIU JITSU FUNDAMENTALS****NEW**

(12 years &amp; over)

Brazilian Jiu Jitsu (BJJ) is primarily a grappling martial art that focuses on ground control. This BJJ class is structured and run for new students and beginners. Basic concepts of positions, escapes and submissions will be covered. Different elements of BJJ training can be used for sport or self-defense and is a fantastic method for building physical fitness and developing character.

**Instructor:** Richard Dobbs

#50128 Tuesdays &amp; Thursdays

January 9 - March 12

7:15 - 8:30 pm

Lewis MP Hall

\$199/19



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

follow us  

REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78





## Sports & Movement

### 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. **No class February 15.**

#49838 Saturdays

January 18 - March 14

2:00 - 3:00 pm

Lewis MP Hall

\$88/8



### INDOOR SPORTS STARS

(7 - 11 years)

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

#49799 Fridays

January 24 - March 13

3:30 - 4:30 pm

Lewis MP Hall

\$64/8

### FAMILY SPORT NIGHT DROP-IN

(6 years & over)

Bring out the whole family and enjoy a variety of games and sports, facilitated by an instructor that will change week to week! Some of the activities will include; floor hockey, dodgeball, indoor soccer, basketball, badminton and more. Our emphasis will be on participation, team work and fun!

#49986 Fridays

January 10 - March 13

5:30 - 6:30 pm

Lewis MP Hall

FREE



### BIG KICKS SOCCER

(6 - 9 years)

Have fun learning the fundamental skills of a soccer player! Get to know and understand the basic rules of the game, develop your dribbling and passing skills, learn how to work cooperatively with teammates and most of all have fun! **No class February 17.**

#50167 Mondays

January 20 - March 16

3:15 - 4:15 pm

Lewis MP Hall B

\$64/8



### 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!

#49965 Wednesdays

January 22 - March 11

3:30 - 4:30 pm

Lewis MP Hall

\$64/8



### GIRLS GET ACTIVE DROP-IN

(7 - 12 years)

Girls, drop in and get active! Join us for this fun, supportive and sporty drop in class, as we try out new sports, play games, explore new movements and make new friends. If you are not too sure about playing team sports or even know what you are interested in trying, this is the class for you! Each week will be a different instructor led activity related to physical health and wellness. For example: yoga, Zumba, nutrition, archery, and more!

#49987 Thursdays

January 9 - March 12

3:30 - 4:30 pm

Lewis Centre Gym

FREE



*For more fun, free drop-in programs for children please refer to page 40 and Early Years page 31.*

## BUDDING BALLERINAS

(5 - 7 years)

Ballet provides the foundation for all forms of dance and helps your physical development. You'll enjoy this fun, light introduction to ballet and learn position, steps and movement through floor exercises, dance steps, mime and musical interpretation.

**Instructor:** Magi Schoffield-Reid

#49879 Wednesdays

January 8 - March 11

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10



## FAMILY GYMNASTICS

(1 - 99 years)

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

**Instructor:** Sheri Roffey

#49955 Tuesdays

January 7 - March 10

11:00 am - 12:00 pm

#49956 Wednesdays

January 8 - March 11

10:00 - 11:00 am

Lewis Centre Gym

\$50/10 (1 adult, 1 child)

\$80/10 (1 adult, 2 children)

\$5.50/Drop-in

\$4.00/Drop-in additional child

## TRAMPOLINE

(7 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 Roffey, Carla Pendergast & Vern Nichols

Wednesdays

January 8 - March 11

#49966 3:30 - 4:30 pm

#49967 4:30 - 5:30 pm

Lewis Centre Gym

\$100/10



## FUNDAMENTAL SKILLS

(5 - 11 years)

Join this starter program designed for children with intellectual disabilities between the ages of 5-11 years. Create skills in sport-related motor skills such as running, jumping, skipping and throwing in this fun non-competitive environment. Children will be introduced to sports such as; soccer, basketball, floor hockey and more. The FUNdamentals skills will then help children transition into community or traditional Special Olympic Programs. **No class February 17.**

#49404 Mondays

January 13 - March 16

3:30 - 4:30 pm

Lewis MP Hall

\$18/9

\$2.50/Drop-in



## Why should your child PLAY in Gymnastics?

By PLAYing in a foundation sport, children learn skills that prepare them to participate in almost every other sport! These fundamental body management skills are taught through the movement patterns such as; landings, locomotion's, swings, springs and rotations. As children continue to learn these FUNdamentals, they develop a full range of physical abilities (endurance, strength, power & flexibility) and motor abilities (agility, balance, coordination and speed).



# CV Gymnastics Championships

**Saturday March 7, 2020**  
**9:30 am - 2:00 pm**  
**Lewis Centre**

Ribbons    Trophies    Friends    Concession



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REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78





## Gymnastics

Both boys and girls will enjoy the sport of Gymnastics, for fun and fitness. Knowledgeable, playful, skilled and friendly, our qualified instructors will connect you to a lifetime love of learning and physical activity. Each class includes a thorough warm-up, time spent on gymnastics skills, technique and knowledge and a concluding activity according to gymnastics level. Our gymnastics programs follow the CanGym curriculum from which report cards are created. New students are evaluated for their starting level during the first two weeks. **No class February 15.** Must be in kindergarten. Please return previous report cards.

Tuesdays \$145/10  
Saturdays \$130.50/9  
both days \$247/19  
Lewis Centre Gym

### BOYS & GIRLS MIXED

(5 - 7 years)

#49968 Tuesdays  
January 7 - March 10  
3:30 - 5:00 pm

#49969 Saturdays  
January 11 - March 14  
10:00 - 11:30 am  
Lewis Centre Gym

### GIRLS ADVANCED

(8 years & over)

#50002 Tuesdays  
January 7 - March 10  
6:30 - 8:00 pm

#50003 Saturdays  
January 11 - March 14  
2:00 - 3:30 pm

### GIRLS GYMNASTICS

(8 years & over)

#49995 Tuesdays  
January 7 - March 10  
5:00 - 6:30 pm

#49994 Saturdays  
January 11 - March 14  
12:30 - 2:00 pm  
Lewis Centre Gym

### BOYS ADVANCED

(8 years & over)

Must have been previously assessed or have received a golden ticket.

#50000 Tuesdays  
January 7 - March 10  
6:30 - 8:00 pm

#50001 Saturdays  
January 11 - March 14  
2:00 - 3:30 pm

## GYMNASTICS ASSESSMENTS

(8 - 14 years)

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

Saturdays  
starting January 11  
11:30 - 11:45 am  
Lewis Centre Gym  
Free - please register

## BOYS GYMNASTICS

(8 years & over)

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

#49841 Tuesdays  
January 7 - March 10  
5:00 - 6:30 pm

#49840 Saturdays  
January 11 - March 14  
12:30 - 2:00 pm  
Lewis Centre Gym

## GIRLS PRE ADVANCED

(8 years & over)

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

**Instructor:** Sheri Roffey

#49997 Tuesdays  
January 7 - March 10  
6:30 - 8:00 pm

#49998 Saturdays  
January 11 - March 14  
2:00 - 3:30 pm

*Please return previous report cards.*

# Be Creative

## LIGHTS! CAMERA! CODE! ACTION!

(9 - 16 years)

In this STEAM (STEM & Art) program you will create a computer controlled camera rig and use it and other techniques to create a YouTube-ready video clip. We'll touch on using electronics, robotics, code, video editing, green screen and camera work to tell a compelling story. This is a whirlwind sampler of programs being offered at the MakeltZone. **No class February 17.**

**Instructor:** Julian Rendell

**#50071** Mondays

January 27 - March 9

5:00 - 6:30 pm

LINC Multipurpose Room

\$95/6

## AROMATHERAPY CREATE, MAKE & TAKE

(9 - 15 years)

Get in on the latest craze in this interactive workshop. You'll learn different ways to use aromatherapy for yourself. Hands on learning and safety will be covered as you create a special inhaler blend to take home with you. Will you choose a combination to make you smile, promote relaxation or focus, or that just smells fantastic? We can't wait to smell what you come up with!

**Instructor:** Deanna Papineau

**#50127** Thursday January 23

5:30 - 7:00 pm

LINC Multipurpose Room

\$25

## Recreation Access

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

## ECO PRINTING

(9 - 14 years)

Eco printing is a natural way to use plant materials to create interesting colours and designs on paper. In this class you'll learn the process of layering and bundling the plants before boiling, leaving you with unique prints that can be framed or turned into books and cards.

**Instructor:** Amy Crook

**#50176** Friday January 24

4:00 - 6:30 pm

**#50254** Saturday February 29

**#50255** Saturday March 28

10:00 am - 12:30 pm

LINC Multipurpose Room

\$29

NEW

## ART ATTACK

(10 - 15 years)

Get ready to create! We'll explore the elements of art through different materials like paints, pastels, and paper to get your artistic juices flowing. All materials included and all-levels welcome!

**#50256** Wednesdays

January 29 - March 11

5:30 - 7:00 pm

\$75/7

*Check receipts for important program information.*

11th Annual

# Gnarly Little Christmas Craft Fair

(9 - 19 years)

Sunday

December 1

10:00 am - 2:00 pm

Native Sons Hall

Free Admission

*Vendor Tables still available for \$10*

Cross items off your Christmas shopping list and support youth vendors showcasing their talents in painting, photography, jewelry, baking and more.



CITY OF  
**COURTENAY**  
Recreation

Lewis Centre 250-338-5371

[courtenay.ca/gnarly](http://courtenay.ca/gnarly)

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## LINC Winter Break Hours

TUES	WED	THURS	FRI	SAT
CLOSED Dec 24	CLOSED Dec 25	CLOSED Dec 26	3 - 11pm Dec 27	3 - 11pm Dec 28
CLOSED Dec 31	CLOSED Jan 1	3 - 9pm Jan 2	3 - 11pm Jan 3	3 - 11pm Jan 4

## 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 air hockey and dodgeball, practicing tricks in the skatepark and making tasty snacks in the kitchen. After lunch we'll relax at the wave pool!

**#50125** Friday February 14  
8:30 am - 4:00 pm  
LINC Games Room  
\$39

### SWEET & SAVOURY SURPRISE

(11 - 16 years)

Gear up for a tasty Valentine's Day on your day off of school. We'll dabble in both sweet and savoury treats to spoil yourself or to surprise someone special. We'll keep the menu a secret for now - but it is sure to be a delicious hit!

**#50126** Friday February 14  
9:00 am - 3:00 pm\*  
LINC Multipurpose Room  
\$49

*\*Pick up youth 11 years & over after 3pm for a \$2.50 drop-in at The LINC Youth Centre.*

### SK8, SCOOT, SWIM

(7 - 12 years)

Is it time to change up your winter break routine? Cruise the skatepark riding scooters and skateboards or playing dodgeball in the bowl. Or, challenge your friends to activities in the games room, complete with foosball, air hockey and pool tables! The action continues with creative snacks, cool activities and swimming at the pool. Get ready for an awesome Winter Break!

9:00 am - 4:00 pm  
LINC Skatepark

**#50169** Monday December 23

**#49351** Friday December 27

**#50170** Monday December 30

**#50257** Thursday January 2

**#50258** Friday January 3  
\$35

**#49352** Thursday January 2 & Friday January 3  
\$68/2

**#49491** Friday December 27, Thursday January 2 & Friday January 3  
\$99/3

*Or join us during Spring Break:*

Monday - Friday

**#50119** March 16 - 20

**#50120** March 23 - 27  
9:00 - 4:00 pm  
LINC Skatepark  
\$160/5



### CHOPPED

(9 - 15 years)

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

**#50123** Tuesday - Thursday  
March 17 - 19  
11:00 am - 3:00 pm  
LINC Games Room  
\$109/3



### NEW YEAR'S BAKE OFF

(9 - 15 years)

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

**#49295** Friday December 27  
11:00 am - 3:00 pm  
LINC Multipurpose Room  
\$35



# Special Interest

## SPRING BREAK SMASH UP

(10 - 16 years)

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

#50113 Monday - Friday

March 23 - 27

9:00 am - 4:00 pm

LINC Multipurpose Room

\$250/5 or

\$55/day

#50114 Monday - Rock Climbing & Virtual Reality

#50115 Tuesday - Air House Trampoline Park

#50116 Wednesday - Horne Lake Caves & Deep Bay Marine Station

#50117 Thursday - Monster Trucks, Swimming & Bowling

#50118 Friday - Go Karts & Archery Tag



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



## FOOD SAFE LEVEL 1

(13 years & up)

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

#50121 Friday March 27

9:00 am - 4:00 pm

LINC Multipurpose Room

\$98

## MOON MAIDENS

(11 - 13 years)

Connect with your peers as you explore topics like boundaries, self care, body image, intuition and more to help you through your transitional years. In our sharing circle you can seek support, bring questions, explore emotions or simply make friends and have fun learning. Together we'll craft, play and chat in an atmosphere of acceptance, openness and kindness for each other. **No class February 13.**

**Instructor:** Kendra Quince  
Thursdays

#50259 January 16 - March 5

#50260 January 16 - February 6

#50261 February 20 - March 12

Lewis Meeting Room

4:30 - 6:00 pm

\$125/8 or

\$70/4

## JOB PREP

(13 - 18 years)

Get prepared to land your first job, and gain valuable resume-building skills like cash and food handling, customer service, phone etiquette, and workplace safety. You will complete a resume, learn interview skills and tour local businesses. Receive a reference and certificate upon completion. **No class February 16.**

**class February 16.**

#50124 Saturdays

January 11 - February 29

2:00 - 5:00 pm

LINC Multipurpose Room

\$85/7

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

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

## BIRTHDAY PARTIES AT THE LINC

(8 - 18 years)

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

Saturdays 12:30 - 2:30 pm or

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

LINC Games Room

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

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

\$192/Make & Take with 3 large pizzas





## Skatepark

### PRIVATE SKATEBOARD LESSONS

(6 - 13 years)

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

**Instructor:** LINC Skatepark Staff

Tuesdays

January 14 - March 10

4:15 - 5:00 pm **or**

5:15 - 6:00 pm

LINC Skatepark

\$22/private

\$30/semi-private

(register with a friend)

**NEW**

*Drop-in to the Skatepark and keep practicing your skills! Check The LINC hours on page 51.*

### JR SK8 STARS

(5 - 7 years)

Have you ever wanted to try out skateboarding? This introductory class will get your skateboard 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 gear included. **No class February 17.**

**Instructor:** LINC Skatepark Staff

#49797 Mondays

January 13 - March 9

4:00 - 4:45 pm

LINC Skatepark

\$65/8

**NEW**

### SKATEBOARD FUNDAMENTALS

(6 - 12 years)

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

**No class February 17.**

**Instructor:** LINC Skatepark Staff

#49793 Mondays

January 13 - March 9

5:00 - 6:00 pm

LINC Skatepark

\$79/8

\$89/with rental

### SKATE SCOOT SUNDAYS

(6 - 11 years)

Do you dabble in skateboarding or scootering or wish you did? Have fun developing in either, or both sports as you learn tricks in the bowl and street sections of the park. This combo class is geared to beginner-novice riders who may want to learn new tricks or a new sport. Rentals available. **No class February 16.**

**Instructor:** LINC Skatepark Staff

#50122 Sundays

January 12 - March 8

9:45 - 10:45 am

LINC Skatepark

\$79/8

\$89/with rental

### SK8 LIKE A GIRL

(6 - 12 years)

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

**No class February 17.**

**Instructor:** LINC Skatepark Staff

#50262 Mondays

January 13 - March 9

6:15 - 7:00 pm

The LINC Skatepark

\$65/8

### ADULT SKATE 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 canceled if numbers are low. Helmets require and available.

**No drop-in February 17.**

Mondays

January 6 - March 9

7:00 - 9:00 pm

LINC Skatepark

\$40/11 punch pass

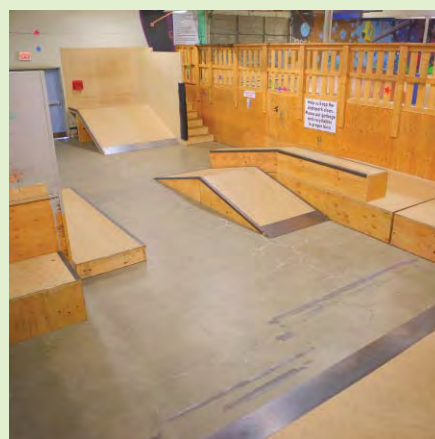
\$4/Drop-in



# THE LINC

## youth centre & Indoor Skatepark

300 Old Island Highway, Courtenay  
250-334-8138



### WHAT WE OFFER

indoor skatepark  
skateboard & scooter rentals  
youth-access computers  
digital arts media & tech nights  
ping pong, air hockey  
foosball, pool  
XBox 360, PS2, Wii  
Super Nintendo, Nintendo  
concession, kitchen  
big screen TV  
outdoor basketball court  
outtrips, special events  
private rentals

### WINTER HOURS

**Monday (16+) 7 - 9 pm**

(Adult Skate Night)

**Tuesday 3 - 7 pm**

(Tween Night 8 - 11 years)

**Wednesday 3 - 8 pm**

**Thursday 3 - 8 pm**

**Friday 3 - 11 pm**

**Saturday 3 - 11 pm**

*\*skatepark is open to all ages Wed - Sat*

### FEES

**Youth (8 - 18 years):**

\$2.50 drop-in  
\$15/month membership  
\$25/11 punch pass

**Adult (Skatepark ONLY):**

\$4 Drop-In  
\$20/month membership  
\$40/11 punch pass

COURTENAY YOUTH

### HOMESCHOOLERS DROP-IN

(5 years & over)

Get active and have fun at The LINC. This special drop-in time gives you access to all the games room amenities (pool, ping pong, air hockey, foosball, computers & more) and the skatepark for skateboarding, scootering and dodgeball!

Fridays

January 17 & 31, February 29 & March 13

1:00 - 3:00 pm

LINC Games Room

& Skatepark

\$2.50/Drop-in

### WINTER BREAK FAMILY DROP IN

(all ages welcome with an adult)

Enjoy The LINC as a family! Ride the bowl, play ping pong, air hockey and foosball, sing along to karaoke, and just have FUN! Don't forget to join us on Family Day too! See page 32 for details.

Saturdays

December 28 & January 4

11:00 am - 3:00 pm

LINC Games Room

& Skatepark

\$5/family drop-in



follow us

REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78

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# Adapted Programs

for Adults with Disabilities (18 years & over)



## Sponsored FREE Programs

### ART CARDS

Make beautiful cards to sell. One hundred percent of the proceeds from the sales are shared by the artists. **No class February 17.**

Mondays

January 6 - March 9

#49787 10:00 - 11:00 am or

#49788 1:00 - 2:00 pm

Lewis Craft Room A

*Pre-registration required*

### MONDAY MORNING RECONNECT

Participate in therapeutic group activities. Connect brain and body with relaxation and stretching. Join in with gentle music and movement. **No class February 17.**

#50137 Mondays

January 13 - March 9

10:30 - 11:30 am

Lewis Activity Room

*Limited spaces, register early*

### FITNESS

Adapted conditioning exercises for the whole body & mind.

#49789 Wednesdays

January 8 - March 18

10:15 - 11:00 am

Lewis Activity Room

Drop-in

### CHAIR FIT

An upbeat and gentle workout class for those who need to walk or sit. All ages welcome. Note: No cardio component. **No class January 17 & February 14.**

#49790 Fridays

January 10 - March 20

10:45 - 11:45 am

Lewis MP Hall

*Pre-registration required*

### CELEBRATION CIRCLE

This Friday afternoon hour will be a chance to wrap up the week, celebrate successes and have some social fun! Participatory music and movement like the Banjo Song and other action and participation songs. **No class February 14.**

#50181 Fridays

January 17 - March 13

1:00 - 2:00 pm

Lewis Craft Room A

*Pre-registration required*

## YOUNG ADULT CLUB

(ages 18 - 35)

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

#49791 Tuesdays

January 7 - March 10

6:00 - 8:00 pm

Craft Room A

\$30/10 weeks

plus activity costs

*Winter Registration for Adapted Programs starts Monday, November 25.*

## FUN DROP-IN @ THE LINC

(19 years & over)

You are invited to come, play and meet people! Family, friends, and caregivers welcome to join the **Building Friendships** Program. Closed stat holidays, December 24 & 31.

Mondays

ongoing

2:30 - 5:00 pm

The LINC Youth Centre

Free

FMI: Karen 250-338-5371

*Check out more Registered & Drop-in Activities in our Newsletter, released November 18!*



## Volunteers Needed!

Volunteers are the key to participation in any program. Call **250-338-5371** or email **lgrutmacher@courtenay.ca**

*Adapted Programs in partnership with:*





## ADAPTED BOWLING LEAGUES

Strike up some new friendships!  
New participants always welcome.  
Join us for a social time!

#49704 Tuesdays

#49705 Wednesdays  
ongoing  
3:00 - 4:00 pm  
Codes Country Lanes  
\$5/registration  
+ \$3.50/weekly dues

## SEWING

Join us for another session of sewing creativity.

#50264 Tuesdays

January 14 - February 25  
12:30 - 2:30 pm  
Craft Room B  
\$65/7  
(includes supplies)

*Winter Registration for  
Adapted Programs starts  
Monday, November 25.*

## TGI . . . THURSDAY!

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

#5065 Thursdays

January 16 - March 12  
1:00 - 2:00 pm  
Activity Room  
\$45/9



## KARATE

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

#49792 Fridays

January 10 - March 13  
10:15 - 11:45 am  
Lewis Centre Gym  
\$60/10

## TOTALLY AWESOME 80'S DANCE

Dress totally rad! Prizes for best 80's style!

#50183 Friday January 17  
12:30 - 2:30 pm  
Lewis MP Hall  
\$2

## VALENTINE'S DANCE

Join us for our ever popular evening Valentine Dance!

#50182 Friday February 14  
12:30 - 2:30 pm  
Lewis MP Hall  
Free!



Comox Valley Accessibility Committee  
Building a Barrier Free Society  
See page 119 for details

# Winter Special Events

## BINGO WITH SANTA!

Prizes for everyone. Spaces limited, register early.

#49715 Thursday December 12  
10:30 - 11:45 am  
Lewis MP Hall  
\$2

## WINTER

## WONDERLAND DANCE

Drink & snack included. And a visit from Santa!

#49719 Friday December 13  
12:30 - 2:30 pm  
MP Hall  
\$2

## GINGERBREAD HOUSES

Decorating Gingerbread Houses is a favourite festive activity! Register by Monday December 2.

#49718 Wednesday December 4  
1:00 - 2:15 pm  
Craft Room A  
\$6

## CHEF SPECIALTIES

Celebrate the Christmas season by joining Cathy in the kitchen and making an edible Xmas wreath and cappuccino drink mix.

#49725 Wednesday & Thursday  
December 18 & 19  
12:30 - 2:30 pm  
Craft Room B  
\$20





# Arts & Crafts



COURTENAY ADULT

## PAINTING ANIMALS

This course will help you make sense of animal anatomies, show easy ways of dealing with the shapes presented, teach how to do fur feathers and other textures, the foreshortening of limbs and face, how to depict facial expression and also to add personality. Paint your own pet or favourite animal. **No class February 17.**

**Instructor:** Teresa Knight

**#49973** Mondays

January 13 - March 9

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

## WATERCOLOUR FOR BEGINNERS

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

**Instructor:** Teresa Knight

**#49878** Thursdays

January 23 - March 12

6:00 - 8:00 pm

Lewis Craft Room B

\$99/8

## BEGINNER PAINTING LANDSCAPES OIL OR ACRYLICS

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

**Instructor:** Teresa Knight

**#49751** Wednesdays

January 22 - March 11

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

## BEGINNERS PAINTING (OIL AND ACRYLICS)

Learn the basics you'll need to have a solid foundation in painting. You'll learn how to draw, mix colours, recognize and get accurate tone, create great compositions and more! All in easy steps with a great atmosphere! **No class February 18.**

**Instructor:** Teresa Knight

**#49754** Tuesdays

January 21 - March 17

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

## SILVER SPINNER RINGS

Learn how to size and create a unique spinner ring of your own design. You will saw, texture and decorate the ring blank. It will be soldered shut and then embellished with copper or brass spinners, polished and a patina applied if so desired. If time allows a 2nd spinner ring can be made in copper. All materials provided and a \$50 dollar material fee required from each student.

**Instructor:** Cheryl Jacobs

**#50131** Sunday January 12

**#50132** Sunday March 8

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## CHANDELIER EARRINGS

Working with silver, copper and brass, chain, pearls and semi-precious stones and beads. Imagine a chandelier in miniature with many different coloured stones and pearls and that is what this class is all about. All materials provided and a \$50 dollar material fee required from each student.

**Instructor:** Cheryl Jacobs

**#50133** Sunday January 19

**#50134** Sunday March 22

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## ART WITH HEART

Come relax and rejuvenate while getting creative in a safe environment that is meant to nurture each individual's level of explorations. Make art and projects focused on gratitude and positive affirmations. Meditative and expressionistic explorations will also be guided on this retreat to get you started on the right path this year!

**Instructor:** TaraLee Houston

**#49988** Saturday January 25

9:00 am - 4:00 pm

Lewis Tsolum Building

\$75



## STAINED GLASS 101

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

**Instructor:** Nancy Morrison

**#49873** Tuesdays  
January 28 - March 17  
7:00 - 9:00 pm  
Lewis Craft Room B  
\$115/8

## CLAY WORKS

Whether you like traditional sculpture or would like to create funky, functional pieces of art, this class is for you. We will be using under-glazes and glazes to finish the sculptures. Tools, under-glazes and some glazes will be provided.

**No class February 17.**

**Instructor:** Jenja McIntyre

**#49852** Mondays  
January 13 - March 9  
7:30 - 9:00 pm  
Lewis Craft Room B  
\$149/8

## ADVANCED SOLDERED BEACHSTONE & SILVER

A one day workshop with instructor Cheryl Jacobs, working again with beachstones and silver, we take this new class to the next level. Soldered silver wire will be shaped and manipulated into various designs to hang beachstones and beachglass from. Earrings and or pendants will be designed and made by each student. All materials provided and a \$50 dollar material fee required from each student.

**Instructor:** Cheryl Jacobs  
**#50135** Sunday February 23  
9:30 am - 4:30 pm  
Tsolum Building  
\$85

## STAINED GLASS STEPPING STONES

Turn your garden into a tropical paradise with our colorful stained glass stepping stones. These mosaic stepping stones can be used in the garden or as a patio table top. You will learn the basics of cutting glass, grinding, working with patterns and assembling designs. A \$40 supply fee due to the instructor.

**Instructor:** Nancy Morrison

**#49874** Wednesdays  
January 29 - February 12  
7:00 - 9:00 pm  
Lewis Craft Room B  
\$45/3

## CEDAR BRACELET WEAVING

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

**Instructor:** Avis O'Brien

**#49844** Monday February 24  
10:00 am - 1:00 pm  
Lewis Tsolum Building  
\$40

## CEDAR BASKET WEAVING

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

**Instructor:** Avis O'Brien

**#49842** Mondays  
January 6 - 20  
10:00 am - 12:00 pm  
Lewis Tsolum Building  
\$75/3

## INTRO TO STAINED GLASS

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

**Instructor:** Nancy Morrison

**#49862** Tuesday January 21  
6:30 - 9:30 pm  
Lewis Craft Room B  
\$30

## MOSAIC OCEAN SCENE

With templates of starfish, shells and seaweed you will arrange and create an ocean scene incorporating stained glass, beach glass and rocks. Glued and grouted onto a 12' round of wood this can be used as a Lazy Susan center piece or as a decorative Wall Plaque. Mosaic is a fun, easy and very creative process. Additional \$40 material fee due to instructor.

**Instructor:** Nancy Morrison

**#49867** Wednesdays  
February 19 - March 25  
7:00 - 9:00 pm  
Lewis Craft Room B  
\$90/6





## Special Interest

### DRAWING INSPIRED BY NATURE LEVEL 2

(19 years & over)

Learn to create accurate proportions, capture movement, and use values to emphasize form.

**Instructor:** Lupine Art

**#50151** Mondays

January 13 - February 10  
6:00 - 8:00 pm

**#50152** Tuesdays

January 14 - February 11  
10:00 - 12:00 pm  
\$159/5

### WRITING YOUR MEMOIRS

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

**Instructor:** Kara Foreman

**#49974** Saturday January 18

1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$35

### ALCOHOL INK PAINTING FOR BEGINNERS

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

**Instructor:** Ashley Slade

**#50160** Thursday January 23

**#50161** Thursday February 20

**#50162** Thursday March 26  
Lewis Tsolum Building  
6:00 - 8:00 pm  
\$50

### INTRODUCTION TO NUMEROLOGY

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

**Instructor:** Kara Foreman

**#49864** Saturday February 29

1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$35

### LEARN ABOUT NORWAY

Interested in traveling to Norway or curious about the country? This class will go through various topics about Norwegian culture, language and current events.

**Instructor:** Sonya Jenssen

**#50168** Tuesdays

January 21 - February 11

6:30 - 8:30 pm

Filberg Soroptimist Lounge  
\$99/4

### READING THE TAROT

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

**Instructor:** Kara Foreman

**#50177** Saturday February 1

1:00 - 4:00 pm

Filberg Soroptimist Lounge  
\$35

### VERY BEGINNER DRAWING WORKSHOP

(19 years & over)

Never drawn before? This is where to start! Take this workshop to get introduced to the basics.

**Instructor:** Lupine Art

**#50145** Sunday January 5

10:00 am - 1:00 pm

**#50146** Monday January 6

5:30 - 8:30 pm

**#50147** Tuesday January 7

9:30 am - 12:30 pm

**#50148** Sunday February 23

9:30 am - 12:30 pm

**#50149** Monday February 24

5:30 - 8:30 pm

**#50150** Tuesday February 25

9:30 am - 12:30 pm

Lupine Art Studio  
\$59/each





## KICK THE SUGAR HABIT

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

**Instructor:** Katrina Roos

**#49865** Tuesday January 7  
7:15 - 8:15 pm  
Lewis Meeting Room  
\$10

## COOKING WITH SONJA

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

**#50153 Healthy Chocolate Treats**  
Monday February 10  
Filberg Conference Hall

**#50155 Asian Dumpling Trio**  
Wednesday February 19  
Filberg Conference Hall

**#50156 Sweet & Savoury Pies**  
Thursday March 5  
Filberg Conference Hall

**#50157 Nuts & Seeds for You (Vegan Alternatives)**  
Wednesday March 11  
Filberg Conference Hall

**#50158 Appetizers for all Occasions**  
Wednesday March 25  
Upper Native Sons Hall  
6:00 - 9:00 pm  
\$49/each

## INSTAGRAM BASICS FOR BUSINESS

Instagram has over 1 billion active monthly users and 70% will check a business online before going in store. In class, you will create a profile, learn all basic vocabulary and functions, and learn how to make a month's worth of posts in 2 hours or less! Easy!

**Instructor:** Ashley Slade

**#50159** Sunday January 26  
1:00 - 4:00 pm  
Filberg Soroptimist Lounge  
\$120

## EMOTIONAL EATING

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

**Instructor:** Katrina Roos

**#49972** Tuesday January 28  
7:15 - 8:45 pm  
Lewis Meeting Room  
\$15

## MINDS IN MOTION

(50 years & over)

This class is designed for people living with early stage memory loss due to Alzheimer's disease or a related dementia and a friend, family member or caregiver. Enjoy light exercise followed by activities or games in a relaxed atmosphere. Light refreshments will be provided.

Wednesdays

**#49437** January 8 - February 12

**#49438** February 19 - March 25  
1:00 - 3:00 pm  
Native Sons Lower Level  
\$45/6

## LEARN TO MAKE SUSHI

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

**Instructor:** Norie McGillivray

**#50165** Fridays  
January 17 - 31  
6:00 - 8:00 pm  
Lewis Craft Room B  
\$130/3

## UNDERSTANDING NUTRIENTS A-ZINC

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

**Instructor:** Alice Russell, R.H.N.

**#50263** Thursday January 23  
7:00 - 8:00 pm  
Filberg Soroptimist Lounge  
\$15

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





## Music RECORDER

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

**Instructor:** Debbie Ross

**#49871** Wednesdays

January 8 - March 25

1:00 - 2:00 pm

Lewis Tsolum Building

\$192/12

## PIANO - BEGINNERS

(55 years & over)

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

**Instructor:** Debbie Ross

**#49868** Wednesdays

January 8 - March 25

2:00 - 3:00 pm

Lewis Tsolum Building

\$192/12

## TREEFROG MUSIC PARENT BEGINNER GUITAR

You can be a rock star for your kid! Using songs from the current Music Together® curriculum, we'll learn chords, strumming patterns, and more! Absolute beginners welcome. Ukuleles, banjos, mandolins also okay! For parents of current Music Together students only. A \$20 material fee due to instructor at first class.

**Instructor:** Kazimea Sokil

**#49876** Fridays

January 24 - March 13

9:00 - 10:00 am

Lewis Craft Room A

\$100/9

## BEGINNER'S BLUES HARMONICA

The harmonica is a versatile instrument that can be heard in music ranging from folk and country to jazz and rock, but the harmonica is truly at home with the blues. No previous musical experience is necessary. Beginner Blues Harmonica. **No class February 17.**

**Instructor:** Larry Ayre

**#49752** Mondays

January 27 - March 9

6:00 - 7:00 pm

Lewis Tsolum Building

\$75/6

## INTRODUCTION TO FINGERPICKING 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 both for beginner and intermediate level guitarists.

**Instructor:** Larry Ayre

**#49863** Thursdays

January 9 - February 13

1:45 - 3:00 pm

Lewis Craft Room B

\$90/6

## STRUM ALONG GUITAR

Learn to strum along to some of your favourite familiar songs. This easy beginner guitar course will teach you chord and rhythm basics. All you need is a guitar!

**Instructor:** Larry Ayre

**#49861** Thursdays

February 20 - March 26

1:45 - 3:00 pm

Lewis Craft Room B

\$90/6

## PIANO - BEYOND BEGINNERS

(55 years & over)

Are you looking for a way to continue to improve your piano skills? These small group classes are for participants with a little experience that would like to study the basics of music, and then choose more! The first book is \$34 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

**#49869** Wednesdays

January 8 - March 25

3:00 - 4:00 pm

Lewis Tsolum Building

\$192/12





# Mind & Body

## BEGINNERS

### AFRICAN DRUMMING

Drumming in community is good for your physical and mental health, and a great way to balance the left and right hemispheres of the brain. This class is for those new to drumming or those not ready to move to the beyond beginner level. Please contact instructor if unsure. **No class February 13.**

**Instructor:** Monica Hofer

**#49856** Thursdays

January 9 - March 26

5:00 - 6:00 pm

Native Sons Lower Level  
\$154/11

## INTERMEDIATE

### AFRICAN DRUMMING

Join Monica Hofer, local hand drumming instructor and drum circle facilitator, and get into your weekly 'groove'! New rhythms taught every week; opportunities to work on djembe as well as bass (dun) drums! Great for the mind, the body and the spirit. This class is intended for those with previous experience. **No class February 17.**

**Instructor:** Monica Hofer

**#49858** Mondays

January 6 - March 23

11:45 am - 12:45 pm

Native Sons Grand Hall  
\$154/11



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

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

## DRUMS ALIVE GOLDEN BEATS

'Golden Beats' is a new Drums Alive offering especially designed for seniors and those recovering from injuries. It is a lighter workout for the entire mind, body and spirit that is modified for those who would like to enjoy a slower pace. **No class February 27.**

**Instructor:** Monica Hofer

**#49859** Thursdays

January 9 - March 26

10:30 - 11:30 am

Native Sons Grand Hall  
\$77/11



## BEYOND BEGINNERS AFRICAN DRUMMING

Looking for a place to enhance your drumming skills? Not a beginner and not quite ready to leap to intermediate level? This is the class for you! This class will cater to returning 'beyond beginner' drummers and those ready to move up from beginners level. Please contact instructor if unsure.

**No class February 26.**

**Instructor:** Monica Hofer

**#49857** Wednesdays

January 8 - March 25

5:30 - 6:30 pm

Native Sons Grand Hall  
\$154/11

## DRUMS ALIVE POWER BEATS

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Work out to your comfort level, pounding on fitness balls while grooving to great music. It is movement with music, sound and dance that is perfect training for the whole body! **No class February 26.**

**Instructor:** Monica Hofer

**#49860** Wednesdays

January 8 - March 25

7:00 - 8:00 pm

Native Sons Grand Hall  
\$77/11



## BRAIN FIT

In this fun and engaging program learn how to boost your cognitive and mental health. Learn how the brain changes with age or illness, explore the process of memory and attention, and how we incorporate functional strategies and techniques into our daily life. Create a home program to support continued brain health.

**Instructor:** Martina Forster

**#49980** Thursdays

February 20 - March 26

11:00 am - 12:00 pm

Filberg Soroptimist Lounge  
\$99/6





# Dance

## NIA

Nia is fusion dance fitness that moves you - body and soul! We move every muscle, flowing through dynamics of power and grace, stability and agility, to music that uplifts and invigorates. Everyone welcome in this body positive class, with modifications for all levels of ability. **No class February 17.**

**Instructor:** Ann Marie Lisch

**#49687** Mondays

January 6 - March 23

5:30 - 6:45 pm

Filberg Rotary Hall

\$110/11

## LINE DANCE PARTY

Line Dancing isn't just Country anymore! Dancing to Pop, Country, and more, you will learn basic dance steps, burn calories, and have loads of fun! It keeps the brain fit as well! No partner needed, this class is for anyone who loves to dance, experienced or new. Join us for some Great Exercise, Great Fun and Great Music. Free the dancer in you! **No class February 13.**

**Instructor:** Darlene Birtwistle

**#49855** Thursdays

January 16 - March 19

7:00 - 8:00 pm

Native Sons Grand Hall

\$52/9

## ADULT JAZZ

Join this upbeat dance class designed for adults. This class incorporates basic elements of dance such as rhythm, footwork, isolations, balance, flexibility and music. You will get your heart rate up while using jazz technique. Intermediate classes are a faster paced class for those with former dance training. **No class February 17.**

**Instructor:** Casey Matute

**#49977** Mondays **Intermediate**

January 13 - March 9

7:00 - 8:00 pm

Lewis Activity Room

\$46/8

**#49976** Wednesdays **Beginner**

January 8 - March 11

6:30 - 7:30 pm

Lewis Activity Room

\$52/9

## Recreation Access

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

## BACHATA DANCE

### LEVEL 1

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

**Instructor:** Rahel Mashruky

**#49750** Wednesdays

January 15 - March 18

7:00 - 8:00 pm

Filberg Conference Hall

\$60/10



## SILVER SWANS BALLET

(55 years & over)

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

**Instructor:** Jenna Flint

**#49872** Tuesdays

January 7 - March 24

6:30 - 7:30 pm

Lewis Activity Room

\$72/12



## LINE DANCE

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 13 & 25.**

**Instructor:** Joan Wydenes

**#49854** Tuesdays **Intermediate**

January 7 - March 24

1:00 - 2:00

Native Sons Hall

\$66/11

\$6.50/Drop-in

**#49853** Wednesdays **Beginner**

January 8 - March 25

1:00 - 2:00 pm

Lewis Centre

\$72/12

\$6.50/Drop-in



# 7 Story Circus

## COMMUNITY CIRCUS 2

(14 years & over)

This class has a strong focus on ensemble work as well as individual skill building. Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals. (OR 10+years of age, with CIRCUS experience & permission by teacher). Wondering if this class is the right fit for you? Email us at: [info@7storycircus.com](mailto:info@7storycircus.com). **No class February 17.**

**Instructor:** Kaya Kehl

**#49845** Mondays

January 6 - March 9

6:00 - 8:00 pm

Lewis Centre Gym

\$225/9



*January 20 classes will be rescheduled to January 19.*

## ADULT AERIAL ARTS

For beginner - advanced aerialists. Focus is on skill & strength building, starting close to the ground, gaining height as your confidence & abilities increase. Meet others who love it, too! For show info follow us at [7storycircus.com](http://7storycircus.com), Facebook & Instagram. **No class February 20.**

**Instructor:** Kaya Kehl

**#49848** Wednesdays

January 8 - March 11

7:30 - 8:30 pm

Lewis Centre Gym

\$200/10



**#49847** Thursdays

January 9 - March 5

9:30 - 11:00 am

Lewis Centre Gym

\$224/8

## OPEN TRAINING

(10 years & over)

Practice more, be excellent, have fun; be inspired by others who are training and working on their skills, too! All equipment is available for practice. This is a supervised, non-instructional class open to anyone with circus &/or aerial experience. Info at [7storycircus.com](http://7storycircus.com), Facebook & Instagram.

**Instructor:** Kaya Kehl

**#49851** Fridays

January 10 - February 28

7:15 - 8:15 pm

Lewis Centre Gym

\$10/Drop-in



## PROFESSIONAL OPEN TRAINING

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

**Instructor:** Kaya Kehl

**#49846** Thursdays

January 9 - February 27

11:00 am - 12:30 pm

Lewis Centre Gym

\$5/Drop-in



## HANDSTAND CLASS

(12 years & over)

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

**Instructor:** Kaya Kehl

**#49850** Wednesdays

January 8 - February 26

5:00 - 6:00 pm

Lewis MP Hall

\$120/8



COURTENAY ADULT

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



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78



## ADULT WOO KIM TAEKWONDO

(13 years & over)

This fast-paced program is designed to give participants a full body workout all while building a new skill. 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

**#49702** Tuesdays & Thursdays

January 9 - March 12

6:15 - 7:15 pm

Lewis MP Hall

\$189/19



## BEGINNER JIU JITSU FUNDAMENTALS

(12 years & over)

Brazilian Jiu Jitsu (BJJ) is primarily a grappling martial art that focuses on ground control. This BJJ class is structured and run for new students and beginners. Basic concepts of positions, escapes and submissions will be covered. Different elements of BJJ training can be used for sport or self-defense and is a fantastic method for building physical fitness and developing character. **Instructor:** Richard Dobbs

**#50128** Tuesdays & Thursdays

January 9 - March 12

7:15 - 8:30 pm

Lewis MP Hall

\$199/19



## ADULT KUNG FU

(14 years & over)

Applied Body Mechanics Ving Tsun is a tested system of Chinese Boxing that emphasizes small movements for maximum results. This class is skill-based training in an encouraging, safe and non-threatening environment. Practitioners will develop fast hands and good body structure through progressive sparring drills and pad work.

**No class February 12 & 17.**

**Instructor:** Corny Martens

**#49418** Mondays & Wednesdays

8:00 - 10:00 pm

& Saturdays

10:30 am - 12:00 pm

January 6 - March 28

Native Sons Lower Level/

Lewis Activity Room

\$357/3 classes/week

\$252/2 classes/week

\$126/1 class/week



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

## TAI CHI

(50 years & over)

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

**Instructor:** Ivy Wang

Wednesdays

January 8 - March 25

**#49700** 9:00 - 10:00 am

**#49699** 10:00 - 11:00 am

**#49701** 11:15 am - 12:15 pm

Native Sons Lower Level

\$180/12



## EVENING TAI CHI

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

**Instructor:** Albert Balbon

**#49698** Thursdays

January 9 - March 26

7:15 - 8:15 pm

Lewis Meeting Room

\$96/12



## ADULT GYMNASTICS

(15 years & over)

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

**Instructor:** Breanne Hague & Sheri Roffey

**#49694** Tuesdays

January 7 - March 10

8:00 - 9:00 pm

Lewis Centre Gym

\$90/10

\$10/Drop-in





## INTRO TO NORDIC POLE WALKING

(55 years & over)

Learn the correct Nordic pole walking technique, the difference between Nordic poles and other walking poles, and why Nordic pole walking is such an effective fitness activity for you - including you burn 46% more calories over walking without poles, use 90% of your body muscles, it improves your endurance, cardio, posture, balance, and much more. **No class April 10.**

**Instructor:** Catherine Egan

**#49692** Fridays

March 6 - May 1  
11:00 am - 12:00 pm  
\$80/8



## COMOX ROAD RUNNERS

Celebrate the New Year in style - Lifestyle that is! Take advantage of the 34th annual 5k running and walk/run clinic to rev up your fitness. Whether you are a walker who wants to run; a runner wanting to race; or you've taken a break from running and want a fun group setting to get back into it, we have a group for you. Structured walk only group? We have that too! Throughout the ten weeks you'll hear talks from specialists in the community on footwear, apparel, nutrition, injury prevention, stretching, cross training and more. For more info contact Eric at mckechneieric8@gmail.com. Prices increase January 18. \*February 1st class will be held at the Elks Hall

**Instructor:** Comox Valley Road Runners

**#49734** Saturdays

January 18 - March 21  
8:30 - 11:30 am  
Native Sons Lower Level  
\$50/before January 18  
\$55/after January 18

## NORDIC POLE WALKING LEVEL 2

(55 years & over)

Are you a runner or hiker with sore knees, physically active and looking for a low impact outdoor fitness sport - why not try Nordic pole walking? Nordic pole walking is a total body workout for cardio, strength and flexibility. The focus in this class is fitness training with Nordic poles using different terrains and elevation in our local parks. **No class April 10.**

**Instructor:** Catherine Egan

**#49693** Fridays

March 6 - May 1  
12:30 - 1:30 pm  
Lewis Centre  
\$80/8



## PICKLEBALL

Join in and have fun playing this exciting paddle game! Like a mini tennis game Pickleball is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic style baseball. Equipment will be provided. **No program February 13, 25 & 27.**

**#49695** Tuesdays & Thursdays

January 7 - March 26  
2:30 - 4:30 pm  
Native Sons Grand Hall  
\$2.50/Drop-in

## BASKETBALL FRIDAY NIGHT DROP IN

Looking for some gym time to drop in and play a pick-up game of basketball or shoot around with your friends without any commitment? Join us on Friday nights and enjoy the flexibility of drop-in basketball! Open to participants 16+ yrs. of age.

**#49689** Fridays

January 10 - March 27  
7:30 - 9:30 pm  
Lewis MP Hall  
\$3/Drop-in

## ALL AGES BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport! Set up & play is self directed. **No class February 17 & March 6.**

**#49691** Mondays, Thursdays

& Fridays  
January 6 - March 13  
1:00 - 3:00 pm  
Lewis Centre Gym  
\$3/Drop-in

**#49690** Mondays & Thursdays

January 6 - March 12  
8:15 - 10:00 pm  
Lewis Centre Gym  
\$3/Drop-in

## SQUASH LESSONS

Squash is a healthy, fast paced sport that incorporates fun and fitness. Learn how to swing, rally and keep score in 6 easy lessons. Equipment will be provided. **No class February 17.**

**Instructor:** Sue Tompkins

Mondays  
January 27 - March 9

**#49696** 5:30 - 6:30 pm **Beginner**

**#49697** 6:45 - 7:45 pm **Intermediate**  
Lewis Centre Squash Courts  
\$60/6



*Badminton is great for exercise and socialization.*

COURTENAY ADULT



follow us  

REGISTRATION STARTS MONDAY NOVEMBER 18 | See page 78

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# Lewis Centre Squash Courts

## To reserve a court:

Come in to the Lewis Centre office or call 250-338-5371.

**Payment is due at time of booking.**

**To book by phone you must have a pre-paid booking card.**

4 squash courts

Low rates for Non-prime time bookings

Equipment rentals

Childminding (see page 30)

## Court Fees (per person)

	Adult	Student
<b>DROP-IN (45 min.)</b>		
Prime Time	\$6	\$4
Non Prime Time	\$4	\$3
<b>BOOKING CARD (10 uses)</b>		
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

## Prime Time:

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

## Non-Prime Time:

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

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

Sunday ..... 9:00 am - 7:45 pm

## Squash Club



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

Contact [comoxvalleysquash@gmail.com](mailto:comoxvalleysquash@gmail.com) or [ComoxValleySquash.com](http://ComoxValleySquash.com) for more info.





## Fees

### Drop-in & Punch Cards

(includes 5% GST)

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

### Memberships (includes 5% GST)

	1 month <i>effective December 1</i>	3, 6 & 12 month membership options will become available effective March 1, 2020
Adult	\$58.50	
Student	\$31.50	
Evergreen	\$45	
PWD	\$31.50	
Family	\$95	

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

## Childminding

(All ages)

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

**until Dec 23:**

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

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

**effective January 6:**

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

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

# Wellness Centre

## Ages 13 & Over

(13 - 15 years with adult supervision)

### Services Include:

Professional Assistance

Drop-in

Instructional Programs

Personal Training

### Wellness Centre Hours:

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

**Saturday** 8:30 am - 4:00 pm

**Sunday** 8:30 am - 8:00 pm

*Hours & schedule subject to change*

### Pass Suspensions

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

### Equipment

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

### NOTE:

- Wellness Centre is OPEN during scheduled classes, all equipment may not be available during these times.
- Weight belts available during supervised hours only.





# Wellness Centre Classes & Supervision Hours

effective Jan 6, 2020

COURTENAY ACTIVE LIVING

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

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

Schedule subject to change

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

## SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion & strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class February 17 & 26. Instructor:** Joyce Leong & Steve Thomson

#49732 Mondays & Wednesdays

EG January 6 - March 25

10:15 - 11:15 am

Native Sons Grand Hall

\$154/22

Punch cards accepted, must pre-register.

## SIMPLY STRENGTH 2

(55 years & over)

This intermediate level class is a step up from Simply Strength 1 and offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class February 17 & 26.**

**Instructor:** Steve Thomson & Joyce Leong

#49733 Mondays & Wednesdays

EG January 6 - March 25

9:00 - 10:00 am

Native Sons Grand Hall

\$154/22

No Drop-ins, Registration only

## CIRCUIT TRAINING

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

**Instructor:** Juan Blancas

#49767 Tuesdays & Thursdays

January 7 - March 26

7:00 - 8:00 pm

Lewis Wellness Centre

\$144/24



## 55+ STRENGTH TRAINING

(55 years & over)

Strength training is great for anyone looking to maintain, build and improve their strength, balance and overall well-being. Our qualified instructor is in the Wellness Centre guiding you through your fitness journey and offering support at every turn. **No class February 17.**

**Instructor:** Juan Blancas

**EG** Tuesdays & Thursdays  
January 7 - March 26

**#49761** 10:30 - 11:30 am

**#49763** 1:30 - 2:30 pm

\$144/24

Mondays & Wednesdays

January 6 - March 25

**#49765** 10:00 - 11:00 am

**#49764** 11:15 am - 12:15 pm

**#49766** 1:00 - 2:00 pm

\$138/23

**#49762** Fridays

January 10 - March 27

10:00 - 11:00 am

Lewis Wellness Centre

\$72/12

## BALANCE BASICS

Balance is an underrated principle of our everyday functioning. It keeps you upright, allows you to walk without assistance and helps prevent injury. This class will help you find your footing if you're feeling off balance, help you set goals and work towards them! Working through our senses, we will start to find strength in our step.

**Instructor:** Wendie Matte

**#50144** Thursdays

January 9 - March 12

10:00 - 11:00 am

Native Sons Lower Level

\$75/10



## STRETCH & STRENGTH

(55 years & over)

This class begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class February 17 & 27.**

**Instructor:** Nancy Victoria

**#49786** Mondays & Thursdays

**EG** January 6 - March 26

9:00 - 10:00 am

Native Sons Grand Hall &

Filberg Rotary Hall

\$132/22

## STEP IT UP

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

**Instructor:** Signi Caine

**#50130** Tuesdays

January 7 - March 24

5:15 - 6:15 pm

Lewis Activity Room

\$72/12

\$6.50/Drop-in



## 55+ TRX AND RESISTANCE TRAINING

(55 years & over)

Suspension training is perfect for the older adult allowing user to modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort. **No class February 17.**

**Instructor:** Tammy Jones

**#49759** Mondays & Wednesdays

**EG** January 6 - March 25

7:45 - 8:45 am

Lewis Activity Room

\$184/23

## WOMEN'S SPECIFIC STRENGTH

This popular class for women of all ages focuses on resistance training to help improve muscle mass and bone strength, as well as increase balance, mobility and flexibility.

**Instructor:** Morgan Klieber

**#49747** Fridays

January 10 - March 27

10:30 - 11:30 am

Lewis Activity Room

\$84/12



*Strength Training is a great way to improve balance, strength and well being.*



# Drop-in Fitness Schedule

effective Jan 6, 2020  
unless otherwise noted

COURTENAY ACTIVE LIVING

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

Please note: This schedule is subject to change  
Please phone before class to check for any cancellations  
or changes to drop in classes

Pay & sign in at the office BEFORE class.

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

## Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

## Drop in, Punch Card & Membership Fees including GST

Pass Type	Adult	Evergreen	Student	PWD
Drop-in	\$6.50	\$5	\$3.50	\$3.50
11 Punch	\$65	\$50	\$35	\$35
1 Month effective Dec 1	\$58.50	\$45	\$31.50	\$31.50

3, 6 & 12 month membership options will become  
available effective March 1, 2020

For Fitness Schedule before  
Jan 6, please check  
[courtenay.ca/fitness](http://courtenay.ca/fitness)

## Children in fitness classes:

The City of Courtenay fitness  
classes are teen and adult  
oriented.

For the safety, comfort and  
enjoyment of all, children  
cannot be accommodated  
in fitness classes.  
Ask us about childminding  
hours. See page 30.





# Drop-in Fitness

## CARDIO KIX FIT MIX

*Mondays 9:00 - 10:15 am*

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

**Instructor:** Tammy Jones

## HIIT

*Tuesdays 12:10 - 12:45 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.

**Instructor:** Wendie Matte

## SPIN, STRETCH & STRENGTH

*Mondays 12:00 - 1:00 pm*

New to spin or prefer a change of routine? This class will offer a mix of spinning followed by core exercises culminating with a good overall stretch! Limited to 18 participants.

**Instructor:** Steve Thomson

## HATHA YOGA

*Wednesdays 8:30 - 9:45 am*

*Saturdays\* 9:00 - 10:15 am*

In this yoga class, postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion. All-levels.

**Instructor:** Wendy Davies

\*no class Saturday Feb 15

## BOOTCAMP BLAST

*+ Tuesdays 10:30 - 11:45 am*

*+ Thursdays 9:00 - 10:15 am*

*Thursdays 5:15 - 6:15 pm*

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

**Instructor:** Steve Thomson

## ZUMBA TONING

*Mondays 5:30 - 6:30 pm*

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

**Instructor:** Milena Spratt

## POWER SPIN & STRETCH

*Mondays 6:00 - 7:00 am*

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

**Instructor:** Nancy Victoria

## FLOW YOGA

*Wednesdays 12:00 - 1:00 pm*

*Thursdays 6:00 - 7:15 pm*

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

**Instructor:** Daiana Gama

## CORE N' CUTS

*Fridays 9:15 - 10:15 am*

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

**Instructor:** Steve Thomson

## POWER SPIN

*Fridays 5:15 - 6:15 pm*

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

**Instructor:** Nancy Victoria

## SPIN EXPRESS

*Fridays 12:15 - 1:00 pm*

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

**Instructor:** Fiona McQuillan

## BUTTS & GUTTS

**NEW**

*Thursdays 12:10 - 12:45 pm*

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

**Instructor:** Nancy Victoria

## CHISELED

*Wednesdays 5:15 - 6:15 pm*

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

**Instructor:** Nancy Victoria

*Sign in sheet for drop-in classes will be out 30 minutes before the start of class. Please sign in BEFORE your class.*



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REGISTRATION STARTS MONDAY NOVEMBER 18 | [See page 78](#)



## FLEX CORE

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

**Instructor:** Steve Thomson

**#49773** Thursdays

January 9 - March 26

6:30 - 7:30 pm

Lewis Activity Room

\$84/12

## 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 complement your gym routine!

**Instructor:** Wendie Matte

**#49776** Tuesdays

January 7 - March 24

12:10 - 12:45 pm

Lewis Activity Room

\$54/12

\$5/Drop-in

*Check receipts carefully for important program info.*

## CORE RELEASE & RELAX

This health based class for both men and women focuses on strengthening the pelvic floor, myofascial release and core through a variety of techniques. You will use specific equipment such as trigger, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

**Instructor:** Nancy Victoria

**#49784** Fridays

January 17 - March 20

9:00 am - 10:00 am

Lewis MP Hall

\$75/10

## BUTTS & GUTTS

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

**Instructor:** Nancy Victoria

**#50179** Thursdays

January 9 - March 26

12:10 - 12:45 pm

Lewis Activity Room

\$54/12

\$5/Drop-In

**NEW**

## CARDIO KIX FIT MIX

Get ready for a fun, high energy mix of cardio, strength and core. Kickstart your Monday morning with 45 minutes of kickboxing, dance and cardio moves. Then tone and build your muscles with 30 minutes of strength and core using a variety of equipment, including TRX. **No class February 17.**

**Instructor:** Tammy Jones

**#49768** Mondays

January 6 - March 23

9:00 - 10:15 am

Lewis Activity Room

\$6.50/Drop-In

## POWER SPIN & STRETCH

Start your week off on a healthy note, with the best of all worlds! Challenge yourself with 20 minutes of spin, 20 minutes of strength training and finish off with 20 minutes of core & stretching. **No class February 17.**

**Instructor:** Nancy Victoria

**#49782** Mondays

January 6 - March 23

6:00 - 7:00 am

Lewis Activity Room

\$66/11

\$6.50/Drop-in

## RIP AND RIDE

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

**Instructor:** Nancy Victoria

**#49775** Wednesdays

January 8 - March 25

6:00 - 7:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in



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



## ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles. **No class February 17.**

**Instructor:** Milena Spratt

**#49781** Mondays

January 6 - March 23

5:30 - 6:30 pm

Lewis Activity Room

\$66/11

\$6.50/Drop-in

## ZUMBA GOLD

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

**Instructor:** Lyla Pettis

**#49780** Thursdays

January 9 - March 26

10:30 - 11:30 am

Lewis Activity Room

\$72/12

## PEDAL N' SCULPT

This is a 90 minute fitness class that begins with 45 minutes of a cycle workout and then moves to 45 minutes of strength and abdominal training. **Instructor:** Luis Acosta/ Nancy Victoria

**#49783** Saturdays

January 11 - March 28

8:45 - 10:15 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

## ZUMBA WITH LYLA

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

**Instructor:** Lyla Pettis

**#49779** Tuesdays

January 7 - March 24

9:00 - 10:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

## CHAIR FIT

(55 years & over)

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

**Instructor:** Wendie Matte

**#49621** Tuesdays & Fridays

January 7 - March 27

9:15 - 10:15 am

Filberg Rotary Hall

\$144/24



## ZUMBA WITH MILENA

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

**Instructor:** Milena Spratt

**#49688** Wednesdays

January 8 - March 25

9:00 - 10:00 am

Lewis Activity Room

\$72/12

\$6.50/Drop-in

## CHISELED

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

**Instructor:** Nancy Victoria

**#49778** Wednesdays

January 8 - March 25

5:15 - 6:15 pm

Lewis Activity Room

\$72/12

\$6.50/Drop-in



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REGISTRATION STARTS MONDAY NOVEMBER 18 | [See page 78](#)



# Personal Training Team



## Juan Blancas

Personal Trainer, Weight Training,  
Fitness Theory, Third Age  
Certified Since: 2002

Training Specialties:

- 55+ Strength Training
- Functional Movement Training
- Strength and Conditioning Training
- Core Activation and Stability Training
- Multi-joint and Flexibility Training

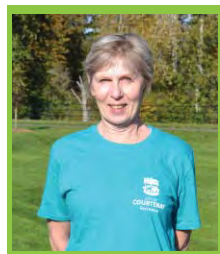


## Tammy Jones

Personal Training, Group Fitness,  
Third Age, Zumba, TRX, Spin,  
Fitness Theory, Aquafit  
Certified Since: 2006

Training Specialties:

- Cardio-Kickboxing
- Bootcamps
- H.I.I.T.

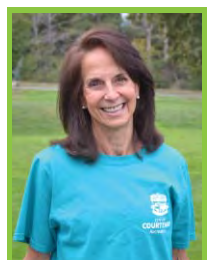


## Nancy Victoria

BGS (Bachelor of General Studies Sports  
& Rec) Minor in Rehab, Personal Trainer,  
Retired canfitpro ProTrainer, Spin

Training Specialties:

- Women and Weight loss
- Older Adult
- Bender ball
- Sports Conditioning
- Functional Conditioning



## Kim Hamilton

Personal Trainer, OsteoFit, Third Age Fitness  
Leader, 200 Hour Yoga Alliance Program  
Certified Since: 2005

Training Specialties:

- Working with 50+ age group
- TRX and Spin
- Osteoporosis or less mobility
- Certified Osteofit Instructor
- Certified Fallproof Balance & Mobility Instructor



## Cathy Riopelle

Personal Trainer, Weight Training, Third Age,  
Group Fitness

Training Specialties:

- Strengthening Muscular Imbalances
- Weight Management
- Senior Physical Fitness
- Core conditioning, balance, and essential mobility

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

## 30 DAY WEIGHT LOSS AND STRENGTH PROGRAM



If you've been working out for some time and aren't seeing the strength or weight loss results you hoped for, this 30 Day Program is for you! The workouts are efficient using a Total-body training approach. This is what you'll get:

- Group Training (max. group size of 8) once a week
- 2 non supervised additional workouts
- individual coaching 30 minutes a week
- nutritional tips and guidance to help motivate you to reach your goals.

Incorporate the intensity training techniques of this plan, in a smart consistent manner with the right amount of rest and fuel for your body and see the results for yourself!

**Instructor:** Kim Hamilton

Tuesdays

**#50171** January 2 - 31

**#50173** February 1 - 29

4:00 - 5:00 pm

Lewis Activity Room

\$225

## Personal Training Prices

### Private

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

### Semi Private (2 people)

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

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

### Express Personal Training

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

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

## Benefits of Personal Training

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



# Yoga

## 55+ YOGA - ONGOING

(55 years & over)

A blend of styles 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 yoga experience required. **No class February 17.**

**Instructor:** Sheron Jutila

**#49429** Mondays

**EG** January 6 - March 23  
2:00 - 3:30 pm  
Filberg Rotary Hall  
\$132/11

**#49430** Fridays

January 3 - March 20  
10:00 - 11:30 am  
Native Sons Lower Level  
\$144/12

## YIN YOGA: POWER IN STILLNESS

Are you on a fast train? Ready to get off and breathe?

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

**Instructor:** Catherine Reid

**#50188** Fridays

January 10 - March 27  
11:00 am - 12:30 pm  
Lewis Meeting Room  
\$144/12

## 55+ YOGA - JOINT SERIES

(55 years & over)

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

**Instructor:** Sheron Jutila

**#49425** Tuesdays

**EG** January 7 - March 24  
10:15 - 11:30 am  
Lewis Meeting Room  
\$120/12

**#49426** Thursdays

January 2 - March 19  
10:00 - 11:30 am  
Lewis Meeting Room  
\$144/12

## 55+ YOGA

(55 years & over)

A blend of styles with a mixture of floor and standing work. Options for all bodies. A thorough warm-up and poses to improve flexibility, balance, strength, and posture. Suitable for those new to yoga or those looking for an end of the week wind-down.

**Instructor:** Sheron Jutila

**#49428** Fridays

**EG** January 3 - March 20  
2:00 - 3:30 pm  
Native Sons Lower Level  
\$144/12

## YOGA FOR INFLEXIBLE PEOPLE

Would you describe yourself as Stiff-as-a-Board? Do you think that Yoga is only for people who can do those pretzel poses? Curious about Yoga, but think you'd feel out of place in a class?

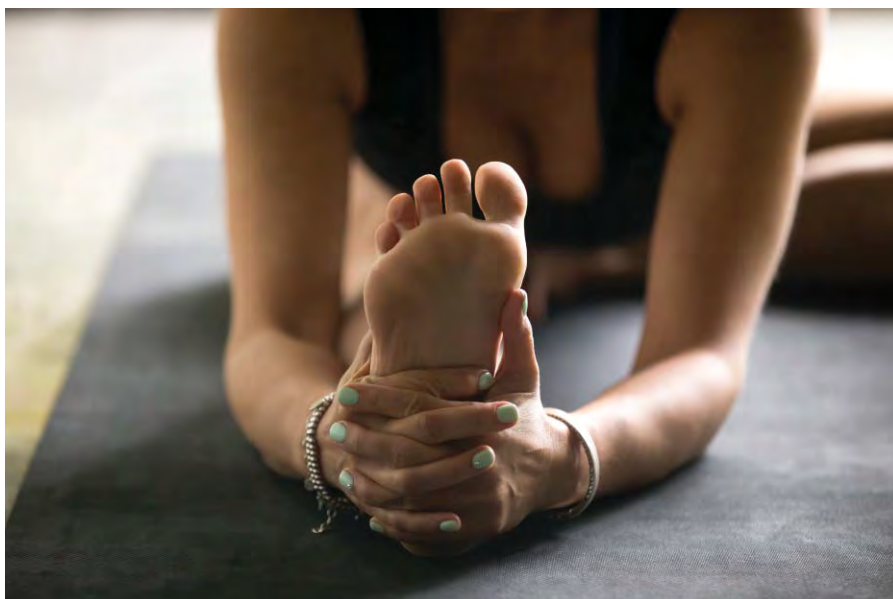
Or maybe you tried a class, and left feeling frustrated at how little you could actually do. Then this safe, slow-paced class is for you. Enjoy some deep breathing, and quiet joy as your body learns how to release tension. You'll probably start feeling younger too!

**Instructor:** Catherine Reid

**#50187** Fridays

January 10 - March 27  
9:15 - 10:30 am  
Lewis Meeting Room  
\$120/12





## HATHA YOGA

In this yoga class, postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. Full body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

**No class February 15.**

**Instructor:** Wendy Davies

**#49419** Wednesdays

January 8 - March 25

8:30 - 9:45 am

Lewis Centre MP Hall

\$6.50/Drop-in

**#49420** Saturdays

January 11 - March 28

9:00 - 10:15 am

Lewis Centre MP Hall

\$6.50/Drop-in



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

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

## FLOW YOGA

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

**Instructor:** Daiana Gama

**#49742** Wednesdays

January 8 - March 25

12:00 - 1:00 pm

Lewis Activity Room B

\$72/12

\$6.50/Drop-in


## CHAIR YOGA

(55 years & over)

Developed for those who cannot or do not feel comfortable on the floor. Focus is on breathing, body awareness, relaxation, stretching and gentle postures. We finish with a meditation to rejuvenate the body, mind and spirit. **No class February 25.**

**Instructor:** Catherine Reid

**#49739** Tuesdays

 January 7 - March 24

11:00 am - 12:00 pm

Native Sons Grand Hall

\$99/11

## YIN YOGA

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

**Instructor:** Wendy Davies

**#49745** Tuesdays

February 4 - March 10

5:30 - 7:00 pm

Lewis Meeting Room

\$72/6

## EVENING GENTLE YOGA

New to Yoga? Or perhaps you just want a slow, meditative, breath-centered class. You'll still develop some strength, challenge your balance, and of course become more flexible. Different options given so you can choose your comfort level with each pose.

**Instructor:** Catherine Reid

**#49746** Wednesdays

January 8 - March 25

5:15 - 6:30 pm

Lewis Meeting Room

\$120/12

**NEW**

## EVENING FLOW YOGA

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

**Instructor:** Daiana Gama

**#49950** Thursdays

January 9 - March 26

6:00 - 7:15 pm

Lewis Craft Room A

\$72/12

\$6.50/Drop-in

**NEW**





## 55+ GENTLE YOGA

(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 mel-low practice. **No class February 17. Instructor:** Sheron Jutila

**#49421** Mondays  
January 6 - March 23



10:15 - 11:15 am  
Filberg Rotary Hall  
\$99/11

## GENTLE YOGA

Slowly and gently getting into posture and breathing practice helps enhance the range of motion. Suitable for beginners and those who prefer a gentle practice.

**Instructor:** Akiko Shima

**#49410** Wednesdays  
January 8 - March 25  
9:30 - 10:45 am  
Lewis Salish Building  
\$120/12  
\$10/Drop-in

## VINYASA YOGA

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

**Instructor:** Wendie Matte

**#50141** Thursdays  
January 9 - March 12  
8:30 - 9:30 am  
Lewis Meeting Room  
\$90/10

## HATHA LEVEL 1

This class will introduce you to 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 little or no back pain. This class will help you develop strength and balance as well as flexibility, while giving you tools for stress reduction. **No class February 17. Instructor:** Catherine Reid

**#49740** Mondays  
January 6 - March 23  
6:00 - 7:00 pm  
Lewis Meeting Room  
\$99/11

## MOM & BABY YOGA

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

**Instructor:** Akiko Shima  
**#49411** Wednesdays  
January 8 - March 25  
11:30 am - 12:30 pm  
Lewis Salish Building  
\$108/12

## HATHA LEVEL 2

If you've been taking classes for at least a year, and/or practicing on your own, consider joining this class. You'll need to be aware of your breath, and familiar with basic principles of alignment. You feel strong and balanced in standing poses, comfortable in Downward Dog, and you're ready to take your practice to the next level. **No class February 17. Instructor:** Catherine Reid

**#49741** Mondays  
January 6 - March 23  
7:15 - 8:45 pm  
Lewis Meeting Room  
\$132/11

## PRENATAL YOGA

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

**Instructor:** Akiko Shima  
**#49412** Wednesdays  
January 8 - March 25  
6:30 - 7:45 pm  
Lewis Craft Room A  
\$120/12



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

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

All for just \$27 a year! [www.evergreenclub.ca](http://www.evergreenclub.ca)

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

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

## New Members Welcome

Join us for a casual information session and meet & greet this fall. The next New Members' Welcomes are Monday November 18th and Monday January 20th at 1 pm in the Evergreen Lounge. Light refreshments served.

## Evergreen Club Activities

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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

### Computer Lab

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

### Special Events

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



## Evergreen Club Events

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

### Christmas Bazaar & Luncheon

Wednesday November 27, 10 am - 2 pm  
Enjoy browsing the wide variety of vendors.  
Lunch served noon to 1:30 pm

### Comox Valley Concert Band

Sunday December 1,  
Conference Hall, 2 pm  
Join us for their theme "Tradition"  
A special afternoon of musical favourites.  
Tickets \$10 in advance or at the door.

Advance tickets can be purchased at  
the Florence Filberg Centre

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

## Evergreen Club Travel Opportunities

Join the Evergreen Club for day  
and overnight trips.  
Check the monthly  
newsletter for details  
and more travel  
opportunities.



## Join Our Group of Friendly Volunteers!



## Volunteer Opportunities

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

Check out the current volunteer opportunities at [www.evergreenclub.ca](http://www.evergreenclub.ca) or call Cathy, our Volunteer Coordinator at 250-338-1000 or email [caudia@courtenay.ca](mailto:caudia@courtenay.ca)

**Florence Filberg Centre • 250-338-1000**

### Friday Night Dances

Enjoy dancing and listening to live bands most  
Fridays in the Rotary Hall at the Florence Filberg  
Centre.

Tickets \$8 Members, \$10 non members & guests  
All welcome!



## Evergreen Food Service

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

The food service is open:

Monday to Friday  
8:00 am – 3:00 pm





# Winter Registration starts Monday November 18 at 7:15 am

## Registration Policy & Guidelines

- All registrations are processed on a first come first serve basis.
- Pre-registration is required for all classes except when specified as a drop-in class.
- Fees are to be paid in full at the time of registration.
- Registration is limited to the immediate family plus members from one other family only. Some restrictions may apply.
- 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 confirmation receipts carefully for information on dates, times, supplies, etc.

COURTENAY REGISTRATION

## How to Register

*4 easy ways to register for Courtenay Recreation programs!*



### 1 In Person

At the Lewis Centre or the Filberg Centre

### 2 By Phone

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

### 3 By Fax

**250-338-8600** Lewis Centre

**250-338-0303** Filberg Centre

Fax registration page, Use your Visa or Mastercard

### 4 By Mail

Mail registration form with payment to:

**Lewis Centre**, 489 Old Island Hwy

Courtenay, BC V9N 3P5 or

**Filberg Centre**, 411 Anderton Ave

Courtenay, BC V9N 6C6

**Registration form available for pick up at the Lewis or Filberg Centres or online at [courtenay.ca](http://courtenay.ca)**

No email registrations accepted

**COMING SOON:**

### 5 Online Registration

Spring  
2020



## 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.
- 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 \$5 will be charged.
- Refunds will not be approved after a program has ended.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Please note there may be exceptions (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- All punch passes are non-refundable.
- Wellness Centre Memberships are non-refundable and non-transferrable.

**Exciting News!**

*Courtenay Recreation will be moving to a NEW recreation software in early 2020!*

*Please use any credits on your account before the end of 2019.*



# Courtenay Recreation is moving to new software in 2020!

Our new and improved registration and facility management system will help us provide you with the same high quality level of service, plus one major new feature:

Whooo is ready  
for Online  
Registration?



## Online registration is coming!

Starting in March 2020, Courtenay Recreation patrons will be able to register for programs, and purchase passes from the comfort of home, or anywhere with an internet connection, thanks to our new ACTIVENet registration software.

Our friendly Courtenay Recreation staff will also continue to offer telephone and in-person registration.

## Using up your credits on account

To ease the transition to this new software, we are asking our patrons to use up any credits left on your accounts prior to December 1, 2019. The usual \$5 administration fee charged when claiming credits will be waived.

The method of refund will vary depending on the original method of payment, as well as the amount. For large credits over \$100, refunds may be issued by cheque.

To claim your credit, please stop by the Lewis Centre or Florence Filberg Centre, or call the Courtenay Recreation Lewis Centre 250-338-5371 or Florence Filberg Centre at 250-338-1000.

## Membership options during transition period

While our staff wind down the old registration software and prepare the new system, membership options for The LINC, Wellness Centre or Fitness are limited to one month options, discounted by 10%, until the new software launches in March. Memberships must expire by February 24, 2020.

## Temporary Recreation Access Coupons

Recreation Access coupon books provide healthy lifestyle opportunities to Courtenay residents of the City of Courtenay who live below Statistics Canada low income thresholds. During the software transition period, temporary Recreation Access Coupons will be issued to eligible applicants for the **winter registration session only, valid until February 24, 2020.**

Once the new software has launched, those who have already gone through the application process will be transferred over into our new system, so there's no need to re-apply. Our new software will also no longer require physical coupons, and eligible discounts will be available directly through your account.

## Get ready to set up your new account in the New Year

Be prepared for Spring 2020 registration! Watch for information in early 2020 about creating your individual or family ACTIVE Net account with Courtenay Recreation.

## Thank you for your understanding!

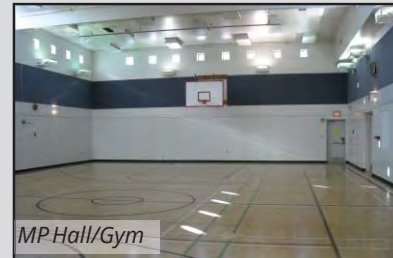
Courtenay Recreation staff are working hard to get this new software ready for you. Updates and more information will be posted over the coming weeks at [www.courtenay.ca/rec](http://www.courtenay.ca/rec)



# 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



MPH Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



## Bill Moore Park Lawn Bowling Bldg

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

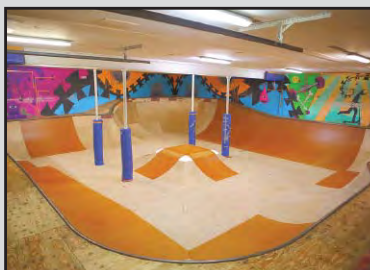


Call the Lewis Centre  
at 250-338-5371

View these facilities  
on the virtual tour  
on our website:  
[www.courtenay.ca/lewis](http://www.courtenay.ca/lewis)

## The LINC Youth Centre

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





# Courtenay Recreation Facility Rentals

## Florence Filberg Centre

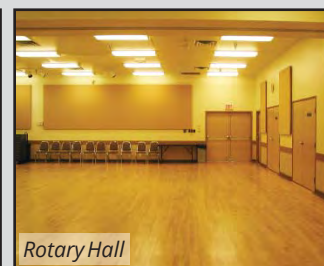
This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

### Meetings Rooms:

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

### Features:

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



Rotary Hall



Conference Hall

## Native Sons Hall

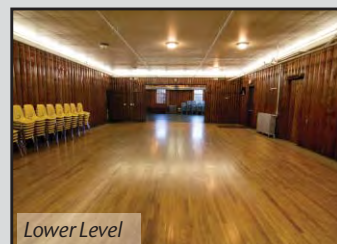
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

### Meetings Rooms:

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

### Features:

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



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

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

Fax: 250-338-0303 Email: [filberg@courtenay.ca](mailto:filberg@courtenay.ca)

Take a Virtual Tour: [courtenay.ca/filberg](http://courtenay.ca/filberg) & [courtenay.ca/nativesons](http://courtenay.ca/nativesons)





## Tree Planting in Parks and Boulevards

The City planted approximately 100 trees in parks this past autumn. Trees have been strategically placed to provide shade for park users. You will notice that there is a higher density of trees around playgrounds to provide shade for children and their caregivers.

An additional 100 trees were planted along the walkway that runs between Elderberry Crescent and Prestwick Place/Crown Isle Boulevard (*behind The Rise development*) in East Courtenay as part of a BC Hydro and Tree Canada Community Regreening Grant project.

The tree species were selected for their drought tolerance, cold hardiness, and suitability for our current and future climate.

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

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



More information about Courtenay's Urban Forest Strategy can be found at [www.courtenay.ca/trees](http://www.courtenay.ca/trees)

## Courtenay Park Bookings

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

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

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

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

### Schools:

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

### City Parks:

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



## Hawk Glen Playground Opening

A new playground area at Hawk Glen Park has been recently completed and members of Courtenay Council and parks staff opened the playground at a ribbon cutting event on Friday, July 26.



The playground has new features including a friendship swing, belt hammock, chill spinner and panel maze as well as slides and climbing apparatus.

For more information on Courtenay parks and playgrounds, visit [www.courtenay.ca/parks](http://www.courtenay.ca/parks) or call Public Works Services at **250-338-1525**.



## Simms Park Summer Concert Series

The 2019 concert season was an energetic mix of local musical talent. The season finale performance by My Generation Woodstock Tribute wowed a crowd of 1,400 people.

A big THANK YOU to those who contributed to the Food Bank Drive at the final concert. You donated 1,200 lbs of food plus \$2,264 in cash donations -*nearly double last year's total!*

***Thank you to everyone who made this season a success including:***

- **Our 2019 performers:** G.P. Vanier Jazz Band, The Goatboys, Sympatico, Nanaimo Concert Band, Blues Legends, Tijuana Brass Tribute, Big Little Lions, Retro Rock Revival and My Generation.
- **Mike Sutcliffe from Sound Advice** for doing a great job with sound.
- **Season Sponsors** include 98.9 The Goat, Comox Valley Record and Comox Valley Whats On
- **Edwin Grieve and Brian (Fuzz) Morissette** for volunteering and support.

We will be taking applications for artists and groups to perform in the 2020 season. Applications will be available in January 2020 at [courtenay.ca/simms](http://courtenay.ca/simms)

***See you  
next summer  
for more  
great music!***







**BLUE  
CIRCLE  
SERIES**

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



**THE SID  
WILLIAMS  
THEATRE  
SOCIETY**

**442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
sidwilliamstheatre.com**

Courtenay and District **Museum**  
& Paleontology Centre



207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)

**Discoveries happen here!**  
Knowledge and fun for the whole family.  
Palaeontology, First Nations and  
settlement exhibits.  
Year round school programmes,  
fossil tours, field trips, lectures  
and gift shop.

**Hours of Operation**  
(closed on statutory holidays)  
Tues to Sat: 10 am - 5 pm  
closed Sun & Mon

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

**CV/ARTS** Cultivating  
Creative  
Diversity

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

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



**Learn more  
[comoxvalleyarts.com](http://comoxvalleyarts.com)**



**COMOX VALLEY  
ART GALLERY**

EXHIBITIONS / RESIDENCIES / PUBLICATIONS  
WORKSHOPS / MAKE ART PROJECTS  
ALL AGE LEARNING PROGRAMS  
COMMUNITY ENGAGEMENT AND COLLABORATIONS

**SHOP: MADE** original well made things by local makers  
**FOLLOW US ON SOCIAL MEDIA** @comoxvalleyartgallery

580 DUNCAN AVENUE COURTENAY BC  
250.338-6211  
[COMOXVALLEYARTGALLERY.COM](http://COMOXVALLEYARTGALLERY.COM)

**HOURS** TUESDAY TO SATURDAY 10-5  
**ADMISSION:** BY DONATION

**CVAG**  
VISION · ART · CULTURE

# Volunteer Opportunities

## Habitat for Humanity Vancouver Island North

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



**ReStore**

## The Salvation Army

We are here to serve the people of the community in prayerful and practical ways. Join us and help be a transforming influence in your community. For information:

Visit our website: [www.cvsalarmy.ca](http://www.cvsalarmy.ca)

Email: [Volunteer@cvsalarmy.ca](mailto:Volunteer@cvsalarmy.ca)

Call: Dawn 250-338-5133 ext 227

Giving Hope Today



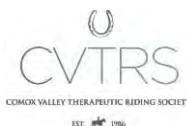
Cornerstone Community and Family Services

## Therapeutic Riding

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

Call **250-338-1968** or

visit: [www.cvtrs.com](http://www.cvtrs.com)



## CV Volunteer Connector

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

**250-207-8111** [CVVolunteerConnector@gmail.com](mailto:CVVolunteerConnector@gmail.com)

[CVVolunteerConnector.ca](http://CVVolunteerConnector.ca)

Find us on Facebook & Instagram!



**COMOX VALLEY  
VOLUNTEER CONNECTOR**

## Courtenay Recreation

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

Call **250-338-5371** or email

**lgrutzmacher@courtenay.ca**



## Comox Valley Accessibility Committee

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

**comoxvac@gmail.com**

**www.cvaccess.ca**



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

## The Gardens on Anderton

More than just gardening await volunteers at The Gardens on Anderton. Experience music, tea, parades, workshops, greeting guests and learning from experienced gardeners in the beautiful setting of the gardens all while making new friends.

**thegardensonanderton@gmail.com**

**www.gardensonanderton.org**

and on Facebook



## MARS Wildlife Rescue Centre

MARS needs volunteers to help with public education and community events. Must be comfortable dealing with cash and speaking with the public.

Some physicality required to setup and take down - 10X10 tent, totes, table, chairs and merchandise.

Must be 18+, work in pairs, training provided.

Call **250-337-2021** or visit

**www.marswildliferescue.com**



**MARS  
WILDLIFE RESCUE CENTRE**



**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](http://kidsportcanada.ca) phone **250-334-9294** [comoxvalleykidsport@kidsportcanada.ca](mailto:comoxvalleykidsport@kidsportcanada.ca)

### Prenatal Classes

FREE prenatal classes are available at Public Health to pregnant women and their support people. Classes are offered as a series starting early in your pregnancy. Register at **250-331-8562** as soon as you know you are pregnant. For info or to register with Public Health's Right from the Start program go to [viha.ca/children](http://viha.ca/children).

### Town of Comox TRIP Program

Eligible Comox residents may qualify for select, discounted admissions and programs. Contact **250-339-2255** or [info@comox.ca](mailto:info@comox.ca) for more information.

### CVRD PLAY Program

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

### 189 Port Augusta Sea Cadets

(12 - 18 years) Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more (in partnership with Navy League of Canada and DND).

FMI: [189portaugusta@gmail.com](mailto:189portaugusta@gmail.com) or [commandingofficer@portaugusta.ca](mailto:commandingofficer@portaugusta.ca)  
or Phone: **250-339-8211** ext.3606  
[www.189portaugusta.ca](http://www.189portaugusta.ca)

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

### New Discoveries Parent & Child Learning Centre

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

### City of Courtenay Recreation Access Coupon Books

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

### Canadian Tire JumpStart

Parents in financial need looking to get their kids involved in physical activity programs are encouraged to ask about funding assistance. Funding may offset registration fees, equipment, and transportation costs.  
[jumpstart.canadiantire.ca](http://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](http://bpsa-bc.ca) Mission Hill/Seal Bay Area  
[barbkenney18@gmail.com](mailto:barbkenney18@gmail.com) **250-941-8874**

### Fun Freebies to Do in Courtenay!

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



## Ski With Us This Winter!



**Programs for Children, Youth and Adults**  
**Recreational and Racing**  
 Registration opens October 1  
 Early Bird deadline November 30  
[strathconanordics.com](http://strathconanordics.com)



## Great Futures Start Here



Boys & Girls Clubs  
 of Central Vancouver Island



### Adventure Club

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

### Teen Entrepreneur Network Club

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

**Awesomeness Wanted!**



Teen Entrepreneur Network



bandgclubofcvi

[www.bgccvi.com](http://www.bgccvi.com)



@BGCCVI

Adventure Club  
 250-218-6583

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

## COMOX VALLEY SKATING CLUB REGISTRATION ON NOW!



**canskate**



**powerskate**



**figureskate**

For more information visit our website - [Comoxvalleyskatingclub.ca](http://Comoxvalleyskatingclub.ca)  
 Or send us an email - [comoxvalleyskatingclub@gmail.com](mailto:comoxvalleyskatingclub@gmail.com)



# COMOX VALLEY

## Baseball Association

Winter Practice Sessions

Dates: January 12 - March 15, 2020

**Co-ed Baseball:**  
**For players born**  
**2005 - 2012**

Registration Begins  
December 1st, 2019



For registration details, please visit our website  
at [www.cvba.ca](http://www.cvba.ca) or email [registrar@cvba.ca](mailto:registrar@cvba.ca)

### Royal LePage In The Comox Valley

#### Sharing the Christmas Spirit Hamper Program

Fundraiser Dance is November 30th  
Florence Filberg Centre  
Includes: Live Band, Silent Auction,  
50/50 Draw, West Jet Raffle

Featuring:



\$25 Tickets @  
Royal LePage & BOP City

Hamper Registration Begins

**October 28th**

To register a Family, Volunteer  
or to Sponsor a Family

**250-334-4913**

[www.ChristmasHamper.ca](http://www.ChristmasHamper.ca)

Delivery Date is December 21, 2019

"With the Support of Volunteers, Sponsors of Hampers and the Dance, Sharing the Christmas Spirit Hamper Program helps approximately 600 local families and individuals in a time of need"

Rob Phillips, Coordinator



**Thank you to all the Sponsors,  
Volunteers & Cyclists  
of the 6th Annual Petite Fondo**  
[www.petitefondo.ca](http://www.petitefondo.ca)

In support of:



Comox Valley  
Transition Society



**RACE  
DAY**  
**April 26, 2020**  
Early Bird  
Registration  
**November 2019**



[www.SNOWTOSURF.com](http://www.SNOWTOSURF.com)



Working with you toward a  
healthy & vibrant community



Providing Community School Programs  
& Events Since 2000

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

For more information visit  
[cumberlandcommunityschools.com](http://cumberlandcommunityschools.com)



# Comox Valley United Soccer

## Winter Futsal Program

For players U8 to U13  
Saturdays Nov through Feb

## Spring House Registration is OPEN

Deadline to register, early February  
Season runs April - June 2020  
For players born 2002 to 2015

For program information,  
please visit our website [www.cvusc.org](http://www.cvusc.org)  
[cvuscsoccer@gmail.com](mailto:cvuscsoccer@gmail.com) 250-334-0422



## 2019/2020 Swim with the Sharks

The Comox Valley Aquatic Club is a competitive swim team providing professionally coached instruction to swimmers age 5 and above in the Comox Valley. Our professional coaching staff is dedicated to helping athletes of all ability to achieve their goals.

**Shark Developmental** program runs twice a week and is designed to teach swimmers the FUNdamentals of competitive swimming in a structured and fun environment.

**Shark Competitive** program progresses swimmers through the different levels and stages of competitive swimming and gives swimmers opportunities to challenge themselves and compete in competitions throughout the year.

**Masters** program is for adult swimmers as all ages and abilities to continue to work on fitness and technique in a structured, professionally coached and fun environment.

For registration and more information visit us at [www.sharks.bc.ca](http://www.sharks.bc.ca) or [cvsharksheadcoach@gmail.com](mailto:cvsharksheadcoach@gmail.com)

**Shark School:** New for 2019 is our Shark School weekend sessions. This introduction to aquatic sport offers swimmers of all ages introduction to aquatic programming. Our Saturday morning programs offers:

**Mini-Sharks:** Intro to swimming for swimmers age 5-8, prerequisite comfortable and enjoys being in the water

**Shark Synchro:** Synchro for swimmers 8-12 who have at least Red Cross level 10 and want to try a fun aquatic sport

**Tri-Sharks:** For adult swimmers looking to improve freestyle technique for triathlon or personal achievement



NORTH ISLAND COLLEGE



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

Comox Valley Campus  
Fall & Winter 2019

Code	Course	Date(s)
FAC 084	Marine Advanced First Aid	Nov 18 - 22
FAC 010	Emergency Child Care FA	Dec 8
FAC 020	Emergency First Aid	Dec 9
OFA 010	OFA Level 1	Jan 14
OFA 015	Transportation Endorsement	Jan 15
FAC 021	Standard FA & CPR C	Feb 13 & 14
FAC 020	Emergency First Aid	Feb 22
FAC 084	Marine Advanced First Aid	Mar 2 - 6
FAC 010	Emergency Child Care FA	Mar 8
OFA 010	OFA Level 1	Mar 31

**Emergency Medical Responder (EMR) & OFA Level 3**

AET 020	EMR - Mar 16 - 27
OFA 030	OFA Level 3 - Jan 27 - Feb 7



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



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



For further information or to schedule contract training, please contact  
250-334-5005 or [firstaid@nic.bc.ca](mailto:firstaid@nic.bc.ca)



Boys & Girls Clubs  
of Central Vancouver Island

## GREAT FUTURES START HERE!

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

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



Vancouver Island's largest childcare provider!

- Passionate qualified staff
- Daily Experiential Programming
- Affordable, accessible and reliable
- Open weekdays 7:30am - 6:00pm

Aspen Park Elementary

250-941-2123

[aspenpark@bgccvi.com](mailto:aspenpark@bgccvi.com)

Brooklyn Elementary

250-650-1458

[brooklyn@bgccvi.com](mailto:brooklyn@bgccvi.com)

After school pick-ups available from Ecole Robb Road

Program and Registration Info Online



[bandclubofcvi](https://www.facebook.com/bandclubofcvi)

[www.bgccvi.com](http://www.bgccvi.com)



[@BGCCVI](https://twitter.com/BGCCVI)



## 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!

Register for the April to June 2019  
programs at [www.cvathletics.ca](http://www.cvathletics.ca)

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

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(K - 12)

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

*Opening Doors for Learning*



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[isponline@sd71.bc.ca](mailto:isponline@sd71.bc.ca)

International Student Program's office 250-703-2904

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Black Creek

Black Creek Winter Market  
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Nov 30 \*10am-4pm\*

Halbe Hall Christmas Bazaar  
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Nov 30 \*9am-2pm\*

Big Yellow Merville Hall Christmas Craft Fair  
1245 Fenwick Rd  
Nov 30 \*9am-2pm\*


MERVILLE

Grantham Hall Yule Tide Craft Faire  
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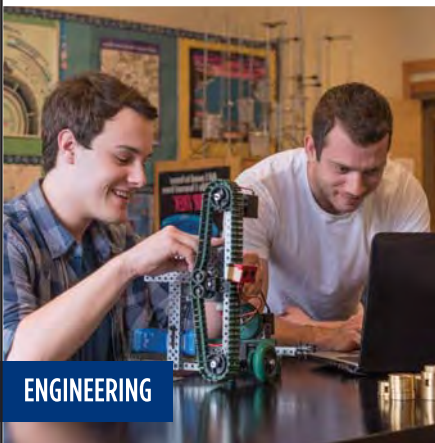
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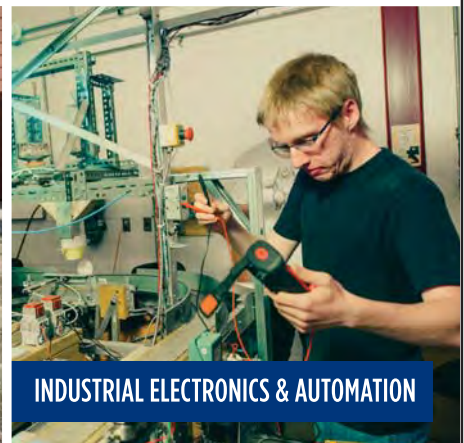
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