

# What's Inside...



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Comox  
Recreation

250-339-2255  
Registration starts  
Monday August 12



**30**  
CVRD Sports  
& Aquatic  
Centres

250-334-9622  
Registration is  
ongoing

**55**  
Courtenay  
Recreation

250-338-5371  
Registration starts  
Monday August 12

**111**  
Cumberland  
Recreation

250-336-2231  
Registration starts  
Monday August 12



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*Cover photo supplied by  
Comox Valley Regional District*

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Cover photo supplied by  
Comox Valley Regional District





COURTENAY RECREATION  
**WELCOME**



# Welcome!

Over the coming months, Courtenay Recreation will be working behind the scenes on a major upgrade to our registration and facility booking software. The new software is expected to launch in early 2020, and I'm particularly excited that the upgrade will include online registration for Courtenay Recreation programs. In the meantime, membership options for Fitness, the Wellness Centre, and The LINC will be limited in their duration to ease the transition to the new software when the time comes. Thank you for your understanding, and please don't hesitate to reach out to our friendly staff with questions about memberships or any of our programs and services.



*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 Fall Programs





## Lewis Centre

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

### Facility Hours

**until September 15:**

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 4:00 pm

**effective September 22:**

Sunday 8:30 am - 8:00 pm

### Office Hours

**until September 15:**

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 - 4:00 pm

**effective September 22:**

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:

Mon, Sept 2 - *Labour Day*

Mon, Oct 14 - *Thanksgiving*

Mon, Nov 11 -

*Remembrance 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)

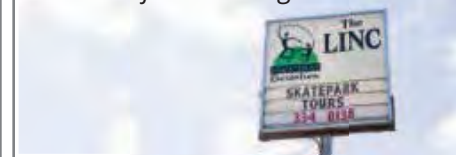
Wednesday 3:00 - 8:00 pm

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*



# Halloween Parade & Party

(11 years & younger)

**Thursday October 31**

**4:00 - 7:00 pm**

Parade, Trick or Treating,  
Costume Contest,  
Games & Crafts  
Downtown Courtenay &  
Lewis Centre



follow us  

[courtenay.ca/Halloween](http://courtenay.ca/Halloween)  
Lewis Centre 250-338-5371

## Parent Participation

### CHILDMINDING

(one month & up)

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

Monday - Saturday  
9:00 - 11:00 am

**&/or**

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

### PARENT & TOT PLAYTIME



Join us Saturday mornings for free play and social interaction with others. Guided activities include parachute games, plasma cars, music and movement games. An adult must participate and is responsible for the supervision of their child(ren). **No class October 12 & November 9.**

**#49552** Saturdays

September 14 - December 14  
11:15 am - 12:00 pm  
Lewis MP Hall  
FREE

### 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

**#49495** Wednesdays

September 11 - December 11  
10:00 - 11:15 am  
Lewis Meeting Room  
\$1/Drop-in

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

(2 - 12 years with adult)

Come play with hula hoops, bean bags, balls and more! This unstructured play program gives you and your little ones a fun place for active play. **No class October 14, 16, 30 & November 13.**

**#49553** Mondays & Wednesdays

September 16 - December 18  
11:00 am - 12:00 pm  
\$1/Drop-in

### TEENY WEENY HALLOWEEN SPECIAL

(12 months - 4 years)

Come and create Halloween crafts, decorate cupcakes and sing silly songs with your tot.

**#49378** Tuesdays

October 15 - 29

9:30 - 11:00 am

Lewis Craft Room A

\$35/3

### MOM & BABY YOGA

(6 weeks - mobile)

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. **No class November 13.**

**Instructor:** Akiko Shima

**#49171** Wednesdays

September 4 - December 18

11:00 am - 12:00 pm

Lewis Salish Building

\$135/15

\$9/Drop-in

### TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years with adult)

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

**Instructor:** Kazimea Sokil

**#49385** Wednesdays

September 18 - November 20

9:00 - 9:45 am

Filberg Rotary Hall

\$135/first child

\$90/second child





# Independent Programs

## 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.

**#49616** Tuesdays

November 26 - December 17

9:30 - 11:00 am

Lewis Craft Room A

\$49/4

## KINDER CAFE & PLAY

(3 - 5 years)

This is a hands-on cooking class where your child will begin to learn food preparation skills in a safe environment. Cooking is a fun introduction to math, language and science skills. Participants can look forward to sampling their healthy snacks before they play active group games. **No class November 11.**

**#49375** Mondays

October 21 - December 2

1:00 - 2:30 pm

Craft Room B

\$75/6

## MINI CHEFS

(3 - 5 years)

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

**#49374** Wednesdays

September 25 - October 30

10:30 am - 12:00 pm

Lewis Craft Room A

\$75/6

## COOKIE MONSTERS

(3 - 5 years)

Let your children express themselves through food preparation and selection, nutrition and cooking. They will learn, create and explore using quick, easy recipes. The best part is they get to eat what they make!

**#49376** Wednesdays

November 6 - December 11

10:30 am - 12:00 pm

Lewis Craft Room A

\$75/6

## DINO DISCOVERIES!

(3 - 5 years)

Dig up the past as you learn all about Dinosaurs in a fun playful way! Crafts, snacks and hands-on play will take you back to a pre-historic time!

**#49377** Thursdays

November 7 - December 12

9:30 - 11:00 am

Lewis Craft Room B

\$75/6

## POWER HOUR

(one month & up)

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

**#49623** Tuesdays

September 3 - December 17

10:45 am - 12:00 pm

Lewis MP Hall

\$56/16

\$4/Drop-in

## INCREDIBLE EDIBLE STORIES

(3 - 5 years)

Each week you'll dive into a new story book. After you've read the story you'll make tasty snacks to go along with it. At the end of the course you'll get to bring home your own story themed recipe book so you can recreate your favourite treats.

**No class October 12.**

**#49569** Saturdays

September 21 - November 2

2:00 - 3:30 pm

Craft Room B

\$75/6



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

COURTENAY EARLY YEARS



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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# Courtenay's Christmas Party & Parade

Sunday December 1

10:00 am - 2:00 pm

Native Sons Hall

11th Annual Gnarly Little Christmas Craft Fair,  
Kids Pictures with Santa, Live Entertainment and much more!

Comox Valley Christmas Parade along 5th Street starts at 2:00 pm



follow us  

[courtenay.ca/christmas](http://courtenay.ca/christmas)  
Lewis Centre 250-338-5371



## Holiday Fun

### SANTA BABY

(1 - 18 months with adult)  
Celebrate your baby's first holiday season by making memorable keepsakes. Christmas cards made with little feet imprints, and hand print Christmas ornaments are sure ways to make lasting memories for your friends and family.

**#49379** Tuesdays  
December 3 - 17  
9:30 - 11:00 am  
Lewis Craft Room B  
\$29/3

### RUDOLPH & FRIENDS

(18 months - 3 years with adult)  
Christmas crafts, games, songs and stories spark your imagination in this morning time delight. Big friends and little friends will enjoy the social aspects of this fun program.

**#49617** Fridays  
9:30 - 11:00 am  
November 29 - December 20  
Lewis Craft Room A  
\$49/4

### TREEFROG SANTA, SNOW & SOLSTICE

(9 months - 5 years)  
There is more to this season than jingle bells! Come explore some sparkly songs that will have you and your child singing and dancing right up to New Year's! (And try out the TreeFrog class style in this short, affordable format!)

**Instructor:** Kazimea Sokil  
**#49386** Wednesdays  
November 27 - December 18  
9:00 - 9:45 am  
Filberg Rotary Hall  
\$60/4  
\$30/second child



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

### INCREDIBLE EDIBLE CHRISTMAS STORIES

(3 - 5 years)  
Get in the festive spirit by reading different holiday stories and then cooking or baking a treat to go with that story. You might even make enough to share.

**#49619** Thursdays  
November 28 - December 19  
9:30 - 11:00 am  
Lewis Craft Room A  
\$49/4

### LIL' ACTIVE ELVES

(3 - 5 years)  
Kids get to stay active all while having fun over the holidays in this sporty and interactive winter themed class! We'll sample all different sports, have reindeer relay races, make new friends and enjoy free play activities. This class is a great way to get into the Christmas spirit and keep kids moving!

**#49624** Mondays  
December 2 - 16  
9:00 - 10:15 am  
Lewis Centre Gym  
\$27/3





# Sports & Movement

## NINJA WARRIOR KIDS

(3 - 5 years)

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

**No class October 17 & 31.**

**#49446** Thursdays

September 19 - November 21

9:15 - 10:15 am

Lewis MP Hall

\$50/8

## 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 October 14, 21 and November 11.**

**Instructor:** Casey Matute

**#49620** Mondays

September 30 - December 9

10:15 - 11:00 am

Lewis MP Hall

\$49/8

## NATURE DISCOVERIES

(3 - 5 years)

Did you know that there are plants that eat bugs? Did you know that a cucumber lives in the ocean? Both indoor and outdoor activities will take place, so please come prepared for all kinds of weather.

**#49380** Thursdays

September 19 - October 24

9:30 - 11:00 am

Lewis Craft Room A

\$60/6

*Children enjoy the fresh air while trying out all sorts of outdoor sports in Outdoor Sports Explorers*

## OUTDOOR SPORTS EXPLORERS

(3 - 5 years)

This fundamental sports and activity camp is for enthusiastic active kids ages 3 - 5 years old. Kids will get the chance to try out all kinds of outdoor sports in a non-competitive, outdoor environment in order to improve overall fitness and well-being which may even spark a passion for years to come!

**#49447** Fridays

September 13 - November 1

10:00 - 11:00 am

Lewis Salish Building

\$50/8

## 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 October 14.**

**#49137** Mondays

September 9 - November 4

9:30 - 10:30 am

Lewis Centre Gym

\$50/8

## 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 October 14, 21 & November 11.**

**Instructor:** Casey Matute

**#49401** Mondays

September 30 - December 9

9:15 - 10:00 am

Lewis MP Hall

\$49/8

## TINY TU TU'S

(3 - 4½ years)

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

**Instructor:** Magi Schoffield-Reid

**#49215** Wednesdays

September 18 - November 20

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10



COURTENAY EARLY YEARS



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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## 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 and offering and accepting new ideas. **No class October 12 & November 9.**

**Instructor:** Sheri Roffey

**#49133** Tuesdays

September 10 - December 10  
9:45 - 10:45 am

Lewis Centre Gym  
\$133/14

Wednesdays

September 11 - December 11

**#49134** 11:00 am - 12:00 pm

**#49135** 1:00 - 2:00 pm  
\$133/14

**#49136** Saturdays

September 14 - December 14  
9:00 - 10:00 am  
Lewis Centre Gym  
\$114/12

*Check receipts carefully for important program information.*

## 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

**#49130** Tuesdays

September 10 - December 10  
11:00 am - 12:00 pm

**#49131** Wednesdays

September 11 - December 11  
10:00 - 11:00 am

Lewis Centre Gym

\$70/14 (1 adult/1 child)

\$112/14 (1 adult/2 children)

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

\$4/Drop-in/additional child

## 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. Must be potty trained.

**Instructor:** Sheri Roffey

**#49066** Wednesdays

September 11 - December 11  
9:00 - 9:45 am

Lewis Centre Gym

\$112/14

## STEPPING STONES TO KINDERGYM

(2½ - 3½ years)

Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience.

**Instructor:** Sheri Roffey

**#49663** Tuesdays

September 10 - December 10  
9:00 - 9:45 am

Lewis Centre Gym

\$98/14

## WOO KIM

### TAEKWONDO TIGERS

(5 - 7 years)

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

**No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs

**#49097** Tuesdays & Thursdays

September 10 - December 19  
4:00 - 4:45 pm

Lewis MP Hall

\$214/26

## 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!





# Winter Wonders

## FROSTY FROLICS

(5 - 11 years)

It's winter and it is time to enjoy all that it has to offer. From ice cube races to snow making this day will make you remember why winter is so cool! As a bonus, we will have the gymnasium to play active games to get your legs moving. Bring a snack and we will bring the hot chocolate.

**#49645** Tuesday December 31  
8:30 am - 12:00 pm  
Lewis Craft Room A  
\$10

## NEW YEAR'S BAKE OFF

(9 - 15 years)

Create an assortment of holiday baking in this workshop. Cookies, bars, and treats 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

## AROMATHERAPY FOR CHRISTMAS

(9 - 15 years)

It's beginning to smell like Christmas! Join registered aromatherapist Deanna Papineau as you smell, blend and create a Christmas aromatherapy spray for the holidays.

**Instructor:** Deanna Papineau

**#49240** Tuesday December 10  
5:30 - 7:00 pm  
LINC Multipurpose Room  
\$25

*Get in on the festive fun with various programs such as Elf Academy or Frosty Frolics!*

## WINTER BREAK DAYCAMP

(5 - 11 years)

Embrace the holiday season and play the day away! Active games, arts and crafts, and lots more, provide you with a sleigh full of fun. Please bring your lunch.

**#49644** Monday, Friday,  
Monday, Thursday & Friday  
December 23, 27, 30,  
January 2 & 3  
9:00 - 4:00 pm  
Lewis Craft Room A  
\$40/Day

## MAKE YOUR OWN CHRISTMAS GIFTS

(6 - 10 years)

Make Christmas extra special for someone you care for. Create a variety of different projects like painting, jewelry, house decor and more.

**#49614** Mondays  
November 18 - December 16  
4:30 - 6:00 pm  
Lewis Craft Room A  
\$75/5

## ELF ACADEMY

(4 - 7 years)

After Christmas Santa's elves are exhausted! Spend your afternoon at Santa's Workshop Training Academy helping them out. Make crafts, a no-bake treat, and play Reindeer games. Learning to be an Elf isn't easy, but it sure is fun! We'll keep you busy with crafts, sweet treats, sing-songs, and winter themed activities.

**#49618** Thursdays  
November 28 - December 19  
4:00 - 5:30 pm  
Lewis Craft Room B  
\$60/4

## 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.

**#49615** Thursdays  
November 28 - December 19  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$49/4



COURTENAY CHILDREN



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

# Birthday Parties

## GYMNASTICS/ TRAMPOLINE

(3 - 14 years)  
Fun filled gymnastics games, free play and activities. Something for everyone!  
Saturdays starting September 14  
11:30 am - 1:30 pm  
\$100

## LEGO MANIA

(5 years & over)  
Create Lego masterpieces and play original Lego games.  
Sundays starting September 15  
2:00 - 4:00 pm  
\$100

## SATURDAY SPORTS SIZZLER

(3 years & over)  
Play lots of fun sports, games & enjoy free play!  
Saturdays starting September 14  
12:30 - 2:30 pm  
\$100

## HOOPY PARTY

(5 years & over)  
Play games, dance, and learn funky circus-style hoop tricks.  
Sundays starting September 15  
12:00 - 2:00 pm  
\$100  
\$130/with keepsake

## SWEET TREAT BIRTHDAY

(6 - 12 years)  
Have your cake and decorate it too! You'll spend the first hour with a birthday party leader decorating your choice of confetti, vanilla or chocolate cupcakes. This party includes everything needed to decorate the cupcakes.  
Saturdays starting September 14  
10:30 am - 12:30 pm  
\$199

# Special Interest

## 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.

#49548 Saturday September 21

#49549 Saturday October 19

#49550 Saturday November 30  
1:00 - 3:30 pm  
Lewis Meeting Room  
\$25

## LEGO MANIA

(6 - 9 years)  
Make new friends and work together to build, create, learn and use your imagination! Everyone is a Master Builder here.

#49610 Wednesdays  
September 18 - October 23  
4:00 - 5:30 pm  
Lewis Craft Room B  
\$75/6

## 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

#49517 Saturday September 28

#49518 Saturday October 26

#49519 Saturday November 23  
9:00 am - 4:30 pm  
Lewis Tsolum Building  
\$69

## PRO D DAY - EVERYTHING YOU EVER WANTED TO DO

(5 - 11 years)  
Psst-parents! Elevate yourselves from villains to heroes and sign up your child in this action packed day. Participate in wild games, wonderful crafts and messy activities. Your kids will have a ball and we'll clean up the mess. Please wear old duds that can get a little dirty.

#49381 Friday October 25

#49382 Thursday November 21  
8:30 am - 3:30 pm  
Lewis Craft Room B  
\$50



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

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





## 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 October 31.**

**#49612** Thursdays

September 26 - November 21

3:30 - 5:00 pm

Lewis Craft Room A

\$99/8

## 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 October 14.**

**#49609** Mondays

September 23 - November 4

5:00 - 6:30 pm

Lewis Craft Room A

\$75/6

## COOKS & CRAFTS

(6 - 9 years)

Tantalize your taste buds and satisfy your creativity by devouring delicious dishes and making funky crafts. Each class you will try out a new recipe, learn about kitchen safety, and flex your creative muscles with different crafts.

**#49544** Thursdays

September 19 - October 24

4:00 - 5:30 pm

Lewis Craft Room B

\$75/6

## JURASSIC JOURNEY

(5 - 8 years)

Have a RAWR-ing good time! Explore the wonderful world of dinosaurs through games, crafts and stories.

**#49611** Wednesdays

November 6 - December 11

4:00 - 5:30 pm

Lewis Craft Room B

\$75/6

## 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!

**#49383** Tuesdays

November 12 - December 17

4:30 - 6:00 pm

Lewis Craft Room B

\$75/6

## 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 dessert imposter! If you are a fan of the popular show you'll love this program.

**#49545** Wednesdays

September 25 - October 30

4:00 - 6:00 pm

Lewis Craft Room A

\$99/6

## ECO EXPLORERS

(6 - 9 years)

The sun is out, it's time to take curious kids outside to hop off the trails and explore the natural world around us! You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games and make nature crafts. Dress for the weather! **No class**

**October 14.**

**#49384** Mondays

September 16 - October 28

3:30 - 5:00 pm

Lewis Salish Building

\$75/6

## FLOUR POWER

(7 - 10 years)

'Mix' things up and 'beat' your after-school boredom. This class will teach you everything you 'knead' to bake up delicious Christmas season goodies. 'Doughnut' wait to register.

**#49545** Wednesdays

November 13 - December 18

3:30 - 5:30 pm

Lewis Craft Room A

\$75/6



COURTENAY CHILDREN



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

# Searching For Volunteers!

## Adapted Programs (Adults)

sewing  
bowling  
dances  
art cards  
special events

## Children/Youth Programs

special events  
early years  
childminding  
pro D days  
camps

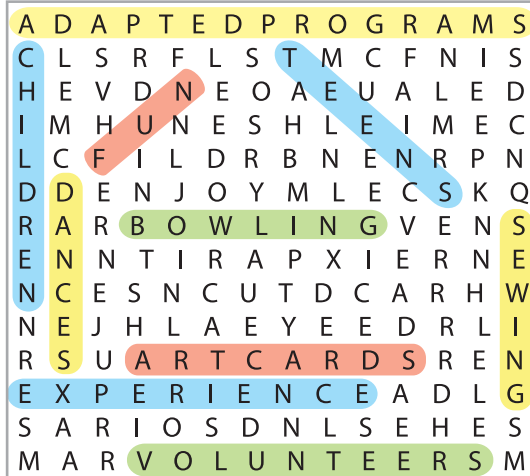
**Needed Now!**

For more information call the  
Lewis Centre 250-338-5371 or text 250-650-9930  
[courtenay.ca/volunteers](http://courtenay.ca/volunteers)



CITY OF  
**COURTENAY**  
Recreation

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



## Arts & Crafts

### WEAVING & TEXTILE FUN

(6 - 12 years)

Easy and fun weaving and textile projects for kids to feel success with hand making. We will use different techniques like macrame, circle weaving, spool/finger knitting, pom pom making, thread sculpture, mini looms, and earth looms. We will use new and up-cycled textile materials like yarn, thread, recycled plastics, and earth materials. We will make a creative art project every week to take home.

**Instructor:** TaraLee Houston

**#49547** Wednesdays

September 25 - December 4  
6:00 - 7:30 pm  
Lewis Salish Building  
\$99/11

*Check receipts carefully for important program information.*

### SEWING LEVEL 1 SEWING BASICS

(8 - 14 years)

Get to know the basics of how to use a sewing machine, use a pattern and learn some sewing terminology that will help you begin your career as you construct your own pincushion! This class is for beginners and is a prerequisite for our other sewing classes.

**Instructor:** Jean Morgan

**#49229** Tuesdays

September 24 - October 8  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$50/3

### SEWING LEVEL 3 CHILDREN'S ADVANCED

(9 - 14 years)

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

**Instructor:** Jean Morgan

**#49231** Tuesdays

November 12 - December 3  
3:30 - 5:30 pm  
Lewis Craft Room A  
\$80/4

### SEWING LEVEL 2 IT'S FUN TO SEW

(8 - 14 years)

Make and sew your very own starter pillow case, then move on to pull-on cotton pants that you can wear home, if you like! 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

**#49230** Tuesdays

October 15 - November 5  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$70/4

### CHRISTMAS SEWING

(8 - 14 years)

Make your own fabric gift bags, tote bags, or ornaments. Decide, as a class, what you will create to surprise your friends and family.

**Instructor:** Jean Morgan

**#49232** Tuesdays

December 10 - 17  
3:30 - 5:30 pm  
Lewis Craft Room A  
\$60/2





## DRAWING & PAINTING FUN

(6 - 12 years)

These classes are a fun mix of drawing and painting techniques & materials. We will make a creative art project every week to take home. We will create with watercolours, tempera and acrylic paint, oil/chalk pastels, markers, pens, pencils & artstix. Some days we will mix it up and use drawing and painting materials for mixed media projects. Please wear painting clothes.

**Instructor:** TaraLee Houston

**#49546** Tuesdays

September 24 - December 3

6:00 - 7:30 pm

Lewis Salish Building

\$99/11

## CLAY SCULPTING

(7 - 13 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 October 14.**

**Instructor:** Jenja McIntyre

Mondays

**#49482** September 23 - November 4

\$99/6

**#49485** November 18 - December 16

\$75/5

3:30 - 5:00 pm

Lewis Craft Room B

## FAMILY CLAY ART

(4 years & over)

Spend a fall evening together, exploring the art of clay. Learn about hand-building as you make your choice of functional or ornamental art. **No class October 14. Instructor:** Jenja McIntyre

Mondays

**#49484** September 23 - October 28

**#49485** November 18 - December 16

5:30 - 7:00 pm

Lewis Craft Room B

\$149/5

\$35/additional child

## DRAWING & PAINTING: BACK TO BASICS

(8 - 13 years)

Practice basic drawing and painting techniques through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colours to draw imaginative one-of-a-kind projects with success! Learn quick and easy techniques to draw something new and different each week. **No class October 12.**

**Instructor:** David Thrasher

**#49217** Saturdays

September 14 - October 26

10:00 - 11:00 am

Lewis Craft Room B

\$49/6

## STAINED GLASS DESIGNS

(9 - 12 years)

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

**#49212** Tuesdays

October 1 - November 5

3:30 - 5:00 pm

Lewis Craft Room B

\$90/6

## DRAWING & PAINTING: BACK TO BASICS 2

(10 - 16 years)

Have you completed Drawing & Painting: Back to Basics level 1? Want to keep developing your skills? Check out this new class! You will explore figure, perspective, illustration, comic strip, anthropomorphism, animation flip books, grid drawing & still life. **No class October 14.**

**Instructor:** David Thrasher

**#49218** Mondays

September 9 - October 26

4:30 - 5:30 pm

LINC Multipurpose Room

\$49/6



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# Dance & Music



## 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

**#49216** Wednesdays

September 18 - November 20

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

*See page 61 for  
Tiny Tu Tu's Ballet for  
ages 3 - 4½.*

## 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 October 14, 21 & November 11.**

**Instructor:** Casey Matute

**#49401** Mondays

September 23 - December 2

9:15 - 10:00 am

Lewis MP Hall

\$49/8

## 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.

See page 61 for dates and times.

## 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

September 11 - November 27

**#49516** 4:00 - 5:00 pm **5 - 7 years**

**#49515** 5:00 - 6:00 pm **8 - 11 years**

Lewis Tsolum Building

\$144/12

# 7 Story Circus

## COMMUNITY CIRCUS 1

(6 - 12 years)

Climb aerial fabric & hang from aerial hoop! Juggle scarves, balls, rings & clubs. Spin staff, poi, diablo, flower-sticks & plates. Balance with stilts & rola-bola. Learn to do hand-stands, increase flexibility & experience the fun of partner acrobatics. Have fun exploring ensemble & solo work with improvisation & performance games. We'll finish off the session with a show for friends and family. This class is appropriate for beginners, younger students, and those with less than two seasons of circus experience. **No class October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49487** Mondays

September 9 - December 2  
3:30 - 5:30 pm  
Lewis Centre Gym  
\$264/11

## INTERMEDIATE TO ADVANCED AERIAL ARTS

(10 - 16 years)

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

**#49641** Wednesdays

September 11 - December 4  
6:30 - 7:30 pm  
\$260/13

**#49640** Fridays

September 13 - December 6  
4:30 - 5:30 pm  
Lewis Centre Gym  
\$260/13

*Circus participants perform on the aerial hoop in the end of session circus show!*

## 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.com](mailto:info@7storycircus.com). **No class October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49489** Mondays

September 9 - December 2  
6:00 - 8:00 pm  
Lewis Centre Gym  
\$264/11

*A separate \$21 once/year 7 Story Circus membership fee must be paid to instructor for all Circus and Aerial Classes.*



## AERIAL ARTS: THE BASICS

(10 - 16 years)

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. We'll end the session with a show for friends and family.

**#49642** Fridays

September 13 - December 6  
3:30 - 4:30 pm  
Lewis Centre Gym  
\$260/13

## ADVANCED AERIAL ARTS

(10 - 16 years)

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

**#49639** Fridays

September 13 - December 6  
Lewis Centre Gym  
5:30 - 7:00 pm  
\$351/13

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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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## Martial Arts

### WOO KIM TAEKWONDO JUNIORS WHITE AND YELLOW STRIPE

(7 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49099** Tuesdays & Thursdays  
 September 10 - December 19  
 4:45 - 5:45 pm  
 Lewis Activity Room  
 \$239/26

### WOO KIM TAEKWONDO JUNIORS YELLOW AND GREEN STRIPE

(7 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49100** Tuesdays & Thursdays  
 September 10 - December 19  
 4:50 - 5:50 pm  
 Lewis Centre MP Hall  
 \$239/26

### WOO KIM INTRO TO TAEKWONDO

(5 - 9 years)

If you've never done Taekwondo before, this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 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

**#49095** Fridays

September 13 - November 1  
 4:00 - 4:30 pm  
 Lewis Activity Room  
 \$69/8

### WOO KIM TAEKWONDO JUNIORS BLUE STRIPE AND UP

(8 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49098** Tuesdays & Thursdays  
 September 10 - December 19  
 5:55 - 6:55 pm  
 Lewis Centre MP Hall  
 \$239/26



## 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 \$55 uniform fee for new students.

**No class October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49093** Mondays & Wednesdays

September 9 - December 18

4:30 - 5:20 pm

Native Sons Grand Hall

\$205/27

### 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!

## 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 October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49416** Mondays & Wednesdays

September 9 - December 18

5:30 - 6:25 pm

Native Sons Grand Hall

\$225/27

## ADVANCED KUNG FU

(7 - 16 years)

Having completed level 1, this class focuses on many different scenarios of self defense and disadvantaged fighting. Traditional Chinese Kung Fu weapons are introduced and studied in depth as well. Students will be challenged at a higher level both physically and mentally. **No class October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49094** Mondays & Wednesdays

September 9 - December 18

6:30 - 7:40 pm

Native Sons Grand Hall

\$225/27

## KARATE FOR COMPETITION

(All ages)

Take your karate to the next level! Certified National Team Coach, Pam Ross, will teach the skills to prepare you for success at WKF competitive karate. Improve your tournament Kata and Kumite and prepare for upcoming tournaments, from local to International competition. \*must register or be registered with Karate BC and affiliated with sanctioned karate club. **No class October 31. Instructor:** Pam Ross

**#49090** Thursdays

September 12 - November 7

6:30 - 8:00 pm

Lewis MP Hall

\$189/8

## 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 FUNdamental skills will then help children's transition into community or traditional Special Olympic Programs. **No class October 14, 21 & November 11.**

**#49403** Mondays

September 9 - November 25

3:30 - 4:30 pm

Lewis Centre MP Hall

\$18/9

\$2.50/Drop-in





## Sports & Movement

### INDOOR SPORTS STARS

(6 - 8 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!

**No class October 11.**

**#49140** Fridays

September 20 - November 15

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

### FAMILY YOGA

(6 - 12 years)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

**Instructor:** Daiana Gama

**#49168** Saturdays

September 14 - December 14

10:00 - 11:00 am

Lewis Salish Building

\$144/12

### 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**

**October 12 & November 9.**

Saturdays

September 14 - November 30

**#49105** 2:00 - 3:00 pm

**#49104** 3:00 - 4:00 pm

Lewis Centre MP Hall

\$110/10

### GIRLS ON THE MOVE

(9 - 12 years)

Girls, let's get active! Join us for this fun, supportive and sporty program 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!

**No class October 17 & 31.**

**#49664** Thursdays

September 19 - November 21

3:30 - 4:30 pm

Lewis Centre MP Hall

\$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! **No class October 16 & 30.**

**#49103** Wednesdays

September 18 - November 20

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

### 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 BC Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun!

**Instructor:** Sheri Roffey

Wednesdays

September 11 - December 11

**#49101** 3:30 - 4:30 pm

**#49102** 4:30 - 5:30 pm

Lewis Centre Gym

\$140/14





# 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. Must be in Kindergarten. **No class October 12 & November 9.**

Tuesdays \$203/14  
Saturdays \$174/12  
both days \$338/26  
Lewis Centre Gym

## GIRLS & BOYS MIXED

(5 - 7 years)

**#49089** Tuesdays

September 10 - December 10  
3:30 - 5:00 pm

**#49088** Saturdays

September 14 - December 14  
10:00 - 11:30 am

## GIRLS GYMNASTICS

(8 years & over)

**#48984** Tuesdays

September 10 - December 10  
5:00 - 6:30 pm

**#48985** Saturdays

September 14 - December 14  
12:30 - 2:00 pm

## 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.

**#49068** Tuesdays

September 10 - December 10  
5:00 - 6:30 pm

**#49069** Saturdays

September 14 - December 14  
12:30 - 2:00 pm

*Please return  
previous report cards.*

## 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.

**#49073** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49072** Saturdays

September 14 - December 14  
2:00 - 3:30 pm

## BOYS ADVANCED

(8 years & over)

Must have been previously assessed or received a golden ticket.

**#49070** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49071** Saturdays

September 14 - December 14  
2:00 - 3:30 pm

## GYMNASTICS ASSESSMENTS

(5 - 14 years)

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

Saturdays

starting September 14  
11:30 - 11:45 am

Lewis Centre Gym

Free - please register

## 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

**#49130** Tuesdays

September 10 - December 17  
11:00 am - 12:00 pm

**#49131** Wednesdays

September 11 - December 18  
10:00 - 11:00 am

Lewis Centre Gym

\$75/15 (1 adult/1 child)

\$120/15 (1 adult/ 2 children)

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

\$4/Drop-in (additional child)

## GIRLS ADVANCED

(8 years & over)

**#49074** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49075** Saturdays

September 14 - December 14  
2:00 - 3:30 pm



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## 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. **No Birthdays October 12, 13, November 9, 10 & December 14.**

Saturdays starting September 7

12:30 - 2:30 pm **or**

Sundays starting September 8

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



## Be Creative

### AROMATHERAPY

#### BLENDING

(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 blend to take home with you.

**Instructor:** Deanna Papineau

**#49285** Thursday November 7

5:30 - 7:00 pm

LINC Multipurpose Room

\$25

### AROMATHERAPY FOR CHRISTMAS

(9 - 15 years)

It's beginning to smell like Christmas! Join registered aromatherapist Deanna Papineau as you smell, blend and create a Christmas aromatherapy spray for the holidays.

**Instructor:** Deanna Papineau

**#49240** Tuesday December 10

5:30 - 7:00 pm

LINC Multipurpose Room

\$25

### BEGINNER PIANO

(12 - 17 years)

Have you always wanted to play the piano? Here's your chance to try it out! We'll start with the basics but soon you will be choosing popular songs that you want to play! A keyboard for at-home practice is preferred. Concert included! \$60 book fee, payable to the instructor.

**Instructor:** Debbie Ross

**#49242** Wednesdays

September 11 - November 27

6:00 - 7:00 pm

Tsolum Building

\$144/12

### GHOUL SCHOOL

(8 - 18 years)

Learn to design, act, or do both as you help create one of the scariest and most popular haunted houses in the Comox Valley! Bring your creative ideas and join us for an information meeting September 11 at 4pm. Participants are encouraged to register ahead of time.

**#49289** Wednesdays

September 18 - October 23

4:00 - 6:30 pm

LINC Multipurpose Room

FREE

### GNARLY LITTLE

#### CHRISTMAS CRAFT FAIR

(9 - 19 years)

Be a part of Courtenay's biggest Christmas Party & Parade and make extra cash this Christmas while you showcase your talents. Painting, photography, jewelry, art-cards, baking and more are all welcome in the 11th annual 'Just for Youth' Christmas craft fair.

**#49290** Sunday December 1

10:00 am - 2:00 pm

Native Sons Hall

\$10/table

### HOLIDAY BAKING

(10 - 16 years)

Join Chef Sonja and learn tasty recipes for the Christmas season. We'll make minced fruit tarts, cashew shortbread and gingerbread characters. Do you have a sweet tooth? Come join us and take some treats home to share.

**Instructor:** Sonja Limberger

**#49682** Saturday December 7

9:30 am - 12:00 pm

LINC Games Room

\$35



# Special Interest

## FOOD SAFE LEVEL 1

(13 years & over)

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

**Instructor:** Gaetane Palardy

**#49287** Saturday November 16  
9:00 am - 4:00 pm  
LINC Multipurpose Room  
\$98

## LIGHTS! CAMERA! CODE! ACTION!

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 Make It Zone. **No class October 14.**

**Instructor:** Julian Rendell

**#49683** Mondays  
September 9 - October 21  
5:00 - 6:30 pm  
LINC Games Room  
\$95/6

## ITALIAN MEALS

(11 - 16 years)

Join us for this specially designed cooking class for youth and learn how to cook an Italian meal for your family! This informative and hands on class includes a menu of veggie spaghetti sauce, scratch ceasar salad and garlic bread.

**Instructor:** Sonja Limberger

**#49684** Saturday November 9  
10:30 am - 1:00 pm  
LINC Games Room  
\$35

## 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.

**Instructor:** St John Ambulance

**#49517** Saturday September 28

**#49518** Saturday October 26

**#49519** Saturday November 23

9:00 am - 4:30 pm  
Lewis Tsolum Building  
\$69

## MOOD MAIDENS

(11 - 15 years)

Connect with your peers while exploring topics to help you through your transitional years. We'll explore boundaries, dream-time messages, self-care, body image, intuition and more! Through our sharing circle you can seek support, bring questions, explore emotions or simply make friends and have fun while learning. We'll gather together to craft, play games and chat in an atmosphere of acceptance, openness and kindness for one another.

**Instructor:** Kendra Quince  
Thursdays

**#47776** October 3 - 24

**#49493** November 7 - 28

4:15 - 6:15 pm  
Lewis Meeting Room  
\$85/4

11th Annual

## Gnarly Little Christmas Craft Fair

(9 - 19 years)

**Sat, December 1**

**10:00 am - 2:00 pm**

**Native Sons Hall**

**Free Admission**

**\$10/table**

Showcase your talents in painting, photography, jewelry, art-cards, baking & more at our annual Youth Christmas Craft Fair! Register your table now and make extra cash this Christmas!



follow us

Lewis Centre 250-338-5371

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

COURTENAY YOUTH



follow us

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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# TWEEN SURPRISE NIGHT!

(8 - 11 years)

**Tuesday September 24**

**3:00 - 7:00 pm**

**The LINC**

**\$5/drop-in**

## School's Out

### EXTREME REC NIGHT 3

(11 - 15 years)

Extreme Rec Night is back! Get in on the fun as we cruise to some of our local rec centres and participate in activities including archery tag, rock climbing, skate park, swimming, games room, pizza, snacks & more! Transportation included from The LINC, pick up at the Aquatic Centre at 10:30 pm. For more information, see ad on page 77.

**#49826** Friday November 15  
3:30 - 10:30 pm  
\$10/pre-register  
by November 14  
\$15/Drop-in

### WINTER BREAK FAMILY DROP IN

Enjoy The LINC as a family! Ride the bowl, play ping pong, air hockey and foosball, sing along to karaoke, and just have FUN! All ages welcome with an adult.

Saturdays  
December 28 & January 4  
11:00 am - 3:00 pm  
LINC Games Room & Skatepark  
\$5/family drop-in

### 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

*See page 63 for more  
Winter Break programs.*

### 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! Snack included each day.

**#49366** Friday October 25 &  
Thursday November 21  
8:30 am - 4:00 pm  
LINC Games Room  
\$65/2

**#49367** Friday October 25

**#49368** Thursday November 21  
8:30 am - 4:00 pm  
LINC Games Room  
\$35

### 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!

**#49351** Friday December 27  
9:00 am - 4:00 pm  
LINC Skatepark  
\$35

**#49352** Thursday January 2 &  
Friday January 3  
9:00 am - 4:00 pm  
LINC Skatepark  
\$68/2

**#49491** Friday December 27,  
Thursday January 2 &  
Friday January 3  
9:00 am - 4:00 pm  
LINC Skatepark  
\$99/3



# Skatepark

## SKATEBOARD FUNDAMENTALS 1

(6 - 12 years)

Build confidence learning the sport of skateboarding. Learn the basics of balance, pushing, cruising and then try out a trick or two! This class is geared to beginner-novice skaters. **No class October 7 or November 11.**

**Instructor:** LINC Skatepark Staff  
Mondays

#49353 September 9 - October 21

#49354 October 28 - December 9

4:30 - 5:30 pm

LINC Skatepark

\$59/6

## SKATEBOARD FUNDAMENTALS 2

(7 - 13 years)

Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructor and help you progress. This class is geared to skaters who have participated in Skate FUNDamentals previously or are novice-intermediate skaters. **No class October 7.**

**Instructor:** LINC Skatepark Staff

Mondays

#49356 September 9 - October 21

5:45 - 6:45 pm

LINC Skatepark

\$59/6

## SK8 LIKE A GIRL

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. **No class November 11.**

**Instructor:** LINC Skatepark Staff

#49685 Mondays

October 28 - December 9

LINC Skatepark

\$59/6

## SCOOTER SUNDAYS

(6 - 12 years)

Learning to scooter or want to? We'll teach you the basics, and help you progress through different tricks in the skatepark. You'll gain confidence as you learn to ride the street section and bowl! Rentals available. **No class October 13 or November 10.**

**Instructor:** LINC Skatepark Staff  
Sundays

#49348 September 8 - October 20

#49349 October 27 - December 8

9:45 - 10:45 am

LINC Skatepark

\$59/6

## 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 with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays

September 10 - December 17

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

5:15 - 6:00 pm

LINC Skatepark

\$22/lesson

## EXTREME REC NIGHT

(11 - 16 years)  
**Friday November 15**  
**3:30 - 10:30 pm**  
**\$10 pre-registration**  
**or \$15 drop-in**

Activity Schedule:

3:30 - 6:00 pm The LINC Youth Centre

6:30 - 8:30 pm Cumberland Rec

9:00 - 10:30 pm CV Aquatic Centre

Activities include archery tag,  
rock climbing, skatepark, swimming,  
pizza, snacks & more!

**For more information please call 250-334-8138**









You're Invited . . .

# THE LINC HAUNTED HOUSE

OCTOBER

\$2/person or \$5/family

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 <b>CLOSED</b>	23 <b>6 - 8pm</b>	24 <b>6 - 8pm</b>	25 <b>6 - 9pm</b>	26 <b>6 - 9pm</b>
29 <b>6 - 8pm</b>	30 <b>6 - 9pm</b>	31 <i>½ the Fright</i> <b>6 - 8pm</b>	<i>½ the Fright Night is geared to our younger ghouls &amp; visitors</i>	



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

follow us   The LINC 250-334-8138  
300 Old Island Highway, Courtenay

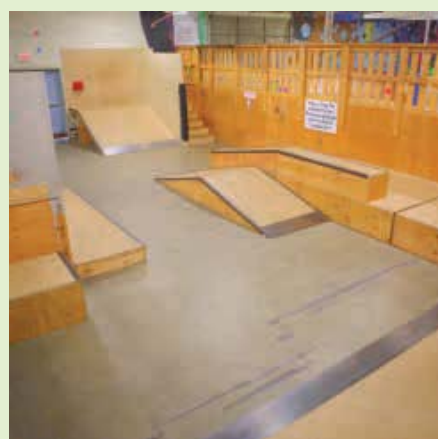




# LINC

## 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  
bigscreen TV  
outdoor basketball court  
outtrips, special events  
private rentals

### FALL HOURS

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

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

### FEES

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

### YOUTH COUNCIL

(9 - 18 years)  
Develop leadership and teamwork skills through games, goal - planning and skill building activities, while giving back to the community. Bring your friends, plan drop-in activities and help with special events! Information meeting October 3.

Thursdays  
October - May  
LINC Multipurpose Room  
4:00 - 5:00 pm  
FREE

### 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!**

### ADULT SKATE NIGHT

(18 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 cancelled if numbers are low. Helmets required and available.

#### No drop-in November 11.

Mondays  
October 21 - December 16  
7:00 - 9:00 pm  
LINC Skatepark  
\$4/Drop-in  
\$40/punch pass



# 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 with the artists. **No class October 14 & November 11.**

Mondays

September 9 - December 9

#49236 10:00 - 11:00 am or

#49622 1:00 - 2:00 pm

Lewis Craft Room A

### CHAIR FIT

An upbeat and gentle workout class for those who need to walk or sit. All ages welcome. **No class October 11.** Note: No cardio component.

#49668 Fridays

September 20 - December 6

10:45 - 11:45 am

Lewis MP Hall

### FITNESS

Adapted conditioning exercises for the whole body & mind.

#49234 Wednesdays

September 11 - December 11

10:15 - 11:00 am

Lewis Activity Room

Drop-in

*New Day  
& Time*

### MONDAY MORNING RECONNECT

**NEW**

Participate in therapeutic group activities. Connect brain and body with relaxation and stretching. Join in with gentle music and movement.

#49669 Mondays

September 9 - December 9

10:30 - 11:30 am

Lewis Activity Room

*Limited spaces*

### CELEBRATION CIRCLE

**NEW**

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.

#49670 Fridays

September 20 - December 13

1:00 - 2:00 pm

Lewis Tsolum Building

*Limited spaces*

## Fall Special Events

### HARVEST DANCE

Leaves are falling, Autumn is calling. Join us for hot apple cider!

#49665 Friday September 20

12:30 - 2:30 pm

Lewis MP Hall

\$2

### HALLOWEEN BINGO

Spooktacular prizes for everyone! Spaces limited. Register early.

#49666 Thursday October 24

1:00 - 2:15 pm

Lewis MP Hall

\$2 *limited spaces*

### HALLOWEEN CREATIVITY

Join our instructor for some ghoulish activities including cookie decorating, group pumpkin carving and photo ops in our costume corner!

#49667 Wednesday October 16

1:00 - 2:30 pm

Lewis Craft Room A

\$5

*Fall Registration for Adapted Programs starts Monday, August 19.*

### FUNDAMENTAL SKILLS (5 - 11 years)

Children will be introduced to sports and skills that will then help them transition into community or traditional Special Olympic Programs. **No class October 14, 21 & November 11.**

#49403 Mondays

September 9 - November 25

3:30 - 4:30 pm

Lewis Centre MP Hall

\$18/9

\$2.50/Drop-in

*New Day  
& Time*

*Adapted Programs in partnership with:*



## FUN DROP-IN

### @ THE LINC

(19 years & over)

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

Mondays

2:30 - 5:00 pm

Beginning September 9

The LINC Youth Centre

Free

FMI: Karen 250-338-5371

*More Registered & Drop-in Activities in Newsletter, coming out August 12; Archery, Sewing & more!*

## 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!

#49672 Tuesdays

September 10 - December 3

6:00 - 8:00 pm

Craft Room A

\$38/13 weeks

plus activity costs

## ZUMBA

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

#49235 Tuesdays

September 17 - December 3

1:00 - 2:00 pm

Activity Room

\$60/12 weeks

## LINE DANCING

Come and kick up your heels and dance the morning away. No partners required. **No class October 31.**

#49671 Thursdays

September 12 - December 5

10:30 - 11:30 am

MP Hall

\$60/12 weeks

## Bowling Leagues

Your all time favourite Bowling Leagues are back for another great year!

### Registration:

Please register before the first week. This helps us to organize the teams and volunteers. Please register at the Lewis Centre office.

Note: The Tuesday League is a smaller league for those who prefer a quieter atmosphere.

**Fees:** Registration is \$5.

### Late registrations:

Please call to check about late registration.

### Weekly dues:

Weekly dues are **\$3.50**. Thanks to the CV Community Foundation for its generous subsidy of \$1/person for every game played.

### Pick Ups:

Please come inside the bowling alley to pick up participants and assist with his/her departure as we have many people leaving all at one time.

### One-on-One Support:

While we will do our best to meet your needs, please note that we are unable to provide one-on-one support.

#49704 Tuesdays

#49705 Wednesdays

September 17 & 18 to

December 3 & 4

3:00 - 4:00 pm

Codes Country Lanes

## Searching For Volunteers!







## Arts & Crafts

### REALISTIC PAINTING (OIL OR ACRYLIC)

Anyone can benefit from this course that covers all aspects of painting realistically, from care of materials to finding inspiration, achieving perfect realism and getting one's own style. You'll learn a lot in this fun, friendly course!

**Instructor:** Teresa Knight

**#49470** Tuesdays

October 8 - November 26

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### 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 October 14 & November 11.**

**Instructor:** Jenja McIntyre

**#49486** Mondays

September 23 - November 25

7:30 - 9:00 pm

Lewis Craft Room B

\$149/8

### DRAWING FOR BEGINNERS

Join us for this introduction to perspective and cast shadows. Participants learn how to measure and draw proportions simply and create the illusion of depth while being introduced to techniques for fine detail and loose expression.

**No class October 14 & November 11. Instructor:** Teresa Knight

**#49472** Mondays

October 7 - December 9

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### BEGINNER PAINTING LANDSCAPES IN OIL OR ACRYLIC

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

**Instructor:** Teresa Knight

**#49469** Wednesdays

October 9 - November 27

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### 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 October 31.**

**Instructor:** Teresa Knight

**#49471** Thursdays

October 3 - November 28

6:00 - 8:00 pm

Lewis Craft Room B

\$99/9

### ACRYLIC PAINTING 2 TEXTURE, RHYTHM, CLAUDE MONET

Explore the use of texture and rhythm in acrylic painting. All supplies are included.

**#49632** Sundays

November 17 - December 15

6:00 - 8:00 pm

**#49631** Mondays

November 18 - December 16

6:00 - 8:00 pm

**#49633** Tuesdays

November 19 - December 17

10:00 am - 12:00 pm

Lupine Art Studio

\$179/5

### ACRYLIC PAINTING 2 SPACE, MOVEMENT, EMILY CARR

Master the use of space and movement in painting in this 5 week acrylic class. All supplies are included.

**#49629** Wednesdays

September 25 - October 23

6:00 - 8:00 pm

**#49630** Thursdays

September 26 - October 24

10:00 am - 12:00 pm

Lupine Art Studio

\$179/5



## ADVANCED SOLDERED BEACHSTONE AND SILVER CLASS

Soldered silver wire will be shaped and manipulated into various designs to hang beachstones and beach glass from. This class takes the skill level up a notch but still incorporates the beauty of the stones and glass. All materials provided and a \$50 material fee required from each student.

**Instructor:** Cheryl Jacobs

**#49478** Sunday September 22

**#49480** Saturday October 12

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## ROLLER PRINTED BRACELET BANGLE

Create a beautiful bracelet as a Christmas present in this class. Working with mixed metals and polished abalone or mother of pearl as the stone, metal will be roller printed and the shell will be riveted to the bracelet. Each student will design their own piece and have a truly unique bracelet. All materials included and a \$50 materials fee required per student.

**Instructor:** Cheryl Jacobs

**#49481** Sunday December 8

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## EXPLORING FLORALS PAINTING WITH GLAZES

Join Susan Schaefer for a fun day of exploring how to paint colourful flowers!

**#49634** Saturday October 5

10:00 am - 3:00 pm

Lupine Art Studio

\$115

## STAINED GLASS STEPPING STONES

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

**Instructor:** Nancy Morrison

**#49213** Wednesdays

October 2 - 16

7:00 - 9:00 pm

Craft Room B

\$45/3

## SACRED TOTEM ANIMAL JEWELRY

Animal spirit totems guide us every day, if you have a special animal totem, replicate it into a wearable work of art. We will pierce, rivet, texture, roller print texture and heat colour the metal into an identifiable piece of animal jewelry. Each student will complete a pendant, and/or meditation piece. All materials provided and a \$50 materials fee required from each student.

**Instructor:** Cheryl Jacobs

**#49479** Sunday September 29

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## TRADITIONAL CHRISTMAS ORNAMENTS

Using coloured mirrors and hobby jewels, create a set of rich classic ornaments for the tree or arranged in a window. Please bring instructor \$30 for materials the first class.

**Instructor:** Nancy Morrison

**#49214** Wednesdays

November 6 - 27

7:00 - 9:00 pm

Lewis Craft Room B

\$60/4

## 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 will be collected by the instructor.

**Instructor:** Nancy Morrison

**#49210** Tuesday September 24

6:30 - 9:30 pm

Lewis Craft Room B

\$30

## 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 will be collected by the Instructor.

**Instructor:** Nancy Morrison

**#49211** Tuesdays

October 1 - November 19

7:00 - 9:00 pm

Lewis Craft Room B

\$115/8



*Try Stained Glass programs for a new creative outlet.*

COURTENAY ADULT



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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## Special Interest



### GLUTEN FREE CHRISTMAS BAKING

One can enjoy Christmas treats without having to worry about gluten. The recipes offered will be, Orange Cranberry Hazelnut Cake, Golden Date Squares, Quinoa Pineapple, Cranberry upside down cake and a Christmas Cookie with almond flour. Sample some treats after the lesson.

**#49505** Thursday December 5  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### COOKING WITH LOCAL INGREDIENTS

This time of year is prime harvest season; the perfect time for these recipes. Learn to make dishes like a Roasted Root Vegetable Salad, a Creamy Chard & Kale Soup and a Baked Hazelnut Tempeh with a Leek & Tomato Sauce. Partake in a delicious meal at the end of the lesson

**#49500** Tuesday September 17  
6:00 - 9:00 pm  
Filberg Centre  
Conference Hall Kitchen  
\$49

*Cooking courses instructed by Sonja Limberger. Bring a container in case of leftovers!*

### SUSHI AND OTHER JAPANESE RECIPES

**#49502** Wednesday October 23  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### THAI VEGETARIAN

**#49504** Thursday November 21  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### SUGAR FREE COOKING

**#49503** Thursday November 7  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### GOURMET VEGGIE BURGERS

**#49501** Tuesday October 15  
6:00 - 9:00 pm  
Filberg Centre  
Conference Hall Kitchen  
\$49

### 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  
**#49219** Tuesday November 12  
7:15 - 8:15 pm  
Lewis Meeting Room  
\$10

### EMOTIONAL EATING

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

**Instructor:** Katrina Roos  
**#49220** Tuesday November 26  
7:15 - 8:15 pm  
Lewis Meeting Room  
\$10

### 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. This course is your introduction to a practical, traditional art form using basic techniques and working with natural materials. **No class November 11.**

**#49673** Mondays  
October 28 - November 18  
1:30 - 3:30 pm  
Lewis Tsolum Building  
\$75/3

### 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.

**#49675** Monday December 9  
1:00 - 4:00 pm  
Lewis Tsolum Building  
\$40





## 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 and 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

**#49391** Saturday October 5  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$25

## 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

**#49227** Saturday October 26  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$25

## 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

**#49228** Saturday November 30  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$35

## SHAPING THE JOURNEY: LIVING WITH DEMENTIA

A six session education series for people with early symptoms of dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.

**Instructor:** Alzheimer Society

**#49225** Tuesdays  
September 17 - October 22  
1:30 - 3:30 pm  
Native Sons Lower Level  
Free - please register

## AROMATHERAPY TO ASSIST OUR SHORT WINTER DAYS

Learn how to blend, and ways to blend to pick up your spirit for winter time. Everyone will make a personal inhaler to take home.

**Instructor:** Deanna Papineau

**#49475** Wednesday November 20  
7:00 - 9:00 pm  
Lewis Tsolum Building  
\$49

## TOASTMASTERS SPEECH CRAFT

(18 years & over)

Improve your speaking and listening skills in a positive and supportive, learn-by-doing environment. Cost includes 6 months Toastmasters membership. Attend on September 11 or September 18, 2019 to find out if you're interested.

**Instructor:** Toastmasters

**#49396** Wednesdays  
September 11 - November 6  
7:00 - 9:00 pm  
\$150/8

## GETTING TO KNOW DEMENTIA

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

**Instructor:** Alzheimer Society

**#49224** Tuesday September 3  
1:30 - 3:30 pm  
Native Sons Lower Level  
Free - please register

## AROMATHERAPY FOR THE HOLIDAYS

How to safely use Aromatherapy in your home for the holiday's. Topics include diffusing, misting, bathing and creating a Christmas gift to take home.

**Instructor:** Deanna Papineau

**#49476** Wednesday December 4  
7:00 - 9:00 pm  
Lewis Tsolum Building  
\$49





## BEGINNER BLUES GUITAR

(15 years & over)

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases). **No class October 14.**

**Instructor:** Larry Ayre

**#49397** Mondays

September 23 - November 4  
7:15 - 8:30 pm  
Lewis Tsolum Building  
\$90/6

## BEGINNER PIANO

(55 years & over)

Have you always wanted to play the piano? 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

**#49513** Wednesdays

**EG** September 11 - November 27  
2:00 - 3:00 pm  
Lewis Tsolum Building  
\$192/12

## 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

**#49400** Thursdays

October 24 - December 5  
2:45 - 4:00 pm  
Lewis Tsolum Building  
\$90/6

## BEYOND BEGINNER PIANO

(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

**#49514** Wednesdays

**EG** September 11 - November 27  
3:00 - 4:00 pm  
Lewis Tsolum Building  
\$192/12

## 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.

**Instructor:** Larry Ayre

**#49398** Mondays

September 23 - November 4  
6:00 - 7:00 pm

Lewis Tsolum Building

**#49399** Thursdays

October 24 - November 28  
1:30 - 2:30 pm

Lewis Tsolum Building  
\$75/6

## 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 will be available.

**Instructor:** Debbie Ross

**#49512** Wednesdays

September 11 - November 27  
1:00 - 2:00 pm  
Lewis Tsolum Building  
\$192/12



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

## 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.

**Instructor:** Monica Hofer

**#49448** Thursdays

September 19 - December 5

5:00 - 6:00 pm

Native Sons Lower Level

\$168/12

## DRUMS ALIVE POWER BEATS

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit!

**Instructor:** Monica Hofer

**#49452** Wednesdays

September 11 - November 27

7:00 - 8:00 pm

Native Sons Grand Hall

\$96/12

## BRAIN FIT

Learn how to boost your cognitive and mental health in this fun and engaging program. Learn how the brain changes with age or illness. We will explore the process of memory and attention and how we incorporate functional strategies and techniques into our daily life. By the end of the series participants will have exercises and techniques to create a home program to support continued brain health.

**No class October 31.**

**Instructor:** Martina Forster

**#49237** Thursdays

October 17 - November 28

11:00 am - 12:00 pm

Filberg Soroptomist Lounge

\$99/6

## BEYOND BEGINNER AFRICAN DRUMMING

If you are looking for a place to enhance your drumming skills, but you aren't 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 students who are ready to move up from beginners level. Please contact instructor if unsure of your level.

**Instructor:** Monica Hofer

**#49449** Wednesdays

September 11 - November 27

5:30 - 6:30 pm

Native Sons Grand Hall

\$168/12

## GOLDEN BEATS DRUMS ALIVE

'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 October 3.**

**Instructor:** Monica Hofer

**#49451** Thursdays

September 19 - December 5

10:30 - 11:30 am

Native Sons Grand Hall

\$88/11

## 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 October 14 & November 11.**

**Instructor:** Monica Hofer

**#49450** Mondays

September 16 - December 2

11:45 am - 12:45 pm

Native Sons Grand Hall

\$140/10

*Research indicates that drumming accelerates physical healing & boosts the immune system. In addition, studies show us that drumming reduces tension, anxiety and stress.*



COURTENAY ADULT



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110





## Dance & Movement

### ADULT BALLET

Develop strength and flexibility through classical technique in this adult oriented class. Beginners welcome! No experience necessary.

**Instructor:** Jenna Flint

**#49222** Tuesdays **Absolute Beginner**  
September 17 - December 3  
7:45 - 9:00 pm  
Lewis Activity Room

**#49223** Thursdays **Beyond Beginner**  
September 19 - December 5  
7:45 - 9:00 pm  
Lewis Activity Room  
\$72/12

### 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

**#49221** Tuesdays  
**EG** September 17 - December 3  
6:30 - 7:30 pm  
Lewis Activity Room  
\$72/12

### ADULT JAZZ

Join this upbeat dance class designed for adults. These classes incorporate basic elements of dance such as rhythm, footwork, isolations, balance, flexibility and music. You will get your heart rate up while using jazz technique. Beginners welcome! No experience necessary. Intermediate classes are a faster paced class for those with former dance training.

**No class October 14 & November 11.**

**Instructor:** Casey Matute

**#49498** Wednesdays **Beginner**  
October 2 - December 18  
6:30 - 7:30 pm  
Lewis Activity Room  
\$72/12

**#49499** Monday **Intermediate**  
October 2 - December 16  
7:00 - 8:00 pm  
Lewis Activity Room  
\$60/10

*Check receipts carefully for important program information.*

### BACHATA DANCE

#### LEVEL 1

Bachata is a beautiful partner dance originated from the Dominican Republic. It is a fun, sensual, easy to learn dance and a great way to spend an evening. You will learn the basic steps, turn patterns and lead and follow techniques. No dance experience is necessary, only a partner in crime!

**Instructor:** Rahel Mashruky

**#49388** Wednesdays

September 18 - November 27  
7:00 - 8:00 pm  
Filberg Conference Hall  
\$72/10

### BACHATA DANCE

#### LEVEL 3 & 4

This class is for those that have at least 4 months of prior Bachata training, for example Bachata level 1 and 2 or some equivalent classes. A dance partner is required due to the intimate nature of this dance.

**Instructor:** Leon Hawrylenko

**#49626** Wednesdays **Level 3**  
September 11 - October 30  
7:45 - 8:45 pm  
Lewis Activity Room  
\$48/8

**#49627** Wednesdays **Level 4**  
November 6 - December 11  
7:45 - 8:45 pm  
Filberg Rotary Hall  
\$36/6

### NIA

Moving to music that invigorates and inspires, we cycle through dynamics of power and strength, grace and flexibility. This is fitness that respects who you are, where you've come from, and where you want to go. Every body welcome.

**No class October 14 & November 11. Instructor:** Ann Marie Lisch

**#48941** Mondays  
September 9 - December 9  
5:30 - 6:45 pm  
Filberg Rotary Hall  
\$120/12



## ADULT GYMNASTICS

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

**Instructor:** Breanne Hague & Sheri Roffey

**#49067** Tuesdays

September 10 - December 10  
8:00 - 9:00 pm

Lewis Centre Gym

\$126/14

\$10/Drop-in

## TAI CHI

Derived from the martial arts, tai chi is composed of slow, deliberate movements, meditation, and deep breathing. 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

September 11 - November 27

**#49144** 9:00 - 10:00 am

**#49143** 10:00 - 11:00 am

**#49145** 11:15 am - 12:15 pm

Native Sons Lower Level

\$180/12

## TAI CHI EVENING

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

**#49038** Thursdays

September 5 - December 12  
7:15 - 8:15 pm

Lewis Meeting Room

\$120/15

## 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

**#49435** September 11 - October 23

**#49436** November 6 - December 18

1:00 - 3:00 pm

Native Sons Lower Hall

\$52.50/7

## 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!

**Instructor:** Darlene Bandet

**#49511** Thursdays

October 10 - December 12

7:00 - 8:00 pm

Native Sons Grand Hall

\$60/10

## 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!

**Instructor:** Joan Wydenes

**#49389** Tuesdays **Intermediate**

September 10 - December 10

1:00 - 2:00 pm

Native Sons Grand Hall

**#49390** Wednesdays **Beginner**

September 11 - December 11

1:00 - 2:00 pm

Lewis Activity Room A

\$84/14

\$6/Drop-in

## ADULT BEGINNER SQUASH LESSONS

Squash is a healthy, fast paced sport that incorporates fun and fitness. Learn how to swing, rally and keep score in 4 easy lessons. Equipment will be provided. **No class October 14.**

**Instructor:** Sue Tompkins

**#49036** Mondays

September 30 - October 28

5:30 - 6:30 pm

Lewis Squash Court 1

\$40/4

## ADULT INTERMEDIATE SQUASH LESSONS

Intermediate Squash lessons are for those players who would like to bump their game up a notch. Work on length, strength and footwork through fun active drills. **No class October 14.**

**Instructor:** Sue Tompkins

**#49037** Mondays

September 30 - October 28

6:45 - 7:45 pm

Lewis Squash Court 1

\$40/4



COURTENAY ADULT





## 7 Story Circus

*7 Story Circus participants perform a show for friends and family at the end of the session.*

### 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 October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49488** Mondays

September 16 - December 9  
6:00 - 8:00 pm  
Lewis Centre Gym  
\$330/11

*See page 69 for children's Circus programs. A separate \$21 once/year 7 Story Circus membership fee must be paid to instructor at the first class.*

### 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. **No class October 31.**

**Instructor:** Kaya Kehl

**#49509** Thursdays

September 12 - December 5  
11:00 am - 12:30 pm  
Lewis Centre Gym  
\$4/Drop-in

### HANDSTAND CLASS

Discover your next passion in 7 Story Circus's 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.

**#49628** TBA

\$96/8  
\$13/Drop-in  
for more info check  
[courtenay.ca](http://courtenay.ca) or  
[7storycircus.com](http://7storycircus.com)

### OPEN TRAINING

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

**Instructor:** Kaya Kehl

**#49510** Fridays

September 13 - December 6  
7:15 - 8:15 pm  
Lewis Centre Gym  
\$10/Drop-in

### 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 more info follow us at [7storycircus.com](http://7storycircus.com), Facebook & Instagram. **No class October 31.**

**Instructor:** Kaya Kehl

**#49507** Wednesdays

September 11 - December 4  
7:30 - 8:30 pm  
Lewis Centre Gym  
\$260/13

Thursdays

**#49506** September 12 - October 17  
9:30 - 11:00 am  
Lewis Centre Gym  
\$168/6

### 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!





## 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 class September 26 & October 3.**

**#49039** Tuesdays & Thursdays  
September 3 - December 12  
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.

**#49496** Fridays  
September 6 - December 13  
7:30 - 9:30 pm  
Lewis Centre MP Hall  
\$3/Drop-in

## KARATE FOR COMPETITION

(All ages)

Take your karate to the next level! Certified National Team Coach, Pam Ross, will teach the skills to prepare you for success at WKF competitive karate. Improve your tournament Kata and Kumite and prepare for upcoming tournaments, from local to International competition. \*must register or be registered with Karate BC and affiliated with sanctioned karate club. **No class October 31.**

**Instructor:** Pam Ross

**#49090** Thursdays  
September 12 - November 7  
6:30 - 8:00 pm  
Lewis Centre MP Hall  
\$189/8

## ALL AGES BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport! **No class October 14, 31 & November 11.**

**#49040** Mondays, Thursdays & Friday  
September 5 - December 13  
1:00 - 3:00 pm

**#49676** Mondays & Thursdays  
September 9 - December 12  
8:15 - 10:00 pm  
Lewis Centre Gym  
\$3/Drop-in

## ADULT KUNG FU

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. **No class September 7, October 14 & November 11.**

**Instructor:** Corny Martens

**#49007** Mondays, Wednesdays & Saturdays  
8:00 - 10:00 pm  
10:30 am - 12:00 pm  
September 4 - December 21  
Native Sons Lower Level/  
Lewis Activity Room  
\$160/1 class per week  
\$320/2 classes per week  
\$440/3 classes per week

## WOO KIM TAEKWONDO

This fast-paced program provides excellent physical activity for all ages. Get a full body workout while building new skills. Students will improve strength, coordination, flexibility, endurance and balance skills all while building confidence. Sanctioned by the BC and Canadian Taekwondo federations. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs

**#49096** Tuesdays & Thursdays  
September 10 - December 19  
7:00 - 8:00 pm  
Lewis Centre MP Hall  
\$265/26

## INTRO TO NORDIC POLE WALKING

(55 years & over)

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

**Instructor:** Catherine Egan

**#49141** Fridays  
October 11 - November 1  
11:00 am - 12:00 pm  
\$40/4

## NORDIC POLE WALKING LEVEL 2

(55 years & over)

Nordic pole walking is a total body workout for cardio, strength and flexibility. The focus in this class is fitness training with Nordic poles using different terrains and elevation in our local parks.

**Instructor:** Catherine Egan

**#49142** Fridays  
October 11 - November 1  
12:30 - 1:30 pm  
At Lewis Centre  
\$40/4





# Lewis Centre Squash Courts

## To reserve a court:

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

**Payment is due at time of booking.**  
**To book by phone you must have a pre-paid booking card.**

4 squash courts  
Low rates for Non-prime time bookings  
Equipment rentals  
Childminding (see page 58)

## 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
Special Needs	\$200	\$125
Older Adult (55+)	\$370	\$215
Family	\$925	\$585

*See page 89 for Squash Lessons*

## 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

## Hours until September 15:

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

## Effective September 22:

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) by September 20 to join. Visit [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)

	6 month	3 month	1 month
Adult	\$225	\$135	\$58.50
Student	\$103.50	\$67.50	\$31.50
Evergreen	\$171	\$103.50	\$45
PWD	\$103.50	\$67.50	\$31.50
Family	\$430	\$240	\$95

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

## 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 August 30:**

Monday - Friday, 9:00 - 10:30 am

**effective September 3:**

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

Mondays & Wednesdays 5:00 - 6:30 pm

\$4.00/1¼ hour drop-in (ask about other options)

# 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

**until September 15:**

Sunday 8:30 am - 4:00 pm

**effective September 22:**

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.



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110



# Wellness Centre Classes & Supervision Hours

effective September 3, 2019

	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	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.

COURTENAY ACTIVE LIVING

## 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

**#49153** Thursdays

September 12 - December 19  
6:30 - 7:30 pm  
Lewis Activity Room  
\$105/15

## 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 October 14 & November 11.**

**Instructor:** Nancy Victoria

**#49186** Mondays & Thursdays

**EG** September 9 - December 12  
9:00 - 10:00 am  
Filberg Centre Rotary Hall & Native Sons Grand Hall  
\$156/26

## 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

**#49005** Tuesdays & Thursdays

September 3 - December 19  
7:00 - 8:00 pm  
Lewis Wellness Centre  
\$192/32



## 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 October 14 & November 11.**

**Instructor:** Juan Blancas

**EG** Tuesdays & Thursdays  
September 3 - December 19

#49001 10:30 - 11:30 am

#49004 1:30 - 2:30 pm  
Lewis Wellness Centre  
\$192/32

Mondays & Wednesdays  
September 4 - December 18

#48999 10:00 - 11:00 am

#49000 1:00 - 2:00 pm

#49003 11:15 am - 12:15 pm  
\$164/29

#49002 Friday  
September 6 - December 20  
10:00 - 11:00 am  
Lewis Wellness Centre  
\$96/16

## 55+ TRX AND RESISTANCE TRAINING ALL LEVELS

(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 October 14 & November 11.**

**Instructor:** Tammy Jones

Mondays & Wednesdays  
#49434 September 9 - October 21  
#49439 November 4 - December 16

**EG** 7:45 - 8:45 am  
Lewis Activity Room  
\$96/12

### Benefits of Personal Training

- *Improve Your Overall Fitness*
- *Learn to keep up a routine!*
- *Find the right way to work out*
- *Faster and better results*
- *Proper fat loss and muscle gain*
- *Establish a lifetime exercise habit*

## Personal Training Team

### Juan Blancas

Personal Trainer, Weight Training, Fitness Theory, Third Age

Certified Since: 2002

Training Specialties:

- Step, Resistance Tubing, Dumbbell
- Stability Ball
- Body Ball, Core activation, Assessment & 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 canfit-pro 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

BScHN (Bachelor of Science in Holistic Nutrition) Personal Trainer, Weight Training, Third Age, Group Fitness, TRX, Spin

Training Specialties:

- Core Conditioning
- Boot Camp/HIIT
- Strengthening Muscular Imbalances
- Weight Management
- Older Adults



## Personal Training Prices

	Private	Semi Private (2 people)	Teen Private	Teen Semi Private
1 session	\$50	\$75	\$37.50	\$56.25
3 sessions	\$135	\$203	\$101.25	\$152.25
5 sessions	\$200	\$300	\$150	\$225
10 sessions	\$325	\$490	\$243.75	\$367.50
15 sessions	\$375	\$563	\$281.25	\$422.25

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

### Express Personal Training \$75/3 thirty minute sessions

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



# Drop-in Fitness Schedule effective September 9, 2019 unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	PowerSpin & Stretch 😊		Rip & Ride 😊			
8:30 am			Hatha Yoga (starts Sept 18)			Pedalw/ 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 (starts Sept 21)
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength 😊	HIIT 12:10pm 😊	Flow Yoga 😊	HIIT 12:10pm 😊	Spin Express 😊	
5:15 pm	Zumba Toning 😊 5:30		Chiseled 😊	BootCamp Blast	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

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
6 Months <small>available until August 30</small>	\$225	\$171	\$103.5	\$103.50
3 Months <small>available until November 30</small>	\$135	\$103.50	\$67.50	\$67.50
1 Month	\$58.50	\$45	\$31.50	\$31.50

## Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

For Fitness Schedule before  
September 9, 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 58.





# Drop-in Fitness

## CARDIO KIX FIT MIX

*Mondays 9:00 - 10:15 am*

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

**Instructor:** Tammy Jones

## HIIT

*Tuesdays 12:10 - 12:45 pm*

*Thursdays 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. This quick, fun and effective workout is a great way to complement your gym routine!

## 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 17 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 with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

**Instructor:** Wendy Davies

\*no class Oct. 12 & Nov. 9

## 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

## 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

## POWER SPIN & STRETCH

*Mondays 6:00 - 7:00 am*

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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

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

## CORE N' CUTS

*Fridays 9:15 - 10:15 am*

A core based exercise class intermixed with HIIT Cardio using balls, Bosus, bikes, bands and body weight to carve curves, tighten butts, sculpt abs, & melt body fat. We recommend you arrive early as numbers may be limited.

**Instructor:** Steve Thomson

## POWER SPIN

*Fridays 5:15 - 6:15 pm*

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

**Instructor:** Nancy Victoria

## SPIN EXPRESS

*Fridays 12:00 - 1:00 pm*

Rev up your Friday with a high energy 60 minute spin class! 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, 45 minutes of cardio, cool-down and stretch. Class size is limited to 17 participants.

**Instructor:** Fiona McQuillan





## SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class October 14 & November 11. No Drop-ins**

**Instructor:** Joyce Leong & Steve Thomson

**#49184** Mondays & Wednesdays  
**EG** September 4 - December 11  
 10:15 - 11:15 am  
 Native Sons Grand Hall  
 \$189/27

## 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  
**#49163** Wednesdays  
 September 11 - December 18  
 6:00 - 7:00 am  
 Lewis Activity Room  
 \$78/15  
 \$6.50/Drop-in

## SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. No drop-ins permitted. **No class October 14 & November 11. No Drop-ins.**

**Instructor:** Joyce Leong & Steve Thomson

**#49185** Mondays & Wednesdays  
**EG** September 4 - December 11  
 9:00 - 10:00 am  
 Native Sons Grand Hall  
 \$189/27

## 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 point balls for release, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

**Instructor:** Nancy Victoria  
**#49442** Fridays  
 September 13 - November 15  
 9:00 - 10:00 am  
 Lewis Centre MP Hall  
 \$80/10

*Drop-ins available where noted when space permits. Please call ahead to check for any cancellations or changes for classes.*

## CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class October 4, 18, November 8 & December 13.**

**Instructor:** Wendie Matte

**#48952** Tuesdays & Fridays  
**EG** September 3 - December 20  
 9:15 - 10:15 am  
 Filberg Rotary Hall  
 \$168/28

## PEDAL N' SCULPT

Come prepared to sweat and start the weekend off just right! 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

**#49638** Saturdays  
 September 14 - November 16  
 8:45 - 10:15 am  
 Lewis Centre Activity Room  
 \$60/10  
 \$6.50/Drop-in

## POWER SPIN & STRETCH

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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. **No class October 13 & November 11.**

**Instructor:** Nancy Victoria  
**#49625** Mondays  
 September 9 - December 16  
 6:00 - 7:00 am  
 Lewis Activity Room  
 \$78/13  
 \$6.50/Drop-in



## ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

**No class October 14 & November 11.**

**Instructor:** Milena Spratt

**#49148** Mondays

September 9 - December 16

5:30 - 6:30 pm

Lewis Activity Room

\$78/13

\$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

**#49182** Thursdays

September 12 - December 19

10:30 - 11:30 am

Lewis Activity Room

\$90/15

\$6.50/Drop-in

### 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!

## 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

**#49494** Wednesdays

September 11 - December 18

9:00 - 10:00 am

Lewis Activity Room

\$90/15

\$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

**#49147** Tuesdays

September 10 - December 17

9:00 - 10:00 am

Lewis Activity Room

\$90/15

\$6.50/Drop-in

## 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 October 14 & November 11.**

**Instructor:** Tammy Jones

**#49158** Mondays

September 9 - December 16

9:00 - 10:15 am

Lewis Activity Room

\$6.50/Drop-in

## WOMEN'S SPECIFIC TRAINING

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

**#49146** Fridays

September 13 - December 13

10:30 - 11:30 am

Lewis Activity Room

\$91/14





# Yoga



## THERAPEUTIC YOGA

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain and understand fully how your body works. Suitable for beginners through advanced practitioners. **No class October 14 & November 11 & 15.**

**Instructor:** Akiko Shima

**#49406** Mondays

September 9 - December 16  
11:00 am - 12:30 pm  
Native Sons Lower Level  
\$168/14

**#49165** Fridays

September 6 - December 20  
11:00 am - 12:30 pm  
Lewis Meeting Room  
\$180/15


## 55+ YOGA - GENTLE

(55 years & over)

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice.

**No class October 14. Instructor:** Sheron Jutila

Mondays

**#48995** September 9 - November 4  
 \$72/8  
10:15 - 11:15 am  
Filberg Rotary Hall

## 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 October 12 & November 9.**


**Instructor:** Wendy Davies

**#49138** Wednesdays

September 18 - December 18  
8:30 - 9:45 am  
Lewis Centre MP Hall  
\$6.50/Drop-in

**#49139** Saturdays

September 21 - December 21  
9:00 - 10:15 am  
Lewis Centre MP Hall  
\$6.50/Drop-in

**#49387** November 18 - December 30  
 \$63/7  
10:15 - 11:15 am  
Filberg Rotary Hall

## YOGA FOR GUYS

If you've done some yoga in the past, and understand the basics of breathing, as well as what it feels like to be aligned in a pose, this class is for you. Enjoy some stress relief, and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations given.

**Instructor:** Catherine Reid

**#49035** Wednesdays

September 11 - December 11  
5:00 - 6:15 pm  
Lewis Meeting Room  
\$140/14

## INTRO TO MEDITATION (WITH YOGA)

Strengthen your brain, cultivate peace of mind, increase resilience, decrease stress, improve your sleep, and more with Mindfulness-based Meditation (and Gentle Yoga). Learn how to choose a practice that fits your personality (and body) and gather helpful tools for taking meditation home with you. All levels welcome.

**Instructor:** Sheron Jutila

Thursdays

**#49178** September 5 - October 10  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$72/6

## MEDITATION ONGOING (WITH YOGA)

Strengthen your silent sitting practice with the support of a group. Ask questions during our weekly check-in. Prepare your body with a short Gentle Yoga practice. Choose your own focus or anchor, and sit (floor or chair) for 20-25 minutes. Meditation experience beneficial.

**#49179** Thursdays

October 17 - December 19  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$120/10



## 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.

**Instructor:** Wendy Davies

**#49169** Tuesdays

September 24 - December 10  
5:30 - 6:45 pm  
Lewis Meeting Room  
\$120/12

## 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. **No class November 13.**

**Instructor:** Akiko Shima

**#49166** Wednesdays

September 4 - December 18  
6:30 - 7:45 pm  
Lewis Craft Room A  
\$150/15

## MOM & BABY YOGA

(6 weeks - mobile)

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 mobile. **No class November 13.**

**#49171** Wednesdays

September 4 - December 18  
11:00 am - 12:00 pm  
Lewis Salish Building  
\$135/15

## ACROYOGA

AcroYoga combines the gentleness of yoga, the deepness of partner stretching, the excitement of acrobatics and the therapeutics of Thai Massage. It helps to build trust, flexibility, strength, teamwork and relaxation. Join us for this class that will help you to build a solid foundation while progressing through a series of postures. No Experience necessary. No partner required. **No class October 31.**

**Instructor:** Daiana Gama

**#49167** Thursdays

September 12 - December 12  
6:00 - 7:30 pm  
Lewis Craft Room A  
\$156/13  
\$12/Drop-in

## 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. **No class October 14, November 11 & 13.**

**Instructor:** Akiko Shima

**#49180** Mondays

September 9 - December 16  
9:30 - 10:45 am  
Native Sons Lower Level  
\$130/13

**#49181** Wednesdays

September 4 - December 18  
9:30 - 10:45 am  
Lewis Salish Building  
\$150/15

## FAMILY YOGA

(6 years & up)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

**#49168** Saturdays

September 14 - December 14  
10:00 - 11:00 am  
Lewis Salish Building  
\$144/12

## 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 experience in sun salutations.

**Instructor:** Daiana Gama

**#49164** Wednesdays

September 11 - December 18  
12:00 - 1:00 pm  
Lewis Activity Room B  
\$90/15  
\$6.50/Drop-in

## GOOD MORNING YOGA

Leave the class feeling energized yet relaxed. Build body and mind awareness through yoga poses, breathing and mediation practice. Suitable for those who can lead Sun Salutation on their own. **No class November 15.**

**Instructor:** Akiko Shima

**#49175** Fridays

September 6 - December 20  
9:15 - 10:45 am  
Lewis Meeting Room  
\$180/15





## 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 October 14 & November 11. Instructor:** Catherine Reid

**#49176** Mondays

September 9 - December 16  
6:00 - 7:00 pm  
Lewis Meeting Room  
\$117/13

## 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. **No class October 11. Instructor:** Sheron Jutila

Fridays

**#49427** September 6 - November 1

**#49681** November 8 - December 27



2:00 - 3:30 pm

Native Sons Lower Level  
\$96/8

## 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 October 14 & November 11. Instructor:** Catherine Reid

**#49177** Mondays

September 9 - December 16  
7:15 - 8:45 pm  
Lewis Meeting Room  
\$156/13

## 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. **Instructor:** Catherine Reid

**#49172** Tuesdays

**#49172** September 10 - December 17



11:00 am - 12:00 pm

Native Sons Grand Hall  
\$135/15

## 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 October 11 & 14.**

**Instructor:** Sheron Jutila

Mondays

**#48946** September 9 - November 4

**#49677** November 18 - December 30



2:00 - 3:30 pm

Filberg Rotary Hall  
\$84/7

**#48998** Fridays

September 6 - November 1

**#49678** November 8 - December 20

10:00 - 11:30 am

Native Sons Lower Level  
\$96/8

## 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. **No class October 15. Instructor:** Sheron Jutila

**Instructor:** Sheron Jutila

Tuesdays

**#49173** September 3 - October 29

**#49679** November 5 - December 24



10:15 - 11:30 am

\$80/8

Thursdays

**#49174** September 5 - October 24

**#49680** October 31 - December 19

10:00 - 11:30 am

Lewis Meeting Room  
\$96/8

*Check receipts carefully for important program information.*







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 September 16th, Tuesday October 15th & Tuesday November 12th at 1 pm in the Evergreen Lounge. Light refreshments served. RSVP to Cathy at 250 338 1000. Drops in are welcome too.

## Evergreen Club Activities

### 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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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



## 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.*

### **Madcap Melodies with the Evergreen Choristers**

Friday September 20, 2 pm  
Tickets \$10 in advance or at the door

### **Country Harvest Celebration**

Saturday September 28, 5:30 - 8:30 pm  
Musical Entertainment and BBQ Dinner  
Tickets \$15 in advance or \$20 at the door

### **The Fall Garage Sale**

Saturday October 5, 9 am - noon  
Donations gratefully accepted (mornings only) at the Florence Filberg starting Sept 23.

### **Christmas Bazaar & Luncheon**

Wednesday November 27, 10 am - 2 pm  
Enjoy browsing the wide variety of vendors.  
Lunch served 11:30 am - 1 pm

### **Comox Valley Concert Band**

Sunday December 8, Conference Hall, 2 pm  
A special afternoon of musical favourites.  
Tickets \$8 in advance or at the door

*Advance tickets can be purchased at the Florence Filberg Centre*

Watch the Evergreen Club monthly newsletter for Members' Mini Events

## Join Our Group of Friendly Volunteers!



## Volunteer Opportunities

Our volunteers come to the Evergreen Club to keep active and meet new people. They stay because they meet fun likeminded 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 15 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**

## Evergreen Club Travel Opportunities

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

### **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**



## 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 V9N 2M7  
250.338.6211 | COMOXVALLEYARTGALLERY.COM

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



Courtenay  
and District

## Museum & Paleontology Centre

207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](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 except open for July 1st celebrations)

Till August 31, 2019:

Mon to Sat: 10 am - 5 pm

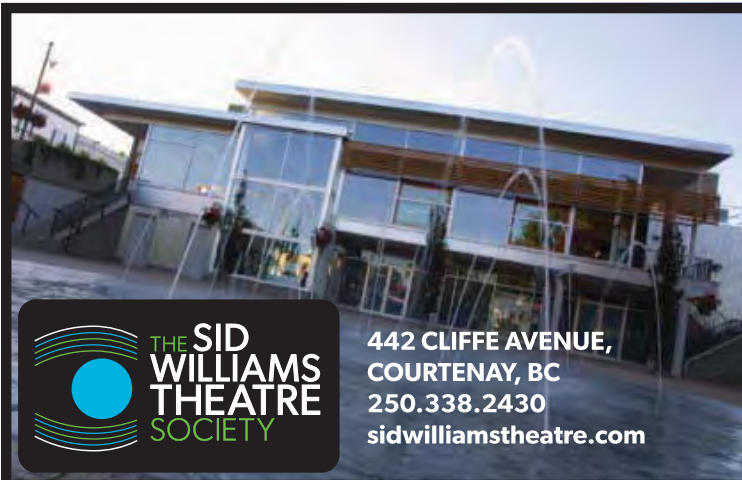
Sun: 12 noon - 4 pm

Starting September 2, 2019:

Tues to Sat: 10 am - 5 pm

closed Sun & Mon

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



442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
[sidwilliamstheatre.com](http://sidwilliamstheatre.com)



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

COME&SEE

Contact City of Courtenay Recreation & Cultural Services for further information: 250-334-4441







## Hawk Glen Park in East Courtenay has a New Playground!

Opened to the public in mid-July, the playground had an official opening on July 26th. New features include a friendship swing, belt hammock, chill spinner and panel maze.

The old playground off Hawk Drive was well-used since it was installed in 1998, and had reached the end of its useful life.



## Courtenay Park Bookings

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

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

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

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

### Schools:

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

### City Parks:

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

## Urban Forest Work in Courtenay Parks

Courtenay Parks staff are working to protect the health and safety of the public by identifying tree risks within our parks and trails systems. An annual tree risk survey was completed in 2018 with 40 kilometres of internal parks and trail edges as well as 13 kilometres of external parks assessed.

As a result of this assessment, parks staff and contractors have been working on proactively mitigating the identified tree risks. Risk mitigation measures might include pruning trees, the creation of habitat snags, or complete tree removal. The work began this spring and continued throughout the summer.

In addition to risk management work, over 350 trees were planted in 2018 with 100 of these trees being in open parks spaces while others are on trail edges & understory plantings. Some trees were planted in partnership with the Rotary Club. A grant from Tree Canada and BC Hydro helped make the work possible.



## Simms Park Summer Concert Series

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7:00 pm. **Bring your own lawnchair or blanket and enjoy the show!**

- **August 11 - BIG LITTLE LIONS** ~ Juno Award winner Helen Austin with Paul Otten playing catchy folk pop songs
- **August 18 - RETRO ROCK REVIVAL** ~ Experience the energy of rock n' roll from the 1950s. Wear your dancing shoes!
- **August 26 - MY GENERATION with Food Bank Drive**  
The Ultimate Woodstock Experience! Enjoy the music of Santana, Janis Joplin, The Who, Joe Cocker & more. Wear your hippest 60's mod threads. For this last concert of the season, we are holding a **FOOD BANK DRIVE**. Please bring a non-perishable food item or a cash donation.

The Simms Summer Concert Series season is sponsored by the Comox Valley Record, The Goat 98.9 FM, What's On Comox Valley and the City of Courtenay.

For information: Lewis Centre 250-338-5371

or get updates at [www.courtenay.ca/simms](http://www.courtenay.ca/simms)

**Food Bank  
Drive on  
August 26**





# Courtenay Recreation Facility Rentals

## Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



Call the Lewis Centre  
at 250-338-5371

## Bill Moore Park Lawn Bowling Bldg

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



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

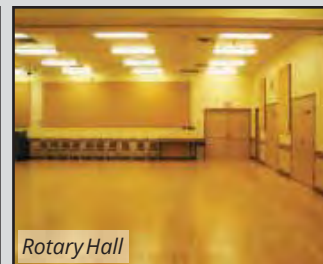
This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

### 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)



# Fall Registration starts Monday August 12 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.

## Exciting News!

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

*Please ensure we have your correct email address and use any credits on your account before the end of 2019.*

## 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

## 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.



# 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. Call Pat at **1-250-465-1994** or email [pat@HabitatNorthIsland.com](mailto:pat@HabitatNorthIsland.com) [www.HabitatNorthIsland.com](http://www.HabitatNorthIsland.com)



## 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: Nancy 250-338-5133 ext 223. 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)



## 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](http://www.marswildliferescue.com)



## 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](http://www.courtenay.ca) Call **250-338-5371** or email [lgrutzmacher@courtenay.ca](mailto: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](mailto:comoxvac@gmail.com)

[www.cvaccess.ca](http://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](mailto:thegardensonanderton@gmail.com) [www.gardensonanderton.org](http://www.gardensonanderton.org) and on Facebook





**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



**BLACK CREEK FALL FAIR**

SAVE THE DATE

September 7th, 2019 9:30am-3:30pm

AT THE BLACK CREEK COMMUNITY CENTRE

LIVE MUSIC • KIDS CARNIVAL • ARTISANS  
FOOD • RAFFLE • DEMOS • SILENT AUCTION  
• STRONG (WO)MAN COMPETITION •

BLACK CREEK

Black Creek Open Car Show Sun Sept 8th



**Discoveries Happen Here!**

Cultural and Natural History of the Comox Valley

FOSSIL TOURS  
EDUCATION PROGRAMMES  
COLLECTIONS  
ARCHIVES

Courtenay and District Museum  
ex Palaeontology Centre

Book a Tour!  
250-334-0686  
[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)  
207 Fourth Street, Courtenay, BC V9N 1G7

## Great Futures Start Here



### 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.



bandgclubofcvi

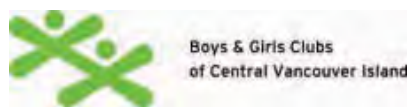
[www.bgccvi.com](http://www.bgccvi.com)



@BGCCVI

Adventure Club  
250-650-2274

TEN Club  
250-898-9282



## 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**  
250-650-2274  
[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  
[www.bgccvi.com](http://www.bgccvi.com)



bandgdubofcvi



@BGCCVI





**Sprout Meadows**  
250-337-5207

PROVIDING QUALITY,  
SAFE LESSON AND  
LEASE HORSES TO  
THE COMOX VALLEY

## Riding Lessons

Lessons start  
at \$40

## Kids Camps



- August 6 - 8** (3 Day Camp)  
Beginner - Intermediate
- August 12**  
Beginner - Intermediate
- August 13 - 15** (3 Day Camp)  
Intermediate - Advance

**\*Ask about Birthday Parties at the farm!**

Check out our website for full details.  
[www.SproutMeadows.com](http://www.SproutMeadows.com)

*Dancing in a Square Makes a Circle of Friends*



## Square Dance Workshops

Provide social pleasure, physical exercise  
and mental stimulation all at the same time!  
The ultimate multi-tasking!

Starting Monday September 9, 2019  
7:00 pm - 9:00 pm  
Anglican Church Hall  
579 5th Street, Courtenay  
September 9 & 16 FREE  
Everyone Welcome, Dress Casual



COMOX VALLEY, BC  
**OCEAN WAVES**  
Square Dance Club

[www.comoxvalleyoceanwaves.ca](http://www.comoxvalleyoceanwaves.ca)  
Fran Archambault 250-335-0096  
Celebrating 65 Years of Square Dancing in the Comox Valley

## Vancouver Island Society for Adaptive Snowsports (VISAS).

Providing adaptive snowsports lessons for people with diverse abilities for over 30 years!

**Take a Lesson**  
Choose Alpine ski/sitski/snowboard OR Nordic ski/sitski  
Inclusive, Achievable and Affordable  
7 days a week Dec - Mar at Mt Washington

**Winter Snowsports Festival**  
4 days on snow - Free tix, rentals & lessons  
January 5 - 9, 2020

**New Instructors Meeting**  
Florence Filberg Centre in the Evergreen Lounge  
on November 5, 2019 7:00pm





Pre-season contact: Mike Spooner 250-703-1759  
Bookings (Dec - Mar): 250-334-5755  
[visasweb.ca](http://visasweb.ca) or facebook, Email: [adaptive@mtwashington.ca](mailto:adaptive@mtwashington.ca)



# Comox Valley Minor Hockey



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



Contact Randi Reid for information. 250-650-4463 or [randireid17@gmail.com](mailto:randireid17@gmail.com)



## 2019/2020 Fall Registration

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.

**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

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)

# Children & Youth Choir Fall Session

**Registration now open**

**Wednesdays**

**Starting September 18**

**Queneesh Elementary Music Room  
2345 Mission Road**

**For more information or to Register please visit our website**

**[www.comoxvalleychildrenschoir.com](http://www.comoxvalleychildrenschoir.com)**

***...for the love of singing...***



**Children 10 and under  
must be attentive and able  
to read in English  
4:00 - 5:15 pm**

**Youth 11 and up  
must be attentive and able  
to match pitch  
5:30 - 7:00 pm**

**Sponsored by Nova  
Voce Choral Society**

**THEATRE  
CONTEMPORARY  
CLASSICAL  
WORLD  
MUSIC  
COMEDY  
DANCE  
VARIETY  
FILM  
MAGIC**

**THE SID  
WILLIAMS  
THEATRE  
SOCIETY**

Check out our website  
for the latest events!  
**[sidwilliamstheatre.com](http://sidwilliamstheatre.com)**

## OUR PROGRAMS

### **Parents Together**

An ongoing group for parents of teens.

### **Parenting Without Power Struggles**

A 10 week program for parents of preteens.

### **Parents in the Know**

A 10 week program for parents of teens.

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

**Boys and Girls Club of Central Vancouver Island**

**Comox Valley Club**

**250-338-7141**

**[parentingprograms@bgccvi.com](mailto:parentingprograms@bgccvi.com)**



**Boys & Girls Clubs  
of Central Vancouver Island**

BGCC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Central Vancouver Island.  
Funding is generously provided provincially by the Ministry of Children and Family Development.

# Comox Valley United Soccer

## 2019/2020 Fall Programs

### Youth House Soccer

September to November

### Youth Select Soccer

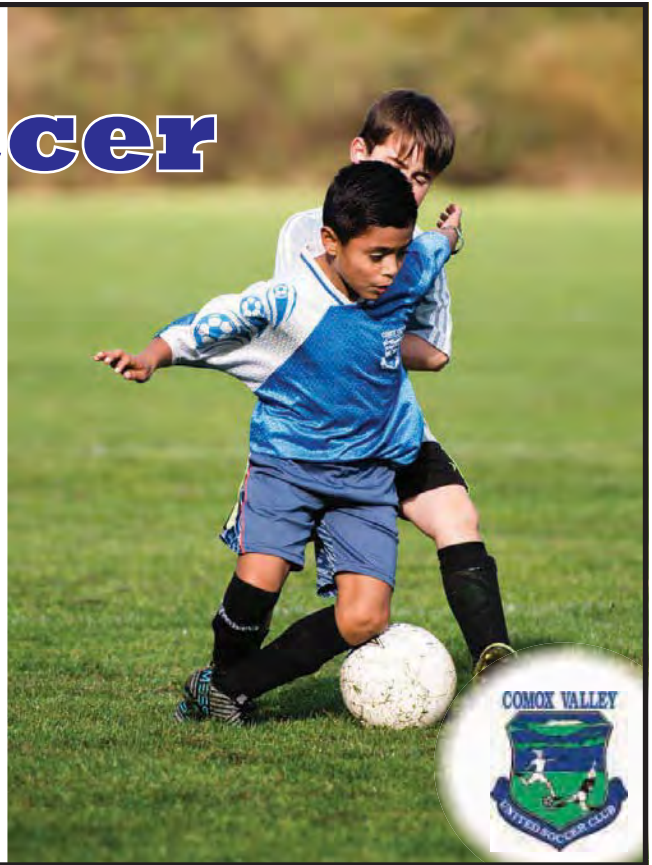
September to April

For competitive players

### Adult Programs for Men & Women

September to April

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



For more information visit our website

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

Or send us an email at

[comoxvalleyskatingclub@gmail.com](mailto:comoxvalleyskatingclub@gmail.com)

Canada's best learn-to-skate program, FUN, focused skills for all skating sports Nationally certified coaches [www.skatecanada.ca/canslate](http://www.skatecanada.ca/canslate)





# JOIN THE TEAM

**CV BREAKERS**  
WOMEN'S HOCKEY



Open to women 17+  
All skill levels are welcome  
— — — — —  
Contact us for more info:  
cvbreakersinfo@gmail.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  
cumberlandcommunitieschools.com

## Comox Valley Curling Club

*Curling is for Everyone! Join a league as a team or single player!*

**SQUEAL SPIEL** Summer Bonspiel for all skill levels Sept 13 - 15

**JIM COTTER'S SCHOOL OF CURLING** Junior Camp Sept 20 Adult Camp Sept 21

**LEARN TO CURL CLINIC** Sept 24 - 25

**ICEBREAKER OPEN HOUSE** Sept 28

**GLADSTONE FRIDAY FUN LEAGUE** 5 weeks starts Sept 27

**JUNIOR CURLING** starts Oct 16

**ADULT LEARN TO CURL PROGRAM** 8 weeks starts Oct 17



### OPEN LEAGUES

MONDAY OPEN  
GLADSTONE FRIDAY NIGHT FUN  
MEDICINE SHOPPE SUNDAY OPEN

### LADIES LEAGUES

Tuesdays & Thursdays

### MEN'S LEAGUES

Tuesdays and Thursdays

### SENIOR CURLING

50+ SENIOR SOCIAL LEAGUE  
Monday and Weds  
COMPETITIVE LEAGUE  
Thursdays

### MIXED LEAGUE

WAYPOINT WEDNESDAY MIXED

### DOUBLES CURLING

Sunday afternoons

REGISTER ONLINE OR IN PERSON STARTING AUGUST 27



**COMOX VALLEY  
CURLING CENTRE**

COMOX VALLEY CURLING CLUB  
4835 Headquarters Road Courtenay  
info@comoxvalleycurling.com  
250-334-4712 www.comoxvalleycurling.com

 **COMOX VALLEY**  
SPORTS & SOCIAL CLUB

**SPORTS LEAGUES**



**Register for Fall Leagues  
by September 16**

Dodgeball (Mondays or Wednesdays)  
Volleyball (Tuesdays or Wednesdays)  
Ultimate Frisbee (Mondays)  
Floor Hockey (Tuesdays)  
Indoor Soccer (Thursdays)  
Basketball (Fridays)

Scott @ 250-898-7286  
scott@comoxvalleysports.ca  
[www.comoxvalleysports.ca](http://www.comoxvalleysports.ca)

**RINGETTE**  
**Made in Canada!**



**Come play for fun and fitness!  
All ages welcome!**

**Come Try Ringette free event!**  
**Sept 8, 3:30 - 4:30 pm at the Sports Centre #2**

Haley @ 250-898-8884  
cvringette@gmail.com  
[www.comoxvalleyringette.com](http://www.comoxvalleyringette.com)

**AXÉ CAPOEIRA** **COMOX VALLEY**  
Comox Valley's #1 Martial Arts Academy for Capoeira **Instrutora Onça**

At Axé Capoeira we believe in quality Martial Arts Instruction through discipline and passion for excellence and care for all of our students. We build strength, confidence and character and an athletic base for life. Stay inspired and express yourself through the amazing artform of Capoeira right here in the Comox Valley!

**CLASSES FOR KIDS and ADULTS**  
**Step it up a level while learning something new in an Adult class!**  
**Give your kids the gift of self confidence!**



**capoeiracomox.com 133 5th St Courteny 250•898•7918**



# Community Directory

## Adult Education

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

## Community Services

Advocacy Society - Marnie.....250-338-4694  
Amnesty International.....250-897-1658  
Canadian Mental Health Association  
Courtenay Branch.....250-871-0559  
Chamber of Commerce  
- Courtenay.....250-334-3234  
- Cumberland.....250-336-8313  
Community Based Victim's Services  
Sexual Assault Services (Local 224).....  
Domestic Violence Services (Local 226).....  
.....250-338-7575  
Comox Valley Family Services.....250-338-7575  
CV Le Leche League-Gill.....250-941-6450  
CV Pregnancy Care Centre.....250-334-0058  
CV Military Family Resource Centre .....  
.....250-339-8290  
CV Multicultural & Immigrant Support  
Society.....250-898-9567  
CV Project Watershed.....250-703-2871  
CV Transition Society.....250-897-0511  
Vancouver Island Crisis Line  
- Crisis Line .....1-888-494-3888  
- Office.....1-877-753-2495  
Fallen Alders Community Hall...250-339-9299  
Fanny Bay Community Hall  
- Vanessa.....250-335-2832  
Food Security Hub.....250-331-0152  
Help Line for Children.....Zenith 1234  
Immigrant Welcome Ctr.....250-338-6359  
Juvenile Diabetes Research Foundation ..  
.....www.jdrf.ca  
Keystone Artists Market-Leah...250-703-3296  
Kid Start - John Howard Society NI  
Wendy.....250-338-7341 ext 335  
Kitty Cat P.A.L. Society.....www.kittycatpals.com  
Lilli House 24 hr Crisis Line.....250-338-1227  
Meals on Wheels - Diane.....250-331-8522  
Mountaineer Avian Rescue.....250-337-2021  
(Pager - Wildlife Emerg).....1-800-304-9968  
Social Planning Council  
- Elizabeth Shannon.....250-335-2003  
St. John Ambulance.....250-897-1098  
The Salvation Army  
- Family Services.....250-338-5133  
- Thrift Stores.....250-338-8151  
Today n' Tomorrow Young  
Parent Program.....250-338-8445  
Therapeutic Riding Association.250-338-1968  
Transition Town CV...www.transitiontowncv.org  
United Way (Comox Valley).....250-338-1151  
VI Regional Library Courtenay...250-334-3369  
VI Visitor Centre.....info@investcomoxvalley.com  
Welcome Wagon - Mary Lynn...250-338-8024  
Y.A.N.A.....250-871-0343

## Clubs & Organizations

### Church Groups

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

### Dog Clubs

CV Kennel Club (1990) - Frank .....250-331-0185  
Forbidden Plateau Obedience &  
Tracking Club -Margot.....250-338-4792  
N.I. Schutzhund Dog Club  
- Doug Wilson.....250-337-8253

### Horticulture

CV Growers & Seed Savers Society  
.....www.cvgss.org  
CV Horticultural Society .....  
.....comoxvalleyhortsociety.ca  
N.I. Rhododendron Soc.....www.niirrhodos.ca

### Public Speaking

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

### Other

Association Francophone de la  
Vallée de Comox-Pauline Tardif.250-334-8884  
Beekeepers Association - Urs.....250-337-8858  
Beta Sigma Phi - Gerrie.....250-338-8557  
Telus Community Ambassadors  
- Shirley .....250-339-5917  
Camera Club - Lin Auerbach .....250-703-2850  
CV Classic Cruisers - Richard.....250-338-9540  
CV Genealogy Group .....  
.....info@cvgenealogygroup.org  
CV Humanists .....cvhumanists.org  
Newcomers Club .....cvnewcomers.net  
Orca Probus Club - Patrick .....250-338-8728  
Radio Control Aeronautics Assoc.  
- Frank .....250-337-5320  
Taoist Tai Chi Society - Arlene.....250-890-3671  
CV Ukrainian Cultural Society  
- Sharon McEwan.....250-871-3899  
Vancouver Island Paleontology  
- Betty .....250-339-7372

## Seniors

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

## Health & Wellness

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

## Service Clubs

Amateur Radio Club- Glen.....250-336-8205  
Comox Legion - Br.160 - Cyndy...250-339-2022  
Courtenay Legion - Branch 17...250-334-4322  
Cumberland Legion - Br. 28 .....250-336-2361  
CV Kinsmen Club - Jim Lilac .....250-334-9444  
CV Lions Club .....250-339-6232  
Royston Cumberland Lions Club.....250-400-5415  
CV Monarch Lions Club.....  
.....www.e-clubhouse.org/sites/comoxvm  
Elks Club #60 .....250-334-2512  
Harmony Rebekahs Lodge #22  
- Carol Briggs .....250-336-8373  
Kiwanis Club - Courtenay - Bill...250-703-2222  
Knights of Columbus - Rodger ..250-339-1176  
Baynes Sound Lions - John .....250-335-0365  
IODE Laura Gordon Chapter.....  
- Louisa .....250-338-1162  
Order of the Royal Purple - Irene.250-334-4740  
Pythian Sisters - Diana Harris...250-335-2451  
Rotary Club of Comox - Victor..250-338-3740  
Soroptomist Club of Courtenay  
- Sandra Longland.....250-941-1013  
Strathcona Sunrise Rotary Club  
- Keith.....250-897-5055

## Fairs & Festivals

Empire Days .....  
.....facebook:cumberland empire events society  
CV Exhibition .....250-338-8177  
Filberg Festival .....www.filbergfestival.com  
CV Highland Games Society  
- Laurie .....250-897-8885

**This directory is provided as a community service. Groups listed are responsible for updating their own information by contacting us at 250-338-5371 with any changes. New listings will be added space permitting.**



## Sports

### Adult Leagues

CV Sports & Social Club - Scott.....250-898-7286

### Aquatics

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

### Baseball/Softball

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

### Basketball

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

### Ice Sports

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

### Martial Arts

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

### Racquet Sports

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

### Skiing/Snowboarding

JumpCamp.....*www.jumpcamp.com*  
Mt Washington Ski Club .....  
John Trimmer (head coach).....250-897-6058  
Mt Washington Volunteer Ski Patrol  
Tim Baker.....250-334-0609  
Strathcona Nordics Cross Country  
Barb Kelly.....250-339-1904  
Vancouver Island Society for Adaptive  
Snowsports.....*www.visasweb.ca*  
V.I. Biathlon Club.....250-338-6247

### Soccer

CV Masters - Phil.....250-338-4907  
Men's Soccer - Andy.....250-339-7309  
Women's Soccer - Lisa.....250-331-0281  
Youth Soccer - Cheri.....250-334-0422

### Other

Chimo Gymnastics.....250-339-2255  
Comox Valley Tri-K - Rick.....250-334-3124

Courtenay Knights Floor Hockey  
- Tim.....250-792-3332  
Courtenay Lawnbowling Club  
- Pete Harding.....250-871-4145  
CV Cougars Track & Field Club .....  
.....*www.comoxcougars.org*  
CV Curling Centre .....250-334-4712  
CV Pickleball Assoc. ....*www.cvpickleball.ca*  
CV Road Runners .....*www.cvr.ca*  
CV Field Hockey .....*cvlfha@gmail.com*  
Island Charity Wrestling - Tim.....250-792-3332  
Killerwhale/Lake Trail Olympic  
Weightlifting - Ed Lafleur .....250-338-9657  
Minor Lacrosse Association, CV Wild  
.....*www.comoxlacrosse.ca*  
Roller Derby.....*www.brickhousebetties.ca*  
Junior Roller Derby.....*www.stonecoldstellas.com*  
Rugby - Kicker's Club  
- Aimee Eurlay.....250-703-6677  
Rugby - Saratoga Beach Over 40  
- John Gotto.....250-338-8142  
Special Olympics, CV - Randy.....250-897-1828

## Outdoor Groups

### Boating

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

### Other

Coal Hills BMX.....*www.coalhillsbmx.com*  
Comox District Mountaineering (Hiking)  
Club - Ken Rodonets.....250-871-1245  
Comox Glacier Wanderers  
(Volkswalk Club) - Crystal.....250-898-8612  
CV Ground Search & Rescue.....250-334-3211  
CV Naturalists Society -Robin .....250-339-4754  
CV Land Trust - Jack.....250-331-0670  
Comox Golf Club.....250-339-4444  
Courtenay Fish & Game Protective  
Association .....250-338-9122  
CCCTS (Cycling).....*www.cccts.org*  
Fanny Bay Salmonid Enhancement Society  
.....250-335-1575  
Tribune Bay Outdoor Ed. Centre.....250-335-0080  
Horne Lake.....250-248-7829  
Strathcona Wilderness Inst.....250-337-1871  
WildSpirit - Bruce Carron.....250-338-8431

## Dance Groups

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

## Visual/Performing Arts

Artsphere.....*www.artspherecomoxvalley.org*  
Comox Valley Art Gallery.....250-338-6211  
Comox Valley Concert Band  
- Howard .....250-941-1598  
CV Clown Club - Dolores VanderMaaten  
.....250-334-4255  
CV Potters Club - Laurie .....250-339-4229  
Courtenay Little Theatre - Gail.....250-334-3494  
CV Community Arts Council  
.....250-338-4417 ext 2  
CV Pipe Band Society - Bill.....250-339-6444  
Co-Val Chorister - Beryl Regier.....250-339-4429  
CYMC/CV Youth Music Centre ..250-338-7463  
Fiddlejam - Craig Freeman.....250-339-4249  
Filberg Lodge & Park Association  
- Glen & Lynn .....250-339-2715  
Just in Time Jazz Choir  
- Wendy .....250-338-0244  
Les Harmonies Francos  
- Pauline Tardif .....250-334-8884  
Letz Sing Community Choir  
- Tina .....250-923-7709  
North Island Choral Soc.- Mary ..250-338-5077  
North Island Music Teachers Association  
- Ginny Lawrie.....250-338-9464  
NOVA Firespinners - Tracey.....250-331-0880  
Pearl Ellis Gallery.....250-339-2822  
Rainbow Youth Theatre  
.....*www.rainbowtheatre.com*  
Strathcona Symphony Orchestra  
.....250-331-0158  
Theatreworks - Kim.....250-792-2031  
Island Phoenix Acapella Chorus  
- Sandy.....250-923-0101  
Vancouver Island Music Fest  
- Megan .....250-336-7981

## Youth

### Scouting

CV Girl Guides.....*cvdistrict.ggc@gmail.com*  
Scouting Inquiries - Chris .....250-339-2424

### Cadets

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

### Other

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

# 19 WING COMOX FITNESS & COMMUNITY CENTRE

Great rates for  
former CF Members  
& their dependants



Enjoy High Quality  
Cardio Equipment  
Weightroom  
Ozone Pool  
Squash Courts  
Spin Bikes  
Specialty Classes  
and More!



Drop by or Contact us

19 Wing Comox Recreation  
250-339-8211 Local 7173 or 6989  
[www.CAFConnection.ca](http://www.CAFConnection.ca)

The 19 Wing community is invited to learn and experience what the Comox Valley has to offer in recreation. Participate in family activities - with over 60 exhibitors, live music, demonstrations, a BBQ lunch, and more!

## 19 WING COMOX COMMUNITY DAY



# SATURDAY, SEPTEMBER 7

19 WING FITNESS & COMMUNITY CENTRE

10 AM - 2 PM



[cafconnection.ca/comox](http://cafconnection.ca/comox)

[facebook.com/rexspo](https://facebook.com/rexspo)







COURTENAY RECREATION  
**WELCOME**



# Welcome!

Over the coming months, Courtenay Recreation will be working behind the scenes on a major upgrade to our registration and facility booking software. The new software is expected to launch in early 2020, and I'm particularly excited that the upgrade will include online registration for Courtenay Recreation programs. In the meantime, membership options for Fitness, the Wellness Centre, and The LINC will be limited in their duration to ease the transition to the new software when the time comes. Thank you for your understanding, and please don't hesitate to reach out to our friendly staff with questions about memberships or any of our programs and services.



*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 Fall Programs







## Lewis Centre

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

### Facility Hours

**until September 15:**

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

Saturday 8:30 am - 4:00 pm

Sunday 8:30 am - 4:00 pm

**effective September 22:**

Sunday 8:30 am - 8:00 pm

### Office Hours

**until September 15:**

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 - 4:00 pm

**effective September 22:**

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:

Mon, Sept 2 - *Labour Day*

Mon, Oct 14 - *Thanksgiving*

Mon, Nov 11 -

*Remembrance 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)

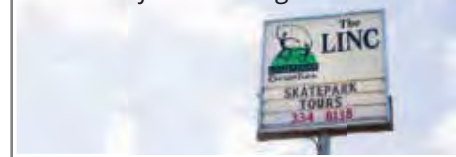
Wednesday 3:00 - 8:00 pm

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*



# Halloween Parade & Party

(11 years & younger)

**Thursday October 31**

**4:00 - 7:00 pm**

Parade, Trick or Treating,  
Costume Contest,  
Games & Crafts  
Downtown Courtenay &  
Lewis Centre



follow us  

[courtenay.ca/Halloween](http://courtenay.ca/Halloween)  
Lewis Centre 250-338-5371

## Parent Participation

### CHILDMINDING

(one month & up)

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

Monday - Saturday  
9:00 - 11:00 am

**&/or**

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

### PARENT & TOT PLAYTIME



Join us Saturday mornings for free play and social interaction with others. Guided activities include parachute games, plasma cars, music and movement games. An adult must participate and is responsible for the supervision of their child(ren). **No class October 12 & November 9.**

**#49552** Saturdays

September 14 - December 14  
11:15 am - 12:00 pm  
Lewis MP Hall  
FREE

### 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

**#49495** Wednesdays

September 11 - December 11  
10:00 - 11:15 am  
Lewis Meeting Room  
\$1/Drop-in

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

(2 - 12 years with adult)

Come play with hula hoops, bean bags, balls and more! This unstructured play program gives you and your little ones a fun place for active play. **No class October 14, 16, 30 & November 13.**

**#49553** Mondays & Wednesdays

September 16 - December 18  
11:00 am - 12:00 pm  
\$1/Drop-in

### TEENY WEENY HALLOWEENY SPECIAL

(12 months - 4 years)

Come and create Halloween crafts, decorate cupcakes and sing silly songs with your tot.

**#49378** Tuesdays

October 15 - 29

9:30 - 11:00 am

Lewis Craft Room A

\$35/3

### MOM & BABY YOGA

(6 weeks - mobile)

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. **No class November 13.**

**Instructor:** Akiko Shima

**#49171** Wednesdays

September 4 - December 18

11:00 am - 12:00 pm

Lewis Salish Building

\$135/15

\$9/Drop-in

### TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years with adult)

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

**Instructor:** Kazimea Sokil

**#49385** Wednesdays

September 18 - November 20

9:00 - 9:45 am

Filberg Rotary Hall

\$135/first child

\$90/second child





# Independent Programs

## 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.

**#49616** Tuesdays

November 26 - December 17

9:30 - 11:00 am

Lewis Craft Room A

\$49/4

## KINDER CAFE & PLAY

(3 - 5 years)

This is a hands-on cooking class where your child will begin to learn food preparation skills in a safe environment. Cooking is a fun introduction to math, language and science skills. Participants can look forward to sampling their healthy snacks before they play active group games. **No class November 11.**

**#49375** Mondays

October 21 - December 2

1:00 - 2:30 pm

Craft Room B

\$75/6

## MINI CHEFS

(3 - 5 years)

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

**#49374** Wednesdays

September 25 - October 30

10:30 am - 12:00 pm

Lewis Craft Room A

\$75/6

## COOKIE MONSTERS

(3 - 5 years)

Let your children express themselves through food preparation and selection, nutrition and cooking. They will learn, create and explore using quick, easy recipes. The best part is they get to eat what they make!

**#49376** Wednesdays

November 6 - December 11

10:30 am - 12:00 pm

Lewis Craft Room A

\$75/6

## DINO DISCOVERIES!

(3 - 5 years)

Dig up the past as you learn all about Dinosaurs in a fun playful way! Crafts, snacks and hands-on play will take you back to a pre-historic time!

**#49377** Thursdays

November 7 - December 12

9:30 - 11:00 am

Lewis Craft Room B

\$75/6

## POWER HOUR

(one month & up)

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

**#49623** Tuesdays

September 3 - December 17

10:45 am - 12:00 pm

Lewis MP Hall

\$56/16

\$4/Drop-in

## INCREDIBLE EDIBLE STORIES

(3 - 5 years)

Each week you'll dive into a new story book. After you've read the story you'll make tasty snacks to go along with it. At the end of the course you'll get to bring home your own story themed recipe book so you can recreate your favourite treats.

**No class October 12.**

**#49569** Saturdays

September 21 - November 2

2:00 - 3:30 pm

Craft Room B

\$75/6



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

COURTENAY EARLY YEARS



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# Courtenay's Christmas Party & Parade

Sunday December 1

10:00 am - 2:00 pm

Native Sons Hall

11th Annual Gnarly Little Christmas Craft Fair,  
Kids Pictures with Santa, Live Entertainment and much more!

Comox Valley Christmas Parade along 5th Street starts at 2:00 pm



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[courtenay.ca/christmas](http://courtenay.ca/christmas)  
Lewis Centre 250-338-5371

## Holiday Fun

### SANTA BABY

(1 - 18 months with adult)  
Celebrate your baby's first holiday season by making memorable keepsakes. Christmas cards made with little feet imprints, and hand print Christmas ornaments are sure ways to make lasting memories for your friends and family.

**#49379** Tuesdays  
December 3 - 17  
9:30 - 11:00 am  
Lewis Craft Room B  
\$29/3

### RUDOLPH & FRIENDS

(18 months - 3 years with adult)  
Christmas crafts, games, songs and stories spark your imagination in this morning time delight. Big friends and little friends will enjoy the social aspects of this fun program.

**#49617** Fridays  
9:30 - 11:00 am  
November 29 - December 20  
Lewis Craft Room A  
\$49/4

### TREEFROG SANTA, SNOW & SOLSTICE

(9 months - 5 years)  
There is more to this season than jingle bells! Come explore some sparkly songs that will have you and your child singing and dancing right up to New Year's! (And try out the TreeFrog class style in this short, affordable format!)

**Instructor:** Kazimea Sokil  
**#49386** Wednesdays  
November 27 - December 18  
9:00 - 9:45 am  
Filberg Rotary Hall  
\$60/4  
\$30/second child



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

### INCREDIBLE EDIBLE CHRISTMAS STORIES

(3 - 5 years)  
Get in the festive spirit by reading different holiday stories and then cooking or baking a treat to go with that story. You might even make enough to share.

**#49619** Thursdays  
November 28 - December 19  
9:30 - 11:00 am  
Lewis Craft Room A  
\$49/4

### LIL' ACTIVE ELVES

(3 - 5 years)  
Kids get to stay active all while having fun over the holidays in this sporty and interactive winter themed class! We'll sample all different sports, have reindeer relay races, make new friends and enjoy free play activities. This class is a great way to get into the Christmas spirit and keep kids moving!

**#49624** Mondays  
December 2 - 16  
9:00 - 10:15 am  
Lewis Centre Gym  
\$27/3



# Sports & Movement

## NINJA WARRIOR KIDS

(3 - 5 years)

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

**No class October 17 & 31.**

**#49446** Thursdays

September 19 - November 21

9:15 - 10:15 am

Lewis MP Hall

\$50/8

## 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 October 14, 21 and November 11.**

**Instructor:** Casey Matute

**#49620** Mondays

September 30 - December 9

10:15 - 11:00 am

Lewis MP Hall

\$49/8

## NATURE DISCOVERIES

(3 - 5 years)

Did you know that there are plants that eat bugs? Did you know that a cucumber lives in the ocean? Both indoor and outdoor activities will take place, so please come prepared for all kinds of weather.

**#49380** Thursdays

September 19 - October 24

9:30 - 11:00 am

Lewis Craft Room A

\$60/6

*Children enjoy the fresh air while trying out all sorts of outdoor sports in Outdoor Sports Explorers*

## OUTDOOR SPORTS EXPLORERS

(3 - 5 years)

This fundamental sports and activity camp is for enthusiastic active kids ages 3 - 5 years old. Kids will get the chance to try out all kinds of outdoor sports in a non-competitive, outdoor environment in order to improve overall fitness and well-being which may even spark a passion for years to come!

**#49447** Fridays

September 13 - November 1

10:00 - 11:00 am

Lewis Salish Building

\$50/8

## 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 October 14.**

**#49137** Mondays

September 9 - November 4

9:30 - 10:30 am

Lewis Centre Gym

\$50/8

## 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 October 14, 21 & November 11.**

**Instructor:** Casey Matute

**#49401** Mondays

September 30 - December 9

9:15 - 10:00 am

Lewis MP Hall

\$49/8

## TINY TU TU'S

(3 - 4½ years)

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

**Instructor:** Magi Schoffield-Reid

**#49215** Wednesdays

September 18 - November 20

11:15 am - 12:00 pm

Lewis Activity Room A

\$75/10



COURTENAY EARLY YEARS



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## 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 and offering and accepting new ideas. **No class October 12 & November 9.**

**Instructor:** Sheri Roffey

**#49133** Tuesdays

September 10 - December 10  
9:45 - 10:45 am

Lewis Centre Gym  
\$133/14

Wednesdays

September 11 - December 11

**#49134** 11:00 am - 12:00 pm

**#49135** 1:00 - 2:00 pm  
\$133/14

**#49136** Saturdays

September 14 - December 14  
9:00 - 10:00 am  
Lewis Centre Gym  
\$114/12

*Check receipts carefully for important program information.*

## 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

**#49130** Tuesdays

September 10 - December 10  
11:00 am - 12:00 pm

**#49131** Wednesdays

September 11 - December 11  
10:00 - 11:00 am

Lewis Centre Gym

\$70/14 (1 adult/1 child)

\$112/14 (1 adult/2 children)

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

\$4/Drop-in/additional child

## 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. Must be potty trained.

**Instructor:** Sheri Roffey

**#49066** Wednesdays

September 11 - December 11  
9:00 - 9:45 am

Lewis Centre Gym

\$112/14

## STEPPING STONES TO KINDERGYM

(2½ - 3½ years)

Transition from adult and tot programs to kindergym. You and your child will start together, with you as role model, assistant, interpreter, safety patrol and cheering section. Shift gradually towards your child's self-regulation and independence as they learn to feel more comfortable in their first structured, instructor-led experience.

**Instructor:** Sheri Roffey

**#49663** Tuesdays

September 10 - December 10  
9:00 - 9:45 am

Lewis Centre Gym

\$98/14

## WOO KIM

### TAEKWONDO TIGERS

(5 - 7 years)

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

**No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs

**#49097** Tuesdays & Thursdays

September 10 - December 19  
4:00 - 4:45 pm

Lewis MP Hall

\$214/26

## 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!



# Winter Wonders

## FROSTY FROLICS

(5 - 11 years)

It's winter and it is time to enjoy all that it has to offer. From ice cube races to snow making this day will make you remember why winter is so cool! As a bonus, we will have the gymnasium to play active games to get your legs moving. Bring a snack and we will bring the hot chocolate.

**#49645** Tuesday December 31  
8:30 am - 12:00 pm  
Lewis Craft Room A  
\$10

## NEW YEAR'S BAKE OFF

(9 - 15 years)

Create an assortment of holiday baking in this workshop. Cookies, bars, and treats 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

## AROMATHERAPY FOR CHRISTMAS

(9 - 15 years)

It's beginning to smell like Christmas! Join registered aromatherapist Deanna Papineau as you smell, blend and create a Christmas aromatherapy spray for the holidays.

**Instructor:** Deanna Papineau

**#49240** Tuesday December 10  
5:30 - 7:00 pm  
LINC Multipurpose Room  
\$25

## WINTER BREAK DAYCAMP

(5 - 11 years)

Embrace the holiday season and play the day away! Active games, arts and crafts, and lots more, provide you with a sleigh full of fun. Please bring your lunch.

**#49644** Monday, Friday,  
Monday, Thursday & Friday  
December 23, 27, 30,  
January 2 & 3  
9:00 - 4:00 pm  
Lewis Craft Room A  
\$40/Day

## MAKE YOUR OWN CHRISTMAS GIFTS

(6 - 10 years)

Make Christmas extra special for someone you care for. Create a variety of different projects like painting, jewelry, house decor and more.

**#49614** Mondays  
November 18 - December 16  
4:30 - 6:00 pm  
Lewis Craft Room A  
\$75/5

## ELF ACADEMY

(4 - 7 years)

After Christmas Santa's elves are exhausted! Spend your afternoon at Santa's Workshop Training Academy helping them out. Make crafts, a no-bake treat, and play Reindeer games. Learning to be an Elf isn't easy, but it sure is fun! We'll keep you busy with crafts, sweet treats, sing-songs, and winter themed activities.

**#49618** Thursdays  
November 28 - December 19  
4:00 - 5:30 pm  
Lewis Craft Room B  
\$60/4

## 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.

**#49615** Thursdays  
November 28 - December 19  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$49/4



*Get in on the festive fun with various programs such as Elf Academy or Frosty Frolics!*

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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

# Birthday Parties

## GYMNASTICS/ TRAMPOLINE

(3 - 14 years)  
Fun filled gymnastics games, free play and activities. Something for everyone!  
Saturdays starting September 14  
11:30 am - 1:30 pm  
\$100

## LEGO MANIA

(5 years & over)  
Create Lego masterpieces and play original Lego games.  
Sundays starting September 15  
2:00 - 4:00 pm  
\$100

## SATURDAY SPORTS SIZZLER

(3 years & over)  
Play lots of fun sports, games & enjoy free play!  
Saturdays starting September 14  
12:30 - 2:30 pm  
\$100

## HOOPY PARTY

(5 years & over)  
Play games, dance, and learn funky circus-style hoop tricks.  
Sundays starting September 15  
12:00 - 2:00 pm  
\$100  
\$130/with keepsake

## SWEET TREAT BIRTHDAY

(6 - 12 years)  
Have your cake and decorate it too! You'll spend the first hour with a birthday party leader decorating your choice of confetti, vanilla or chocolate cupcakes. This party includes everything needed to decorate the cupcakes.  
Saturdays starting September 14  
10:30 am - 12:30 pm  
\$199

# Special Interest

## 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.

#49548 Saturday September 21  
#49549 Saturday October 19  
#49550 Saturday November 30  
1:00 - 3:30 pm  
Lewis Meeting Room  
\$25

## LEGO MANIA

(6 - 9 years)  
Make new friends and work together to build, create, learn and use your imagination! Everyone is a Master Builder here.

#49610 Wednesdays  
September 18 - October 23  
4:00 - 5:30 pm  
Lewis Craft Room B  
\$75/6

## 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

#49517 Saturday September 28  
#49518 Saturday October 26  
#49519 Saturday November 23  
9:00 am - 4:30 pm  
Lewis Tsolum Building  
\$69

## PRO D DAY - EVERYTHING YOU EVER WANTED TO DO

(5 - 11 years)  
Psst-parents! Elevate yourselves from villains to heroes and sign up your child in this action packed day. Participate in wild games, wonderful crafts and messy activities. Your kids will have a ball and we'll clean up the mess. Please wear old duds that can get a little dirty.

#49381 Friday October 25  
#49382 Thursday November 21  
8:30 am - 3:30 pm  
Lewis Craft Room B  
\$50



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

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





## 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 October 31.**

**#49612** Thursdays

September 26 - November 21

3:30 - 5:00 pm

Lewis Craft Room A

\$99/8

## 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 October 14.**

**#49609** Mondays

September 23 - November 4

5:00 - 6:30 pm

Lewis Craft Room A

\$75/6

## COOKS & CRAFTS

(6 - 9 years)

Tantalize your taste buds and satisfy your creativity by devouring delicious dishes and making funky crafts. Each class you will try out a new recipe, learn about kitchen safety, and flex your creative muscles with different crafts.

**#49544** Thursdays

September 19 - October 24

4:00 - 5:30 pm

Lewis Craft Room B

\$75/6

## JURASSIC JOURNEY

(5 - 8 years)

Have a RAWR-ing good time! Explore the wonderful world of dinosaurs through games, crafts and stories.

**#49611** Wednesdays

November 6 - December 11

4:00 - 5:30 pm

Lewis Craft Room B

\$75/6

## 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!

**#49383** Tuesdays

November 12 - December 17

4:30 - 6:00 pm

Lewis Craft Room B

\$75/6

## 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 dessert imposter! If you are a fan of the popular show you'll love this program.

**#49545** Wednesdays

September 25 - October 30

4:00 - 6:00 pm

Lewis Craft Room A

\$99/6

## ECO EXPLORERS

(6 - 9 years)

The sun is out, it's time to take curious kids outside to hop off the trails and explore the natural world around us! You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games and make nature crafts. Dress for the weather! **No class**

**October 14.**

**#49384** Mondays

September 16 - October 28

3:30 - 5:00 pm

Lewis Salish Building

\$75/6

## FLOUR POWER

(7 - 10 years)

'Mix' things up and 'beat' your after-school boredom. This class will teach you everything you 'knead' to bake up delicious Christmas season goodies. 'Doughnut' wait to register.

**#49545** Wednesdays

November 13 - December 18

3:30 - 5:30 pm

Lewis Craft Room A

\$75/6



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# Searching For Volunteers!

## Adapted Programs (Adults)

sewing  
bowling  
dances  
art cards  
special events

## Children/Youth Programs

special events  
early years  
childminding  
pro D days  
camps

**Needed Now!**

For more information call the  
Lewis Centre 250-338-5371 or text 250-650-9930  
[courtenay.ca/volunteers](http://courtenay.ca/volunteers)



CITY OF  
**COURTENAY**  
Recreation

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



## Arts & Crafts

### WEAVING & TEXTILE FUN

(6 - 12 years)

Easy and fun weaving and textile projects for kids to feel success with hand making. We will use different techniques like macrame, circle weaving, spool/finger knitting, pom pom making, thread sculpture, mini looms, and earth looms. We will use new and up-cycled textile materials like yarn, thread, recycled plastics, and earth materials. We will make a creative art project every week to take home.

**Instructor:** TaraLee Houston

#49547 Wednesdays

September 25 - December 4  
6:00 - 7:30 pm  
Lewis Salish Building  
\$99/11

*Check receipts carefully for important program information.*

### SEWING LEVEL 1 SEWING BASICS

(8 - 14 years)

Get to know the basics of how to use a sewing machine, use a pattern and learn some sewing terminology that will help you begin your career as you construct your own pincushion! This class is for beginners and is a prerequisite for our other sewing classes.

**Instructor:** Jean Morgan

#49229 Tuesdays

September 24 - October 8  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$50/3

### SEWING LEVEL 3 CHILDREN'S ADVANCED

(9 - 14 years)

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

**Instructor:** Jean Morgan

#49231 Tuesdays

November 12 - December 3  
3:30 - 5:30 pm  
Lewis Craft Room A  
\$80/4

### SEWING LEVEL 2 IT'S FUN TO SEW

(8 - 14 years)

Make and sew your very own starter pillow case, then move on to pull-on cotton pants that you can wear home, if you like! 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

#49230 Tuesdays

October 15 - November 5  
3:30 - 5:00 pm  
Lewis Craft Room A  
\$70/4

### CHRISTMAS SEWING

(8 - 14 years)

Make your own fabric gift bags, tote bags, or ornaments. Decide, as a class, what you will create to surprise your friends and family.

**Instructor:** Jean Morgan

#49232 Tuesdays

December 10 - 17  
3:30 - 5:30 pm  
Lewis Craft Room A  
\$60/2



## DRAWING & PAINTING FUN

(6 - 12 years)

These classes are a fun mix of drawing and painting techniques & materials. We will make a creative art project every week to take home. We will create with watercolours, tempera and acrylic paint, oil/chalk pastels, markers, pens, pencils & artstix. Some days we will mix it up and use drawing and painting materials for mixed media projects. Please wear painting clothes.

**Instructor:** TaraLee Houston

**#49546** Tuesdays

September 24 - December 3

6:00 - 7:30 pm

Lewis Salish Building

\$99/11

## CLAY SCULPTING

(7 - 13 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 October 14.**

**Instructor:** Jenja McIntyre

Mondays

**#49482** September 23 - November 4

\$99/6

**#49485** November 18 - December 16

\$75/5

3:30 - 5:00 pm

Lewis Craft Room B

## FAMILY CLAY ART

(4 years & over)

Spend a fall evening together, exploring the art of clay. Learn about hand-building as you make your choice of functional or ornamental art. **No class October 14. Instructor:** Jenja McIntyre

Mondays

**#49484** September 23 - October 28

**#49485** November 18 - December 16

5:30 - 7:00 pm

Lewis Craft Room B

\$149/5

\$35/additional child

## DRAWING & PAINTING: BACK TO BASICS

(8 - 13 years)

Practice basic drawing and painting techniques through a variety of different exercises with Disney Cartoonist, David Thrasher. Use bold & beautiful colours to draw imaginative one-of-a-kind projects with success! Learn quick and easy techniques to draw something new and different each week. **No class October 12.**

**Instructor:** David Thrasher

**#49217** Saturdays

September 14 - October 26

10:00 - 11:00 am

Lewis Craft Room B

\$49/6

## STAINED GLASS DESIGNS

(9 - 12 years)

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

**#49212** Tuesdays

October 1 - November 5

3:30 - 5:00 pm

Lewis Craft Room B

\$90/6

## DRAWING & PAINTING: BACK TO BASICS 2

(10 - 16 years)

Have you completed Drawing & Painting: Back to Basics level 1? Want to keep developing your skills? Check out this new class! You will explore figure, perspective, illustration, comic strip, anthropomorphism, animation flip books, grid drawing & still life. **No class October 14.**

**Instructor:** David Thrasher

**#49218** Mondays

September 9 - October 26

4:30 - 5:30 pm

LINC Multipurpose Room

\$49/6



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# Dance & Music



## 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

**#49216** Wednesdays

September 18 - November 20

3:30 - 4:30 pm

Lewis Activity Room A

\$80/10

*See page 61 for  
Tiny Tu Tu's Ballet for  
ages 3 - 4½.*

## 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 October 14, 21 & November 11.**

**Instructor:** Casey Matute

**#49401** Mondays

September 23 - December 2

9:15 - 10:00 am

Lewis MP Hall

\$49/8

## 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.

See page 61 for dates and times.

## 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

September 11 - November 27

**#49516** 4:00 - 5:00 pm **5 - 7 years**

**#49515** 5:00 - 6:00 pm **8 - 11 years**

Lewis Tsolum Building

\$144/12



# 7 Story Circus

## 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 the session with a show for friends and family. This class is appropriate for beginners, younger students, and those with less than two seasons of circus experience. **No class October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49487** Mondays

September 9 - December 2  
3:30 - 5:30 pm  
Lewis Centre Gym  
\$264/11

## INTERMEDIATE TO ADVANCED AERIAL ARTS

(10 - 16 years)

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

**#49641** Wednesdays

September 11 - December 4  
6:30 - 7:30 pm  
\$260/13

**#49640** Fridays

September 13 - December 6  
4:30 - 5:30 pm  
Lewis Centre Gym  
\$260/13

*Circus participants perform on the aerial hoop in the end of session circus show!*

## 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.com](mailto:info@7storycircus.com). **No class October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49489** Mondays

September 9 - December 2  
6:00 - 8:00 pm  
Lewis Centre Gym  
\$264/11

*A separate \$21 once/year 7 Story Circus membership fee must be paid to instructor for all Circus and Aerial Classes.*

## AERIAL ARTS: THE BASICS

(10 - 16 years)

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. We'll end the session with a show for friends and family.

**#49642** Fridays

September 13 - December 6  
3:30 - 4:30 pm  
Lewis Centre Gym  
\$260/13

## ADVANCED AERIAL ARTS

(10 - 16 years)

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

**#49639** Fridays

September 13 - December 6  
Lewis Centre Gym  
5:30 - 7:00 pm  
\$351/13



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## Martial Arts

### WOO KIM TAEKWONDO JUNIORS WHITE AND YELLOW STRIPE

(7 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49099** Tuesdays & Thursdays  
 September 10 - December 19  
 4:45 - 5:45 pm  
 Lewis Activity Room  
 \$239/26

### WOO KIM TAEKWONDO JUNIORS YELLOW AND GREEN STRIPE

(7 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49100** Tuesdays & Thursdays  
 September 10 - December 19  
 4:50 - 5:50 pm  
 Lewis Centre MP Hall  
 \$239/26

### WOO KIM INTRO TO TAEKWONDO

(5 - 9 years)

If you've never done Taekwondo before, this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 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

**#49095** Fridays

September 13 - November 1  
 4:00 - 4:30 pm  
 Lewis Activity Room  
 \$69/8

### WOO KIM TAEKWONDO JUNIORS BLUE STRIPE AND UP

(8 - 13 years)

Taekwondo is a Korean martial art and an Olympic sport meaning 'the way of the hand and foot'. Known for its dynamic kicks, hand strikes and throws, Taekwondo offers the practitioner a combination of physical and mental development. Students reach new heights of confidence, muscular endurance, strength, coordination, flexibility, reflex reactions and spiritual and mental growth. Sanctioned by the Woo Kim Taekwondo Association and the BC Taekwondo Federation. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs  
**#49098** Tuesdays & Thursdays  
 September 10 - December 19  
 5:55 - 6:55 pm  
 Lewis Centre MP Hall  
 \$239/26





## 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 \$55 uniform fee for new students.

**No class October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49093** Mondays & Wednesdays

September 9 - December 18

4:30 - 5:20 pm

Native Sons Grand Hall

\$205/27

### 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!

## 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 October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49416** Mondays & Wednesdays

September 9 - December 18

5:30 - 6:25 pm

Native Sons Grand Hall

\$225/27

## ADVANCED KUNG FU

(7 - 16 years)

Having completed level 1, this class focuses on many different scenarios of self defense and disadvantaged fighting. Traditional Chinese Kung Fu weapons are introduced and studied in depth as well. Students will be challenged at a higher level both physically and mentally. **No class October 9, 14 & November 11.**

**Instructor:** Corny Martens

**#49094** Mondays & Wednesdays

September 9 - December 18

6:30 - 7:40 pm

Native Sons Grand Hall

\$225/27

## KARATE FOR COMPETITION

(All ages)

Take your karate to the next level! Certified National Team Coach, Pam Ross, will teach the skills to prepare you for success at WKF competitive karate. Improve your tournament Kata and Kumite and prepare for upcoming tournaments, from local to International competition. \*must register or be registered with Karate BC and affiliated with sanctioned karate club. **No class October 31.** **Instructor:** Pam Ross

**#49090** Thursdays

September 12 - November 7

6:30 - 8:00 pm

Lewis MP Hall

\$189/8

## 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 Fundamental skills will then help children's transition into community or traditional Special Olympic Programs. **No class October 14, 21 & November 11.**

**#49403** Mondays

September 9 - November 25

3:30 - 4:30 pm

Lewis Centre MP Hall

\$18/9

\$2.50/Drop-in





## Sports & Movement

### INDOOR SPORTS STARS

(6 - 8 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!

**No class October 11.**

**#49140** Fridays

September 20 - November 15

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

### FAMILY YOGA

(6 - 12 years)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

**Instructor:** Daiana Gama

**#49168** Saturdays

September 14 - December 14

10:00 - 11:00 am

Lewis Salish Building

\$144/12

### 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 October 12 & November 9.**

Saturdays

September 14 - November 30

**#49105** 2:00 - 3:00 pm

**#49104** 3:00 - 4:00 pm

Lewis Centre MP Hall

\$110/10

### GIRLS ON THE MOVE

(9 - 12 years)

Girls, let's get active! Join us for this fun, supportive and sporty program 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!

**No class October 17 & 31.**

**#49664** Thursdays

September 19 - November 21

3:30 - 4:30 pm

Lewis Centre MP Hall

\$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! **No class October 16 & 30.**

**#49103** Wednesdays

September 18 - November 20

3:30 - 4:30 pm

Lewis Centre MP Hall

\$64/8

### 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 BC Trampoline Acrosport Federation and CanGym program, you will progress through strength, body control, co-ordination, timing, balance and self-confidence. Best of all, you will have a whole lot of fun!

**Instructor:** Sheri Roffey

Wednesdays

September 11 - December 11

**#49101** 3:30 - 4:30 pm

**#49102** 4:30 - 5:30 pm

Lewis Centre Gym

\$140/14

# 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. Must be in Kindergarten. **No class October 12 & November 9.**

Tuesdays \$203/14  
Saturdays \$174/12  
both days \$338/26  
Lewis Centre Gym

## GIRLS & BOYS MIXED

(5 - 7 years)

**#49089** Tuesdays

September 10 - December 10  
3:30 - 5:00 pm

**#49088** Saturdays

September 14 - December 14  
10:00 - 11:30 am

## GIRLS GYMNASTICS

(8 years & over)

**#48984** Tuesdays

September 10 - December 10  
5:00 - 6:30 pm

**#48985** Saturdays

September 14 - December 14  
12:30 - 2:00 pm

## 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.

**#49068** Tuesdays

September 10 - December 10  
5:00 - 6:30 pm

**#49069** Saturdays

September 14 - December 14  
12:30 - 2:00 pm

*Please return  
previous report cards.*

## 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.

**#49073** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49072** Saturdays

September 14 - December 14  
2:00 - 3:30 pm

## BOYS ADVANCED

(8 years & over)

Must have been previously assessed or received a golden ticket.

**#49070** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49071** Saturdays

September 14 - December 14  
2:00 - 3:30 pm

## GYMNASTICS ASSESSMENTS

(5 - 14 years)

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

Saturdays

starting September 14  
11:30 - 11:45 am

Lewis Centre Gym

Free - please register

## 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

**#49130** Tuesdays

September 10 - December 17  
11:00 am - 12:00 pm

**#49131** Wednesdays

September 11 - December 18  
10:00 - 11:00 am

Lewis Centre Gym

\$75/15 (1 adult/1 child)

\$120/15 (1 adult/ 2 children)

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

\$4/Drop-in (additional child)

## GIRLS ADVANCED

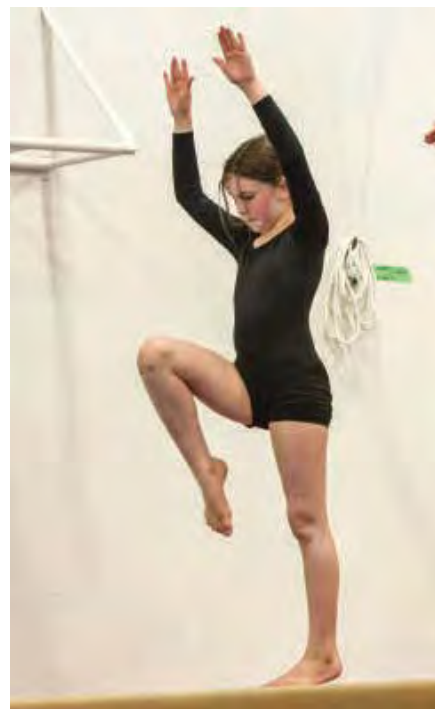
(8 years & over)

**#49074** Tuesdays

September 10 - December 10  
6:30 - 8:00 pm

**#49075** Saturdays

September 14 - December 14  
2:00 - 3:30 pm



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## 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. **No Birthdays October 12, 13, November 9, 10 & December 14.**

Saturdays starting September 7

12:30 - 2:30 pm **or**

Sundays starting September 8

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



## Be Creative

### AROMATHERAPY

#### BLENDING

(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 blend to take home with you.

**Instructor:** Deanna Papineau

**#49285** Thursday November 7

5:30 - 7:00 pm

LINC Multipurpose Room

\$25

### AROMATHERAPY FOR CHRISTMAS

(9 - 15 years)

It's beginning to smell like Christmas! Join registered aromatherapist Deanna Papineau as you smell, blend and create a Christmas aromatherapy spray for the holidays.

**Instructor:** Deanna Papineau

**#49240** Tuesday December 10

5:30 - 7:00 pm

LINC Multipurpose Room

\$25

### BEGINNER PIANO

(12 - 17 years)

Have you always wanted to play the piano? Here's your chance to try it out! We'll start with the basics but soon you will be choosing popular songs that you want to play! A keyboard for at-home practice is preferred. Concert included! \$60 book fee, payable to the instructor.

**Instructor:** Debbie Ross

**#49242** Wednesdays

September 11 - November 27

6:00 - 7:00 pm

Tsolum Building

\$144/12

### GHOUL SCHOOL

(8 - 18 years)

Learn to design, act, or do both as you help create one of the scariest and most popular haunted houses in the Comox Valley! Bring your creative ideas and join us for an information meeting September 11 at 4pm. Participants are encouraged to register ahead of time.

**#49289** Wednesdays

September 18 - October 23

4:00 - 6:30 pm

LINC Multipurpose Room

FREE

### GNARLY LITTLE

#### CHRISTMAS CRAFT FAIR

(9 - 19 years)

Be a part of Courtenay's biggest Christmas Party & Parade and make extra cash this Christmas while you showcase your talents. Painting, photography, jewelry, art-cards, baking and more are all welcome in the 11th annual 'Just for Youth' Christmas craft fair.

**#49290** Sunday December 1

10:00 am - 2:00 pm

Native Sons Hall

\$10/table

### HOLIDAY BAKING

(10 - 16 years)

Join Chef Sonja and learn tasty recipes for the Christmas season. We'll make minced fruit tarts, cashew shortbread and gingerbread characters. Do you have a sweet tooth? Come join us and take some treats home to share.

**Instructor:** Sonja Limberger

**#49682** Saturday December 7

9:30 am - 12:00 pm

LINC Games Room

\$35



# Special Interest

## FOOD SAFE LEVEL 1

(13 years & over)

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

**Instructor:** Gaetane Palardy

**#49287** Saturday November 16  
9:00 am - 4:00 pm  
LINC Multipurpose Room  
\$98

## LIGHTS! CAMERA! CODE! ACTION!

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 Make It Zone. **No class October 14.**

**Instructor:** Julian Rendell

**#49683** Mondays  
September 9 - October 21  
5:00 - 6:30 pm  
LINC Games Room  
\$95/6

## ITALIAN MEALS

(11 - 16 years)

Join us for this specially designed cooking class for youth and learn how to cook an Italian meal for your family! This informative and hands on class includes a menu of veggie spaghetti sauce, scratch ceasar salad and garlic bread.

**Instructor:** Sonja Limberger

**#49684** Saturday November 9  
10:30 am - 1:00 pm  
LINC Games Room  
\$35

## 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.

**Instructor:** St John Ambulance

**#49517** Saturday September 28

**#49518** Saturday October 26

**#49519** Saturday November 23

9:00 am - 4:30 pm  
Lewis Tsolum Building  
\$69

## MOOD MAIDENS

(11 - 15 years)

Connect with your peers while exploring topics to help you through your transitional years. We'll explore boundaries, dream-time messages, self-care, body image, intuition and more! Through our sharing circle you can seek support, bring questions, explore emotions or simply make friends and have fun while learning. We'll gather together to craft, play games and chat in an atmosphere of acceptance, openness and kindness for one another.

**Instructor:** Kendra Quince  
Thursdays

**#47776** October 3 - 24

**#49493** November 7 - 28

4:15 - 6:15 pm  
Lewis Meeting Room  
\$85/4

11th Annual

## Gnarly Little Christmas Craft Fair

(9 - 19 years)

**Sat, December 1**

**10:00 am - 2:00 pm**

**Native Sons Hall**

**Free Admission**

**\$10/table**

Showcase your talents in painting, photography, jewelry, art-cards, baking & more at our annual Youth Christmas Craft Fair! Register your table now and make extra cash this Christmas!



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Recreation

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Lewis Centre 250-338-5371

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

COURTENAY YOUTH



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# TWEEN SURPRISE NIGHT!

(8 - 11 years)

**Tuesday September 24**

**3:00 - 7:00 pm**

**The LINC**

**\$5/drop-in**

## School's Out

### EXTREME REC NIGHT 3

(11 - 15 years)

Extreme Rec Night is back! Get in on the fun as we cruise to some of our local rec centres and participate in activities including archery tag, rock climbing, skate park, swimming, games room, pizza, snacks & more! Transportation included from The LINC, pick up at the Aquatic Centre at 10:30 pm. For more information, see ad on page 77.

**#49826** Friday November 15  
3:30 - 10:30 pm  
\$10/pre-register  
by November 14  
\$15/Drop-in

### WINTER BREAK FAMILY DROP IN

Enjoy The LINC as a family! Ride the bowl, play ping pong, air hockey and foosball, sing along to karaoke, and just have FUN! All ages welcome with an adult.

Saturdays  
December 28 & January 4  
11:00 am - 3:00 pm  
LINC Games Room & Skatepark  
\$5/family drop-in

### 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

*See page 63 for more  
Winter Break programs.*

### 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! Snack included each day.

**#49366** Friday October 25 &  
Thursday November 21  
8:30 am - 4:00 pm  
LINC Games Room  
\$65/2

**#49367** Friday October 25

**#49368** Thursday November 21  
8:30 am - 4:00 pm  
LINC Games Room  
\$35

### 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!

**#49351** Friday December 27  
9:00 am - 4:00 pm  
LINC Skatepark  
\$35

**#49352** Thursday January 2 &  
Friday January 3  
9:00 am - 4:00 pm  
LINC Skatepark  
\$68/2

**#49491** Friday December 27,  
Thursday January 2 &  
Friday January 3  
9:00 am - 4:00 pm  
LINC Skatepark  
\$99/3





# Skatepark

## SKATEBOARD FUNDAMENTALS 1

(6 - 12 years)

Build confidence learning the sport of skateboarding. Learn the basics of balance, pushing, cruising and then try out a trick or two! This class is geared to beginner-novice skaters. **No class October 7 or November 11.**

**Instructor:** LINC Skatepark Staff  
Mondays

#49353 September 9 - October 21

#49354 October 28 - December 9

4:30 - 5:30 pm

LINC Skatepark

\$59/6

## SKATEBOARD FUNDAMENTALS 2

(7 - 13 years)

Take your skateboarding to the next level in this class. Gain more confidence riding the bowl and learning new tricks. Small class sizes will give you individual time with the instructor and help you progress. This class is geared to skaters who have participated in Skate FUNDamentals previously or are novice-intermediate skaters. **No class October 7.**

**Instructor:** LINC Skatepark Staff  
Mondays

#49356 September 9 - October 21

5:45 - 6:45 pm

LINC Skatepark

\$59/6

## SK8 LIKE A GIRL

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. **No class November 11.**

**Instructor:** LINC Skatepark Staff

#49685 Mondays

October 28 - December 9

LINC Skatepark

\$59/6

## SCOOTER SUNDAYS

(6 - 12 years)

Learning to scooter or want to? We'll teach you the basics, and help you progress through different tricks in the skatepark. You'll gain confidence as you learn to ride the street section and bowl! Rentals available. **No class October 13 or November 10.**

**Instructor:** LINC Skatepark Staff  
Sundays

#49348 September 8 - October 20

#49349 October 27 - December 8

9:45 - 10:45 am

LINC Skatepark

\$59/6

## 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 with our instructors and get tips and tricks to help keep you progressing. Rentals available.

Tuesdays

September 10 - December 17

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

5:15 - 6:00 pm

LINC Skatepark

\$22/lesson



# EXTREME REC NIGHT

(11 - 16 years)  
**Friday November 15**  
**3:30 - 10:30 pm**  
**\$10 pre-registration**  
**or \$15 drop-in**

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

**For more information please call 250-334-8138**




      

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You're Invited . . .

# THE LINC HAUNTED HOUSE

OCTOBER

\$2/person or \$5/family

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 <b>CLOSED</b>	23 <b>6 - 8pm</b>	24 <b>6 - 8pm</b>	25 <b>6 - 9pm</b>	26 <b>6 - 9pm</b>
29 <b>6 - 8pm</b>	30 <b>6 - 9pm</b>	31 <i>½ the Fright</i> <b>6 - 8pm</b>	<i>½ the Fright Night is geared to our younger ghouls &amp; visitors</i>	



CITY OF  
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Recreation

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

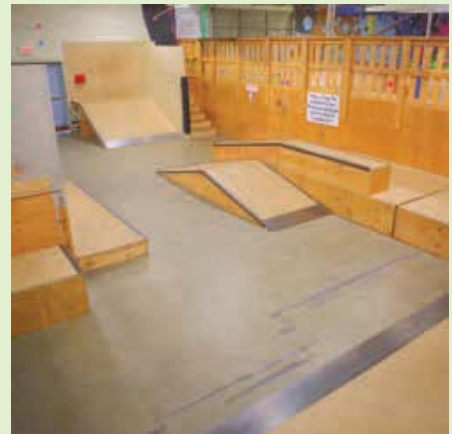
follow us   The LINC 250-334-8138  
300 Old Island Highway, Courtenay



# 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  
bigscreen TV  
outdoor basketball court  
outtrips, special events  
private rentals

### FALL HOURS

**Tuesday 3 - 7 pm**

(Tween Night 8 - 11 years)

**Wednesday 3 - 8 pm**

**Thursday 3 - 8 pm**

**Friday 3 - 11 pm**

**Saturday 3 - 11 pm**

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

### FEES

**Youth** (8 - 18 years):  
\$2.50 drop-in  
\$15/month membership  
\$25/11 punch pass

**Adult** (Skatepark ONLY):  
\$4 Drop-In  
\$20/month membership  
\$40/11 punch pass

### YOUTH COUNCIL

(9 - 18 years)

Develop leadership and teamwork skills through games, goal - planning and skill building activities, while giving back to the community. Bring your friends, plan drop-in activities and help with special events! Information meeting October 3.

Thursdays

October - May

LINC Multipurpose Room

4:00 - 5:00 pm

FREE

### 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!**

### ADULT SKATE NIGHT

(18 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 cancelled if numbers are low. Helmets required and available.

**No drop-in November 11.**

Mondays

October 21 - December 16

7:00 - 9:00 pm

LINC Skatepark

\$4/Drop-in

\$40/punch pass





# 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 with the artists. **No class October 14 & November 11.**

Mondays

September 9 - December 9

#49236 10:00 - 11:00 am or

#49622 1:00 - 2:00 pm

Lewis Craft Room A

### CHAIR FIT

An upbeat and gentle workout class for those who need to walk or sit. All ages welcome. **No class October 11.** Note: No cardio component.

#49668 Fridays

September 20 - December 6

10:45 - 11:45 am

Lewis MP Hall

### FITNESS

Adapted conditioning exercises for the whole body & mind.

#49234 Wednesdays

September 11 - December 11

10:15 - 11:00 am

Lewis Activity Room

Drop-in

*New Day  
& Time*

### MONDAY MORNING RECONNECT

**NEW**

Participate in therapeutic group activities. Connect brain and body with relaxation and stretching. Join in with gentle music and movement.

#49669 Mondays

September 9 - December 9

10:30 - 11:30 am

Lewis Activity Room

*Limited spaces*

### CELEBRATION CIRCLE

**NEW**

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.

#49670 Fridays

September 20 - December 13

1:00 - 2:00 pm

Lewis Tsolum Building

*Limited spaces*

## Fall Special Events

### HARVEST DANCE

Leaves are falling, Autumn is calling. Join us for hot apple cider!

#49665 Friday September 20

12:30 - 2:30 pm

Lewis MP Hall

\$2

### HALLOWEEN BINGO

Spooktacular prizes for everyone! Spaces limited. Register early.

#49666 Thursday October 24

1:00 - 2:15 pm

Lewis MP Hall

\$2 *limited spaces*

### HALLOWEEN CREATIVITY

Join our instructor for some ghoulish activities including cookie decorating, group pumpkin carving and photo ops in our costume corner!

#49667 Wednesday October 16

1:00 - 2:30 pm

Lewis Craft Room A

\$5

*Fall Registration for Adapted Programs starts Monday, August 19.*

### FUNDAMENTAL SKILLS (5 - 11 years)

Children will be introduced to sports and skills that will then help them transition into community or traditional Special Olympic Programs. **No class October 14, 21 & November 11.**

#49403 Mondays

September 9 - November 25

3:30 - 4:30 pm

Lewis Centre MP Hall

\$18/9

\$2.50/Drop-in

*New Day  
& Time*

*Adapted Programs in partnership with:*



## FUN DROP-IN

### @ THE LINC

(19 years & over)

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

Mondays

2:30 - 5:00 pm

Beginning September 9

The LINC Youth Centre

Free

FMI: Karen 250-338-5371

*More Registered & Drop-in Activities in Newsletter, coming out August 12; Archery, Sewing & more!*

## 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!

#49672 Tuesdays

September 10 - December 3

6:00 - 8:00 pm

Craft Room A

\$38/13 weeks

plus activity costs

## ZUMBA

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

#49235 Tuesdays

September 17 - December 3

1:00 - 2:00 pm

Activity Room

\$60/12 weeks

## LINE DANCING

Come and kick up your heels and dance the morning away. No partners required. **No class October 31.**

#49671 Thursdays

September 12 - December 5

10:30 - 11:30 am

MP Hall

\$60/12 weeks

## Bowling Leagues

Your all time favourite Bowling Leagues are back for another great year!

### Registration:

Please register before the first week. This helps us to organize the teams and volunteers. Please register at the Lewis Centre office.

Note: The Tuesday League is a smaller league for those who prefer a quieter atmosphere.

**Fees:** Registration is \$5.

### Late registrations:

Please call to check about late registration.

### Weekly dues:

Weekly dues are **\$3.50**. Thanks to the CV Community Foundation for its generous subsidy of \$1/person for every game played.

### Pick Ups:

Please come inside the bowling alley to pick up participants and assist with his/her departure as we have many people leaving all at one time.

### One-on-One Support:

While we will do our best to meet your needs, please note that we are unable to provide one-on-one support.

#49704 Tuesdays

#49705 Wednesdays

September 17 & 18 to

December 3 & 4

3:00 - 4:00 pm

Codes Country Lanes

## Searching For Volunteers!





## Arts & Crafts

### REALISTIC PAINTING (OIL OR ACRYLIC)

Anyone can benefit from this course that covers all aspects of painting realistically, from care of materials to finding inspiration, achieving perfect realism and getting one's own style. You'll learn a lot in this fun, friendly course!

**Instructor:** Teresa Knight

**#49470** Tuesdays

October 8 - November 26

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### 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 October 14 & November 11.**

**Instructor:** Jenja McIntyre

**#49486** Mondays

September 23 - November 25

7:30 - 9:00 pm

Lewis Craft Room B

\$149/8

### DRAWING FOR BEGINNERS

Join us for this introduction to perspective and cast shadows. Participants learn how to measure and draw proportions simply and create the illusion of depth while being introduced to techniques for fine detail and loose expression.

**No class October 14 & November 11. Instructor:** Teresa Knight

**#49472** Mondays

October 7 - December 9

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### BEGINNER PAINTING LANDSCAPES IN OIL OR ACRYLIC

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

**Instructor:** Teresa Knight

**#49469** Wednesdays

October 9 - November 27

6:00 - 8:00 pm

Filberg Craft Room

\$99/8

### 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 October 31.**

**Instructor:** Teresa Knight

**#49471** Thursdays

October 3 - November 28

6:00 - 8:00 pm

Lewis Craft Room B

\$99/9

### ACRYLIC PAINTING 2 TEXTURE, RHYTHM, CLAUDE MONET

Explore the use of texture and rhythm in acrylic painting. All supplies are included.

**#49632** Sundays

November 17 - December 15

6:00 - 8:00 pm

**#49631** Mondays

November 18 - December 16

6:00 - 8:00 pm

**#49633** Tuesdays

November 19 - December 17

10:00 am - 12:00 pm

Lupine Art Studio

\$179/5

### ACRYLIC PAINTING 2 SPACE, MOVEMENT, EMILY CARR

Master the use of space and movement in painting in this 5 week acrylic class. All supplies are included.

**#49629** Wednesdays

September 25 - October 23

6:00 - 8:00 pm

**#49630** Thursdays

September 26 - October 24

10:00 am - 12:00 pm

Lupine Art Studio

\$179/5





## ADVANCED SOLDERED BEACHSTONE AND SILVER CLASS

Soldered silver wire will be shaped and manipulated into various designs to hang beachstones and beach glass from. This class takes the skill level up a notch but still incorporates the beauty of the stones and glass. All materials provided and a \$50 material fee required from each student.

**Instructor:** Cheryl Jacobs

**#49478** Sunday September 22

**#49480** Saturday October 12

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## ROLLER PRINTED BRACELET BANGLE

Create a beautiful bracelet as a Christmas present in this class. Working with mixed metals and polished abalone or mother of pearl as the stone, metal will be roller printed and the shell will be riveted to the bracelet. Each student will design their own piece and have a truly unique bracelet. All materials included and a \$50 materials fee required per student.

**Instructor:** Cheryl Jacobs

**#49481** Sunday December 8

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## EXPLORING FLORALS PAINTING WITH GLAZES

Join Susan Schaefer for a fun day of exploring how to paint colourful flowers!

**#49634** Saturday October 5

10:00 am - 3:00 pm

Lupine Art Studio

\$115

## STAINED GLASS STEPPING STONES

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

**Instructor:** Nancy Morrison

**#49213** Wednesdays

October 2 - 16

7:00 - 9:00 pm

Craft Room B

\$45/3

## SACRED TOTEM ANIMAL JEWELRY

Animal spirit totems guide us every day, if you have a special animal totem, replicate it into a wearable work of art. We will pierce, rivet, texture, roller print texture and heat colour the metal into an identifiable piece of animal jewelry. Each student will complete a pendant, and/or meditation piece. All materials provided and a \$50 materials fee required from each student.

**Instructor:** Cheryl Jacobs

**#49479** Sunday September 29

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

## TRADITIONAL CHRISTMAS ORNAMENTS

Using coloured mirrors and hobby jewels, create a set of rich classic ornaments for the tree or arranged in a window. Please bring instructor \$30 for materials the first class.

**Instructor:** Nancy Morrison

**#49214** Wednesdays

November 6 - 27

7:00 - 9:00 pm

Lewis Craft Room B

\$60/4

## 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 will be collected by the instructor.

**Instructor:** Nancy Morrison

**#49210** Tuesday September 24

6:30 - 9:30 pm

Lewis Craft Room B

\$30

## 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 will be collected by the Instructor.

**Instructor:** Nancy Morrison

**#49211** Tuesdays

October 1 - November 19

7:00 - 9:00 pm

Lewis Craft Room B

\$115/8



*Try Stained Glass programs for a new creative outlet.*

COURTENAY ADULT



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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## Special Interest



### GLUTEN FREE CHRISTMAS BAKING

One can enjoy Christmas treats without having to worry about gluten. The recipes offered will be, Orange Cranberry Hazelnut Cake, Golden Date Squares, Quinoa Pineapple, Cranberry upside down cake and a Christmas Cookie with almond flour. Sample some treats after the lesson.

**#49505** Thursday December 5  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### COOKING WITH LOCAL INGREDIENTS

This time of year is prime harvest season; the perfect time for these recipes. Learn to make dishes like a Roasted Root Vegetable Salad, a Creamy Chard & Kale Soup and a Baked Hazelnut Tempeh with a Leek & Tomato Sauce. Partake in a delicious meal at the end of the lesson

**#49500** Tuesday September 17  
6:00 - 9:00 pm  
Filberg Centre  
Conference Hall Kitchen  
\$49

*Cooking courses instructed by Sonja Limberger. Bring a container in case of leftovers!*

### SUSHI AND OTHER JAPANESE RECIPES

**#49502** Wednesday October 23  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### THAI VEGETARIAN

**#49504** Thursday November 21  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### SUGAR FREE COOKING

**#49503** Thursday November 7  
6:00 - 9:00 pm  
Native Sons Hall  
Upper Kitchen  
\$49

### GOURMET VEGGIE BURGERS

**#49501** Tuesday October 15  
6:00 - 9:00 pm  
Filberg Centre  
Conference Hall Kitchen  
\$49

### 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  
**#49219** Tuesday November 12  
7:15 - 8:15 pm  
Lewis Meeting Room  
\$10

### EMOTIONAL EATING

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

**Instructor:** Katrina Roos  
**#49220** Tuesday November 26  
7:15 - 8:15 pm  
Lewis Meeting Room  
\$10

### 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. This course is your introduction to a practical, traditional art form using basic techniques and working with natural materials. **No class November 11.**

**#49673** Mondays  
October 28 - November 18  
1:30 - 3:30 pm  
Lewis Tsolum Building  
\$75/3

### 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.

**#49675** Monday December 9  
1:00 - 4:00 pm  
Lewis Tsolum Building  
\$40



## 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 and 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

**#49391** Saturday October 5  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$25

## 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

**#49227** Saturday October 26  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$25

## 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

**#49228** Saturday November 30  
1:00 - 4:00 pm  
Filberg Centre  
Soroptimist Lounge  
\$35

## SHAPING THE JOURNEY: LIVING WITH DEMENTIA

A six session education series for people with early symptoms of dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.

**Instructor:** Alzheimer Society

**#49225** Tuesdays  
September 17 - October 22  
1:30 - 3:30 pm  
Native Sons Lower Level  
Free - please register

## AROMATHERAPY TO ASSIST OUR SHORT WINTER DAYS

Learn how to blend, and ways to blend to pick up your spirit for winter time. Everyone will make a personal inhaler to take home.

**Instructor:** Deanna Papineau

**#49475** Wednesday November 20  
7:00 - 9:00 pm  
Lewis Tsolum Building  
\$49

## TOASTMASTERS SPEECH CRAFT

(18 years & over)

Improve your speaking and listening skills in a positive and supportive, learn-by-doing environment. Cost includes 6 months Toastmasters membership. Attend on September 11 or September 18, 2019 to find out if you're interested.

**Instructor:** Toastmasters

**#49396** Wednesdays  
September 11 - November 6  
7:00 - 9:00 pm  
\$150/8

## GETTING TO KNOW DEMENTIA

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

**Instructor:** Alzheimer Society

**#49224** Tuesday September 3  
1:30 - 3:30 pm  
Native Sons Lower Level  
Free - please register

## AROMATHERAPY FOR THE HOLIDAYS

How to safely use Aromatherapy in your home for the holiday's. Topics include diffusing, misting, bathing and creating a Christmas gift to take home.

**Instructor:** Deanna Papineau

**#49476** Wednesday December 4  
7:00 - 9:00 pm  
Lewis Tsolum Building  
\$49







## BEGINNER BLUES GUITAR

(15 years & over)

Get happy while strumming the Blues! This course will focus on 12 bar blues songs and cover strumming patterns, turnarounds, blues scales and simple blues licks (phrases). **No class October 14.**

**Instructor:** Larry Ayre

**#49397** Mondays

September 23 - November 4  
7:15 - 8:30 pm  
Lewis Tsolum Building  
\$90/6

## BEGINNER PIANO

(55 years & over)

Have you always wanted to play the piano? 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

**#49513** Wednesdays

**EG** September 11 - November 27  
2:00 - 3:00 pm  
Lewis Tsolum Building  
\$192/12

## 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

**#49400** Thursdays

October 24 - December 5  
2:45 - 4:00 pm  
Lewis Tsolum Building  
\$90/6

## BEYOND BEGINNER PIANO

(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

**#49514** Wednesdays

**EG** September 11 - November 27  
3:00 - 4:00 pm  
Lewis Tsolum Building  
\$192/12

## 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.

**Instructor:** Larry Ayre

**#49398** Mondays

September 23 - November 4  
6:00 - 7:00 pm

Lewis Tsolum Building

**#49399** Thursdays

October 24 - November 28  
1:30 - 2:30 pm

Lewis Tsolum Building  
\$75/6

## 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 will be available.

**Instructor:** Debbie Ross

**#49512** Wednesdays

September 11 - November 27  
1:00 - 2:00 pm  
Lewis Tsolum Building  
\$192/12



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

## 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.

**Instructor:** Monica Hofer

**#49448** Thursdays

September 19 - December 5

5:00 - 6:00 pm

Native Sons Lower Level

\$168/12

## DRUMS ALIVE POWER BEATS

Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. Drums Alive is movement therapy with music, sound and dance that is perfect training for the whole body! Have fun getting fit!

**Instructor:** Monica Hofer

**#49452** Wednesdays

September 11 - November 27

7:00 - 8:00 pm

Native Sons Grand Hall

\$96/12

## BRAIN FIT

Learn how to boost your cognitive and mental health in this fun and engaging program. Learn how the brain changes with age or illness. We will explore the process of memory and attention and how we incorporate functional strategies and techniques into our daily life. By the end of the series participants will have exercises and techniques to create a home program to support continued brain health.

**No class October 31.**

**Instructor:** Martina Forster

**#49237** Thursdays

October 17 - November 28

11:00 am - 12:00 pm

Filberg Soroptomist Lounge

\$99/6

## BEYOND BEGINNER AFRICAN DRUMMING

If you are looking for a place to enhance your drumming skills, but you aren't 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 students who are ready to move up from beginners level. Please contact instructor if unsure of your level.

**Instructor:** Monica Hofer

**#49449** Wednesdays

September 11 - November 27

5:30 - 6:30 pm

Native Sons Grand Hall

\$168/12

## GOLDEN BEATS DRUMS ALIVE

'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 October 3.**

**Instructor:** Monica Hofer

**#49451** Thursdays

September 19 - December 5

10:30 - 11:30 am

Native Sons Grand Hall

\$88/11

## 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 October 14 & November 11.**

**Instructor:** Monica Hofer

**#49450** Mondays

September 16 - December 2

11:45 am - 12:45 pm

Native Sons Grand Hall

\$140/10

*Research indicates that drumming accelerates physical healing & boosts the immune system. In addition, studies show us that drumming reduces tension, anxiety and stress.*



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110



## Dance & Movement

### ADULT BALLET

Develop strength and flexibility through classical technique in this adult oriented class. Beginners welcome! No experience necessary.

**Instructor:** Jenna Flint

**#49222** Tuesdays **Absolute Beginner**  
September 17 - December 3  
7:45 - 9:00 pm  
Lewis Activity Room

**#49223** Thursdays **Beyond Beginner**  
September 19 - December 5  
7:45 - 9:00 pm  
Lewis Activity Room  
\$72/12

### 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

**#49221** Tuesdays  
**EG** September 17 - December 3  
6:30 - 7:30 pm  
Lewis Activity Room  
\$72/12

### ADULT JAZZ

Join this upbeat dance class designed for adults. These classes incorporate basic elements of dance such as rhythm, footwork, isolations, balance, flexibility and music. You will get your heart rate up while using jazz technique. Beginners welcome! No experience necessary. Intermediate classes are a faster paced class for those with former dance training.

**No class October 14 & November 11.**

**Instructor:** Casey Matute

**#49498** Wednesdays **Beginner**  
October 2 - December 18  
6:30 - 7:30 pm  
Lewis Activity Room  
\$72/12

**#49499** Monday **Intermediate**  
October 2 - December 16  
7:00 - 8:00 pm  
Lewis Activity Room  
\$60/10

*Check receipts carefully for important program information.*

### BACHATA DANCE

#### LEVEL 1

Bachata is a beautiful partner dance originated from the Dominican Republic. It is a fun, sensual, easy to learn dance and a great way to spend an evening. You will learn the basic steps, turn patterns and lead and follow techniques. No dance experience is necessary, only a partner in crime!

**Instructor:** Rahel Mashruky

**#49388** Wednesdays

September 18 - November 27  
7:00 - 8:00 pm  
Filberg Conference Hall  
\$72/10

### BACHATA DANCE

#### LEVEL 3 & 4

This class is for those that have at least 4 months of prior Bachata training, for example Bachata level 1 and 2 or some equivalent classes. A dance partner is required due to the intimate nature of this dance.

**Instructor:** Leon Hawrylenko

**#49626** Wednesdays **Level 3**  
September 11 - October 30  
7:45 - 8:45 pm  
Lewis Activity Room  
\$48/8

**#49627** Wednesdays **Level 4**  
November 6 - December 11  
7:45 - 8:45 pm  
Filberg Rotary Hall  
\$36/6

### NIA

Moving to music that invigorates and inspires, we cycle through dynamics of power and strength, grace and flexibility. This is fitness that respects who you are, where you've come from, and where you want to go. Every body welcome.

**No class October 14 & November 11. Instructor:** Ann Marie Lisch

**#48941** Mondays  
September 9 - December 9  
5:30 - 6:45 pm  
Filberg Rotary Hall  
\$120/12





## ADULT GYMNASTICS

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

**Instructor:** Breanne Hague & Sheri Roffey

**#49067** Tuesdays

September 10 - December 10  
8:00 - 9:00 pm

Lewis Centre Gym

\$126/14

\$10/Drop-in

## TAI CHI

Derived from the martial arts, tai chi is composed of slow, deliberate movements, meditation, and deep breathing. 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

September 11 - November 27

**#49144** 9:00 - 10:00 am

**#49143** 10:00 - 11:00 am

**#49145** 11:15 am - 12:15 pm

Native Sons Lower Level

\$180/12

## TAI CHI EVENING

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

**#49038** Thursdays

September 5 - December 12  
7:15 - 8:15 pm

Lewis Meeting Room

\$120/15

## 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

**#49435** September 11 - October 23

**#49436** November 6 - December 18

1:00 - 3:00 pm

Native Sons Lower Hall

\$52.50/7

## 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!

**Instructor:** Darlene Bandet

**#49511** Thursdays

October 10 - December 12

7:00 - 8:00 pm

Native Sons Grand Hall

\$60/10

## 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!

**Instructor:** Joan Wydenes

**#49389** Tuesdays **Intermediate**

September 10 - December 10

1:00 - 2:00 pm

Native Sons Grand Hall

**#49390** Wednesdays **Beginner**

September 11 - December 11

1:00 - 2:00 pm

Lewis Activity Room A

\$84/14

\$6/Drop-in

## ADULT BEGINNER SQUASH LESSONS

Squash is a healthy, fast paced sport that incorporates fun and fitness. Learn how to swing, rally and keep score in 4 easy lessons. Equipment will be provided. **No class October 14.**

**Instructor:** Sue Tompkins

**#49036** Mondays

September 30 - October 28

5:30 - 6:30 pm

Lewis Squash Court 1

\$40/4

## ADULT INTERMEDIATE SQUASH LESSONS

Intermediate Squash lessons are for those players who would like to bump their game up a notch. Work on length, strength and footwork through fun active drills. **No class October 14.**

**Instructor:** Sue Tompkins

**#49037** Mondays

September 30 - October 28

6:45 - 7:45 pm

Lewis Squash Court 1

\$40/4



COURTENAY ADULT





## 7 Story Circus

*7 Story Circus participants perform a show for friends and family at the end of the session.*

### 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 October 14 & November 11.**

**Instructor:** Kaya Kehl

**#49488** Mondays

September 16 - December 9  
6:00 - 8:00 pm  
Lewis Centre Gym  
\$330/11

*See page 69 for children's Circus programs. A separate \$21 once/year 7 Story Circus membership fee must be paid to instructor at the first class.*

### 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. **No class October 31.**

**Instructor:** Kaya Kehl

**#49509** Thursdays

September 12 - December 5  
11:00 am - 12:30 pm  
Lewis Centre Gym  
\$4/Drop-in

### HANDSTAND CLASS

Discover your next passion in 7 Story Circus's 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.

**#49628** TBA

\$96/8  
\$13/Drop-in  
for more info check  
[courtenay.ca](http://courtenay.ca) or  
[7storycircus.com](http://7storycircus.com)

### OPEN TRAINING

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

**Instructor:** Kaya Kehl

**#49510** Fridays

September 13 - December 6  
7:15 - 8:15 pm  
Lewis Centre Gym  
\$10/Drop-in

### 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 more info follow us at [7storycircus.com](http://7storycircus.com), Facebook & Instagram. **No class October 31.**

**Instructor:** Kaya Kehl

**#49507** Wednesdays

September 11 - December 4  
7:30 - 8:30 pm  
Lewis Centre Gym  
\$260/13

Thursdays

**#49506** September 12 - October 17  
9:30 - 11:00 am  
Lewis Centre Gym  
\$168/6

### 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!



## 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 class September 26 & October 3.**

**#49039** Tuesdays & Thursdays  
September 3 - December 12  
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.

**#49496** Fridays  
September 6 - December 13  
7:30 - 9:30 pm  
Lewis Centre MP Hall  
\$3/Drop-in

## KARATE FOR COMPETITION

(All ages)

Take your karate to the next level! Certified National Team Coach, Pam Ross, will teach the skills to prepare you for success at WKF competitive karate. Improve your tournament Kata and Kumite and prepare for upcoming tournaments, from local to International competition. \*must register or be registered with Karate BC and affiliated with sanctioned karate club. **No class October 31.**

**Instructor:** Pam Ross

**#49090** Thursdays  
September 12 - November 7  
6:30 - 8:00 pm  
Lewis Centre MP Hall  
\$189/8

## ALL AGES BADMINTON

Get some exercise, meet new players and improve your game in this fast paced group sport! **No class October 14, 31 & November 11.**

**#49040** Mondays, Thursdays & Friday  
September 5 - December 13  
1:00 - 3:00 pm

**#49676** Mondays & Thursdays  
September 9 - December 12  
8:15 - 10:00 pm  
Lewis Centre Gym  
\$3/Drop-in

## ADULT KUNG FU

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. **No class September 7, October 14 & November 11.**

**Instructor:** Corny Martens

**#49007** Mondays, Wednesdays & Saturdays  
8:00 - 10:00 pm  
10:30 am - 12:00 pm  
September 4 - December 21  
Native Sons Lower Level/  
Lewis Activity Room  
\$160/1 class per week  
\$320/2 classes per week  
\$440/3 classes per week

## WOO KIM TAEKWONDO

This fast-paced program provides excellent physical activity for all ages. Get a full body workout while building new skills. Students will improve strength, coordination, flexibility, endurance and balance skills all while building confidence. Sanctioned by the BC and Canadian Taekwondo federations. **No class October 31, November 7, 12 & 14.**

**Instructor:** Richard Dobbs

**#49096** Tuesdays & Thursdays  
September 10 - December 19  
7:00 - 8:00 pm  
Lewis Centre MP Hall  
\$265/26

## INTRO TO NORDIC POLE WALKING

(55 years & over)

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

**Instructor:** Catherine Egan

**#49141** Fridays  
October 11 - November 1  
11:00 am - 12:00 pm  
\$40/4

## NORDIC POLE WALKING LEVEL 2

(55 years & over)

Nordic pole walking is a total body workout for cardio, strength and flexibility. The focus in this class is fitness training with Nordic poles using different terrains and elevation in our local parks.

**Instructor:** Catherine Egan

**#49142** Fridays  
October 11 - November 1  
12:30 - 1:30 pm  
At Lewis Centre  
\$40/4







# Lewis Centre Squash Courts

## To reserve a court:

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

**Payment is due at time of booking.**  
**To book by phone you must have a pre-paid booking card.**

4 squash courts  
Low rates for Non-prime time bookings  
Equipment rentals  
Childminding (see page 58)

## 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
Special Needs	\$200	\$125
Older Adult (55+)	\$370	\$215
Family	\$925	\$585

*See page 89 for Squash Lessons*

## 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

## Hours until September 15:

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

## Effective September 22:

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

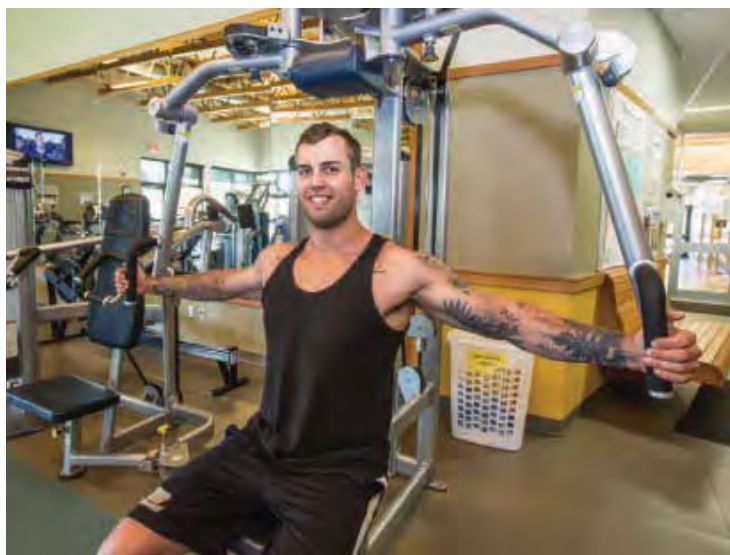
## Squash Club



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) by September 20 to join. Visit [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)

	6 month	3 month	1 month
Adult	\$225	\$135	\$58.50
Student	\$103.50	\$67.50	\$31.50
Evergreen	\$171	\$103.50	\$45
PWD	\$103.50	\$67.50	\$31.50
Family	\$430	\$240	\$95

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

## 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 August 30:**

Monday - Friday, 9:00 - 10:30 am

**effective September 3:**

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

Mondays & Wednesdays 5:00 - 6:30 pm

\$4.00/1¼ hour drop-in (ask about other options)

# 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

**until September 15:**

Sunday 8:30 am - 4:00 pm

**effective September 22:**

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.



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

# Wellness Centre Classes & Supervision Hours

effective September 3, 2019

	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.

COURTENAY ACTIVE LIVING

## 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

**#49153** Thursdays

September 12 - December 19  
6:30 - 7:30 pm  
Lewis Activity Room  
\$105/15

## 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 October 14 & November 11.**

**Instructor:** Nancy Victoria

**#49186** Mondays & Thursdays



September 9 - December 12  
9:00 - 10:00 am  
Filberg Centre Rotary Hall & Native Sons Grand Hall  
\$156/26

## 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

**#49005** Tuesdays & Thursdays

September 3 - December 19  
7:00 - 8:00 pm  
Lewis Wellness Centre  
\$192/32





## 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 October 14 & November 11.**

**Instructor:** Juan Blancas

**EG** Tuesdays & Thursdays  
September 3 - December 19

**#49001** 10:30 - 11:30 am

**#49004** 1:30 - 2:30 pm  
Lewis Wellness Centre  
\$192/32

Mondays & Wednesdays  
September 4 - December 18

**#48999** 10:00 - 11:00 am

**#49000** 1:00 - 2:00 pm

**#49003** 11:15 am - 12:15 pm  
\$164/29

**#49002** Friday  
September 6 - December 20  
10:00 - 11:00 am  
Lewis Wellness Centre  
\$96/16

## 55+ TRX AND RESISTANCE TRAINING ALL LEVELS

(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 October 14 & November 11.**

**Instructor:** Tammy Jones

Mondays & Wednesdays  
**#49434** September 9 - October 21  
**#49439** November 4 - December 16

**EG** 7:45 - 8:45 am  
Lewis Activity Room  
\$96/12

### Benefits of Personal Training

- *Improve Your Overall Fitness*
- *Learn to keep up a routine!*
- *Find the right way to work out*
- *Faster and better results*
- *Proper fat loss and muscle gain*
- *Establish a lifetime exercise habit*

## Personal Training Team

### Juan Blancas

Personal Trainer, Weight Training, Fitness Theory, Third Age

Certified Since: 2002

Training Specialties:

- Step, Resistance Tubing, Dumbbell
- Stability Ball
- Body Ball, Core activation, Assessment & 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 canfit-pro 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

BScHN (Bachelor of Science in Holistic Nutrition) Personal Trainer, Weight Training, Third Age, Group Fitness, TRX, Spin

Training Specialties:

- Core Conditioning
- Boot Camp/HIIT
- Strengthening Muscular Imbalances
- Weight Management
- Older Adults



## Personal Training Prices

	Private	Semi Private (2 people)	Teen Private	Teen Semi Private
1 session	\$50	\$75	\$37.50	\$56.25
3 sessions	\$135	\$203	\$101.25	\$152.25
5 sessions	\$200	\$300	\$150	\$225
10 sessions	\$325	\$490	\$243.75	\$367.50
15 sessions	\$375	\$563	\$281.25	\$422.25

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

### Express Personal Training \$75/3 thirty minute sessions

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



# Drop-in Fitness Schedule effective September 9, 2019 unless otherwise noted

	MON	TUES	WED	THURS	FRI	SAT
6:00 am	PowerSpin & Stretch 😊		Rip & Ride 😊			
8:30 am			Hatha Yoga (starts Sept 18)			Pedalw/ 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 (starts Sept 21)
10:30 am		BootCamp Blast+		Zumba Gold 😊		
12:00 pm	Spin, Stretch & Strength 😊	HIIT 12:10pm 😊	Flow Yoga 😊	HIIT 12:10pm 😊	Spin Express 😊	
5:15 pm	Zumba Toning 😊 5:30		Chiseled 😊	BootCamp Blast	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

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
6 Months <small>available until August 30</small>	\$225	\$171	\$103.5	\$103.50
3 Months <small>available until November 30</small>	\$135	\$103.50	\$67.50	\$67.50
1 Month	\$58.50	\$45	\$31.50	\$31.50

## Class Levels

Beginner/Intermediate

Intermediate/Challenging

Challenging

+75 minute class

For Fitness Schedule before  
September 9, 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 58.



# Drop-in Fitness

## CARDIO KIX FIT MIX

*Mondays 9:00 - 10:15 am*

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

**Instructor:** Tammy Jones

## HIIT

*Tuesdays 12:10 - 12:45 pm*

*Thursdays 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. This quick, fun and effective workout is a great way to complement your gym routine!

## 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 17 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 with seated and standing postures, forward folds, gentle backbends and twists. All-levels.

**Instructor:** Wendy Davies

\*no class Oct. 12 & Nov. 9

## 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

## 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

## POWER SPIN & STRETCH

*Mondays 6:00 - 7:00 am*

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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

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

## 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. We recommend you arrive early as numbers may be limited.

**Instructor:** Steve Thomson

## POWER SPIN

*Fridays 5:15 - 6:15 pm*

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

**Instructor:** Nancy Victoria

## SPIN EXPRESS

*Fridays 12:00 - 1:00 pm*

Rev up your Friday with a high energy 60 minute spin class! 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, 45 minutes of cardio, cool-down and stretch. Class size is limited to 17 participants.

**Instructor:** Fiona McQuillan







## SIMPLY STRENGTH 1

(55 years & over)

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. **No class October 14 & November 11. No Drop-ins**

**Instructor:** Joyce Leong & Steve Thomson

**#49184** Mondays & Wednesdays  
**EG** September 4 - December 11  
 10:15 - 11:15 am  
 Native Sons Grand Hall  
 \$189/27

## 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  
**#49163** Wednesdays  
 September 11 - December 18  
 6:00 - 7:00 am  
 Lewis Activity Room  
 \$78/15  
 \$6.50/Drop-in

## SIMPLY STRENGTH 2

(55 years & over)

This co-instructed intermediate level class offers overall body conditioning, balance and agility, core strengthening and health and wellness education. No drop-ins permitted. **No class October 14 & November 11. No Drop-ins.**

**Instructor:** Joyce Leong & Steve Thomson

**#49185** Mondays & Wednesdays  
**EG** September 4 - December 11  
 9:00 - 10:00 am  
 Native Sons Grand Hall  
 \$189/27

## 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 point balls for release, bender and bosu balls as well as learn relaxation and release techniques with foam rollers and stretching.

**Instructor:** Nancy Victoria  
**#49442** Fridays  
 September 13 - November 15  
 9:00 - 10:00 am  
 Lewis Centre MP Hall  
 \$80/10

*Drop-ins available where noted when space permits. Please call ahead to check for any cancellations or changes for classes.*

## CHAIR FIT

(55 years & over)

A safe exercise program designed for the older exerciser or those with physical limitations that make traditional exercising difficult. Classes will incorporate upper and lower body movements and the exercises are done in and out of chairs - with no floor work. **No class October 4, 18, November 8 & December 13.**

**Instructor:** Wendie Matte

**#48952** Tuesdays & Fridays  
**EG** September 3 - December 20  
 9:15 - 10:15 am  
 Filberg Rotary Hall  
 \$168/28

## PEDAL N' SCULPT

Come prepared to sweat and start the weekend off just right! 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

**#49638** Saturdays  
 September 14 - November 16  
 8:45 - 10:15 am  
 Lewis Centre Activity Room  
 \$60/10  
 \$6.50/Drop-in

## POWER SPIN & STRETCH

Start your week off on a healthy note! Similar to our Power Spin class but without the core work, 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. **No class October 13 & November 11.**

**Instructor:** Nancy Victoria  
**#49625** Mondays  
 September 9 - December 16  
 6:00 - 7:00 am  
 Lewis Activity Room  
 \$78/13  
 \$6.50/Drop-in



## ZUMBA TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Using Zumba® toning sticks or light weight dumbbells, you'll work every muscle group while you groove. Along with light-weight upper body resistance, you'll work against gravity or the floor to define your leg and ab muscles.

**No class October 14 & November 11.**

**Instructor:** Milena Spratt

**#49148** Mondays

September 9 - December 16  
5:30 - 6:30 pm  
Lewis Activity Room  
\$78/13  
\$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

**#49182** Thursdays

September 12 - December 19  
10:30 - 11:30 am  
Lewis Activity Room  
\$90/15  
\$6.50/Drop-in

### 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!

## 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

**#49494** Wednesdays

September 11 - December 18  
9:00 - 10:00 am  
Lewis Activity Room  
\$90/15  
\$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

**#49147** Tuesdays

September 10 - December 17  
9:00 - 10:00 am  
Lewis Activity Room  
\$90/15  
\$6.50/Drop-in

## 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 October 14 & November 11.**

**Instructor:** Tammy Jones

**#49158** Mondays

September 9 - December 16  
9:00 - 10:15 am  
Lewis Activity Room  
\$6.50/Drop-in

## WOMEN'S SPECIFIC TRAINING

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

**#49146** Fridays

September 13 - December 13  
10:30 - 11:30 am  
Lewis Activity Room  
\$91/14



# Yoga



## THERAPEUTIC YOGA

A combination of mindful joint movements, somatics, restorative poses and breathing practice will develop greater awareness of specific parts of your body, find relief from pain and understand fully how your body works. Suitable for beginners through advanced practitioners. **No class October 14 & November 11 & 15.**

**Instructor:** Akiko Shima

**#49406** Mondays

September 9 - December 16  
11:00 am - 12:30 pm  
Native Sons Lower Level  
\$168/14

**#49165** Fridays

September 6 - December 20  
11:00 am - 12:30 pm  
Lewis Meeting Room  
\$180/15


## 55+ YOGA - GENTLE

(55 years & over)

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice.

**No class October 14. Instructor:** Sheron Jutila

Mondays

**#48995** September 9 - November 4  
 \$72/8  
10:15 - 11:15 am  
Filberg Rotary Hall

## 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 October 12 & November 9.**


**Instructor:** Wendy Davies

**#49138** Wednesdays

September 18 - December 18  
8:30 - 9:45 am  
Lewis Centre MP Hall  
\$6.50/Drop-in

**#49139** Saturdays

September 21 - December 21  
9:00 - 10:15 am  
Lewis Centre MP Hall  
\$6.50/Drop-in

**#49387** November 18 - December 30  
 \$63/7  
10:15 - 11:15 am  
Filberg Rotary Hall

## YOGA FOR GUYS

If you've done some yoga in the past, and understand the basics of breathing, as well as what it feels like to be aligned in a pose, this class is for you. Enjoy some stress relief, and an increase in flexibility. Challenge yourself a little or a lot with the suggested variations given.

**Instructor:** Catherine Reid

**#49035** Wednesdays

September 11 - December 11  
5:00 - 6:15 pm  
Lewis Meeting Room  
\$140/14

## INTRO TO MEDITATION (WITH YOGA)

Strengthen your brain, cultivate peace of mind, increase resilience, decrease stress, improve your sleep, and more with Mindfulness-based Meditation (and Gentle Yoga). Learn how to choose a practice that fits your personality (and body) and gather helpful tools for taking meditation home with you. All levels welcome.

**Instructor:** Sheron Jutila

Thursdays

**#49178** September 5 - October 10  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$72/6

## MEDITATION ONGOING (WITH YOGA)

Strengthen your silent sitting practice with the support of a group. Ask questions during our weekly check-in. Prepare your body with a short Gentle Yoga practice. Choose your own focus or anchor, and sit (floor or chair) for 20-25 minutes. Meditation experience beneficial.

**#49179** Thursdays

October 17 - December 19  
2:00 - 3:30 pm  
Lewis Meeting Room  
\$120/10





## 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.

**Instructor:** Wendy Davies

**#49169** Tuesdays

September 24 - December 10  
5:30 - 6:45 pm  
Lewis Meeting Room  
\$120/12

## 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. **No class November 13.**

**Instructor:** Akiko Shima

**#49166** Wednesdays

September 4 - December 18  
6:30 - 7:45 pm  
Lewis Craft Room A  
\$150/15

## MOM & BABY YOGA

(6 weeks - mobile)

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 mobile. **No class November 13.**

**#49171** Wednesdays

September 4 - December 18  
11:00 am - 12:00 pm  
Lewis Salish Building  
\$135/15

## ACROYOGA

AcroYoga combines the gentleness of yoga, the deepness of partner stretching, the excitement of acrobatics and the therapeutics of Thai Massage. It helps to build trust, flexibility, strength, teamwork and relaxation. Join us for this class that will help you to build a solid foundation while progressing through a series of postures. No Experience necessary. No partner required. **No class October 31.**

**Instructor:** Daiana Gama

**#49167** Thursdays

September 12 - December 12  
6:00 - 7:30 pm  
Lewis Craft Room A  
\$156/13  
\$12/Drop-in

## 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. **No class October 14, November 11 & 13.**

**Instructor:** Akiko Shima

**#49180** Mondays

September 9 - December 16  
9:30 - 10:45 am  
Native Sons Lower Level  
\$130/13

**#49181** Wednesdays

September 4 - December 18  
9:30 - 10:45 am  
Lewis Salish Building  
\$150/15

## FAMILY YOGA

(6 years & up)

Cultivate a sense of fun and play, and enrich your connection with your child. Whether you are a mom, dad, aunt or grandparent, Yoga is beneficial at any age. **No class October 12 & November 9.**

**#49168** Saturdays

September 14 - December 14  
10:00 - 11:00 am  
Lewis Salish Building  
\$144/12

## 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 experience in sun salutations.

**Instructor:** Daiana Gama

**#49164** Wednesdays

September 11 - December 18  
12:00 - 1:00 pm  
Lewis Activity Room B  
\$90/15  
\$6.50/Drop-in

## GOOD MORNING YOGA

Leave the class feeling energized yet relaxed. Build body and mind awareness through yoga poses, breathing and mediation practice. Suitable for those who can lead Sun Salutation on their own. **No class November 15.**

**Instructor:** Akiko Shima

**#49175** Fridays

September 6 - December 20  
9:15 - 10:45 am  
Lewis Meeting Room  
\$180/15





## 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 October 14 & November 11. Instructor:** Catherine Reid

**#49176** Mondays

September 9 - December 16  
6:00 - 7:00 pm  
Lewis Meeting Room  
\$117/13

## 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. **No class October 11. Instructor:** Sheron Jutila

Fridays

**#49427** September 6 - November 1

**#49681** November 8 - December 27



2:00 - 3:30 pm

Native Sons Lower Level  
\$96/8

## 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 October 14 & November 11. Instructor:** Catherine Reid

**#49177** Mondays

September 9 - December 16  
7:15 - 8:45 pm  
Lewis Meeting Room  
\$156/13

## 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. **Instructor:** Catherine Reid

**#49172** Tuesdays

**#49172** September 10 - December 17



11:00 am - 12:00 pm

Native Sons Grand Hall  
\$135/15

## 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 October 11 & 14.**

**Instructor:** Sheron Jutila

Mondays

**#48946** September 9 - November 4

**#49677** November 18 - December 30



2:00 - 3:30 pm

Filberg Rotary Hall  
\$84/7

**#48998** Fridays

September 6 - November 1

**#49678** November 8 - December 20

10:00 - 11:30 am

Native Sons Lower Level  
\$96/8

## 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. **No class October 15. Instructor:** Sheron Jutila

**Instructor:** Sheron Jutila

Tuesdays

**#49173** September 3 - October 29

**#49679** November 5 - December 24



10:15 - 11:30 am

\$80/8

Thursdays

**#49174** September 5 - October 24

**#49680** October 31 - December 19

10:00 - 11:30 am

Lewis Meeting Room  
\$96/8

*Check receipts carefully for important program information.*





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 September 16th, Tuesday October 15th & Tuesday November 12th at 1 pm in the Evergreen Lounge. Light refreshments served. RSVP to Cathy at 250 338 1000. Drops in are welcome too.

## Evergreen Club Activities

### 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

### Sports & Fitness

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

### Music & Dancing

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

### Crafts & Hobbies

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

### Cards & Games

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





## 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.*

### **Madcap Melodies with the Evergreen Choristers**

Friday September 20, 2 pm  
Tickets \$10 in advance or at the door

### **Country Harvest Celebration**

Saturday September 28, 5:30 - 8:30 pm  
Musical Entertainment and BBQ Dinner  
Tickets \$15 in advance or \$20 at the door

### **The Fall Garage Sale**

Saturday October 5, 9 am - noon  
Donations gratefully accepted (mornings only) at the Florence Filberg starting Sept 23.

### **Christmas Bazaar & Luncheon**

Wednesday November 27, 10 am - 2 pm  
Enjoy browsing the wide variety of vendors.  
Lunch served 11:30 am - 1 pm

### **Comox Valley Concert Band**

Sunday December 8, Conference Hall, 2 pm  
A special afternoon of musical favourites.  
Tickets \$8 in advance or at the door

*Advance tickets can be purchased at the Florence Filberg Centre*

Watch the Evergreen Club monthly newsletter for Members' Mini Events

## Join Our Group of Friendly Volunteers!



## Volunteer Opportunities

Our volunteers come to the Evergreen Club to keep active and meet new people. They stay because they meet fun likeminded 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 15 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**

## Evergreen Club Travel Opportunities

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

### **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**



## 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

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580 DUNCAN AVENUE COURTENAY BC V9N 2M7  
250.338.6211 | COMOXVALLEYARTGALLERY.COM

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



Courtenay  
and District

## Museum & Paleontology Centre

207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](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 except open for July 1st celebrations)

Till August 31, 2019:

Mon to Sat: 10 am - 5 pm

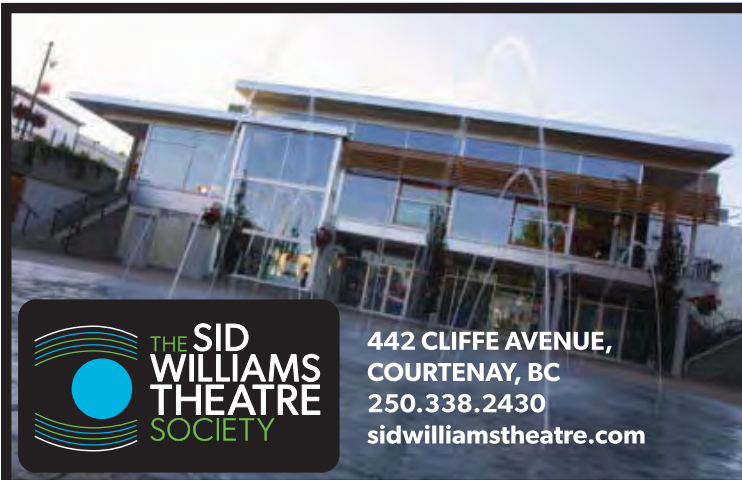
Sun: 12 noon - 4 pm

Starting September 2, 2019:

Tues to Sat: 10 am - 5 pm

closed Sun & Mon

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



442 CLIFFE AVENUE,  
COURTENAY, BC  
250.338.2430  
[sidwilliamstheatre.com](http://sidwilliamstheatre.com)



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

COME&SEE

Contact City of Courtenay Recreation & Cultural Services for further information: 250-334-4441





## Hawk Glen Park in East Courtenay has a New Playground!

Opened to the public in mid-July, the playground had an official opening on July 26th. New features include a friendship swing, belt hammock, chill spinner and panel maze.

The old playground off Hawk Drive was well-used since it was installed in 1998, and had reached the end of its useful life.



## 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



## Urban Forest Work in Courtenay Parks

Courtenay Parks staff are working to protect the health and safety of the public by identifying tree risks within our parks and trails systems. An annual tree risk survey was completed in 2018 with 40 kilometres of internal parks and trail edges as well as 13 kilometres of external parks assessed.

As a result of this assessment, parks staff and contractors have been working on proactively mitigating the identified tree risks. Risk mitigation measures might include pruning trees, the creation of habitat snags, or complete tree removal. The work began this spring and continued throughout the summer.

In addition to risk management work, over 350 trees were planted in 2018 with 100 of these trees being in open parks spaces while others are on trail edges & understory plantings. Some trees were planted in partnership with the Rotary Club. A grant from Tree Canada and BC Hydro helped make the work possible.



## Simms Park Summer Concert Series

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7:00 pm. **Bring your own lawnchair or blanket and enjoy the show!**

- **August 11 - BIG LITTLE LIONS** ~ Juno Award winner Helen Austin with Paul Otten playing catchy folk pop songs
- **August 18 - RETRO ROCK REVIVAL** ~ Experience the energy of rock n' roll from the 1950s. Wear your dancing shoes!
- **August 26 - MY GENERATION with Food Bank Drive**  
The Ultimate Woodstock Experience! Enjoy the music of Santana, Janis Joplin, The Who, Joe Cocker & more. Wear your hippest 60's mod threads. For this last concert of the season, we are holding a **FOOD BANK DRIVE**. Please bring a non-perishable food item or a cash donation.

The Simms Summer Concert Series season is sponsored by the Comox Valley Record, The Goat 98.9 FM, What's On Comox Valley and the City of Courtenay.

For information: Lewis Centre 250-338-5371

or get updates at [www.courtenay.ca/simms](http://www.courtenay.ca/simms)

**Food Bank  
Drive on  
August 26**



# Courtenay Recreation Facility Rentals

## Lewis Centre

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



MP Hall/Gym



Tsolum Building



Salish Building

## Valley View Park Clubhouse

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



Call the Lewis Centre  
at 250-338-5371

## Bill Moore Park Lawn Bowling Bldg

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



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

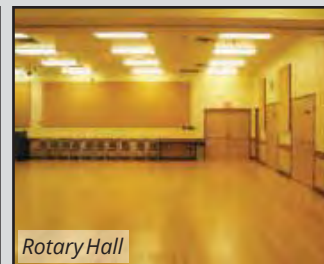
This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

### 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)





# Fall Registration starts Monday August 12 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.

## Exciting News!

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

*Please ensure we have your correct email address and use any credits on your account before the end of 2019.*

## 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

## 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.



# 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. Call Pat at **1-250-465-1994** or email [pat@HabitatNorthIsland.com](mailto:pat@HabitatNorthIsland.com) [www.HabitatNorthIsland.com](http://www.HabitatNorthIsland.com)



## 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: Nancy 250-338-5133 ext 223. 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)



## 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](http://www.marswildliferescue.com)



## 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](http://www.courtenay.ca) Call **250-338-5371** or email [lgrutzmacher@courtenay.ca](mailto: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](mailto:comoxvac@gmail.com)

[www.cvaccess.ca](http://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](mailto:thegardensonanderton@gmail.com) [www.gardensonanderton.org](http://www.gardensonanderton.org) and on Facebook



**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





**BLACK CREEK FALL FAIR**

SAVE THE DATE

September 7th, 2019 9:30am-3:30pm

AT THE BLACK CREEK COMMUNITY CENTRE

LIVE MUSIC • KIDS CARNIVAL • ARTISANS  
FOOD • RAFFLE • DEMOS • SILENT AUCTION  
• STRONG (WO)MAN COMPETITION •

BLACK CREEK

Black Creek Open Car Show Sun Sept 8th



**Discoveries Happen Here!**

Cultural and Natural History of the Comox Valley

FOSSIL TOURS  
EDUCATION PROGRAMMES  
COLLECTIONS  
ARCHIVES

Courtenay and District Museum  
ex Palaeontology Centre

Book a Tour!  
250-334-0686  
[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)  
207 Fourth Street, Courtenay, BC V9N 1G7

## Great Futures Start Here



### 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.



bandgclubofcvi

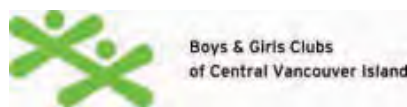
[www.bgccvi.com](http://www.bgccvi.com)



@BGCCVI

Adventure Club  
250-650-2274

TEN Club  
250-898-9282



## 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**  
250-650-2274  
[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  
[www.bgccvi.com](http://www.bgccvi.com)



bandgdubofcvi



@BGCCVI




PROVIDING QUALITY,  
SAFE LESSON AND  
LEASE HORSES TO  
THE COMOX VALLEY

250-337-5207

## Riding Lessons

Lessons start  
at \$40

## Kids Camps





- **August 6 - 8** (3 Day Camp)  
Beginner - Intermediate
- **August 12**  
Beginner - Intermediate
- **August 13 - 15** (3 Day Camp)  
Intermediate - Advance

**\*Ask about Birthday Parties at the farm!**

Check out our website for full details.  
[www.SproutMeadows.com](http://www.SproutMeadows.com)

## *Dancing in a Square Makes a Circle of Friends*



## Square Dance Workshops

Provide social pleasure, physical exercise  
and mental stimulation all at the same time!  
The ultimate multi-tasking!

Starting Monday September 9, 2019  
7:00 pm - 9:00 pm  
Anglican Church Hall  
579 5th Street, Courtenay  
September 9 & 16 FREE  
Everyone Welcome, Dress Casual



[www.comoxvalleyoceanwaves.ca](http://www.comoxvalleyoceanwaves.ca)  
Fran Archambault 250-335-0096  
Celebrating 65 Years of Square Dancing in the Comox Valley

## Vancouver Island Society for Adaptive Snowsports (VISAS).

Providing adaptive snowsports lessons for people  
with diverse abilities for over 30 years!

**Take a Lesson**  
Choose Alpine ski/sitski/snowboard OR Nordic ski/sitski  
Inclusive, Achievable and Affordable  
7 days a week Dec - Mar at Mt Washington

**Winter Snowsports Festival**  
4 days on snow - Free tix, rentals & lessons  
January 5 - 9, 2020

**New Instructors Meeting**  
Florence Filberg Centre in the Evergreen Lounge  
on November 5, 2019 7:00pm





Pre-season contact: Mike Spooner 250-703-1759  
Bookings (Dec - Mar): 250-334-5755  
[visasweb.ca](http://visasweb.ca) or facebook, Email: [adaptive@mtwashington.ca](mailto:adaptive@mtwashington.ca)



# Comox Valley Minor Hockey



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



Contact Randi Reid for information. 250-650-4463 or [randireid17@gmail.com](mailto:randireid17@gmail.com)



## 2019/2020 Fall Registration

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.

**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

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)



# Children & Youth Choir Fall Session

**Registration now open**

**Wednesdays**

**Starting September 18**

**Queneesh Elementary Music Room  
2345 Mission Road**

**For more information or to Register please visit our website**

**[www.comoxvalleychildrenschoir.com](http://www.comoxvalleychildrenschoir.com)**

***...for the love of singing...***



**Children 10 and under  
must be attentive and able  
to read in English  
4:00 - 5:15 pm**

**Youth 11 and up  
must be attentive and able  
to match pitch  
5:30 - 7:00 pm**

**Sponsored by Nova  
Voce Choral Society**

**THEATRE  
CONTEMPORARY  
CLASSICAL  
WORLD  
MUSIC  
COMEDY  
DANCE  
VARIETY  
FILM  
MAGIC**

**THE SID  
WILLIAMS  
THEATRE  
SOCIETY**

Check out our website  
for the latest events!  
**[sidwilliamstheatre.com](http://sidwilliamstheatre.com)**

## OUR PROGRAMS

### **Parents Together**

An ongoing group for parents of teens.

### **Parenting Without Power Struggles**

A 10 week program for parents of preteens.

### **Parents in the Know**

A 10 week program for parents of teens.

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

**Boys and Girls Club of Central Vancouver Island  
Comox Valley Club  
250-338-7141  
[parentingprograms@bgccvi.com](mailto:parentingprograms@bgccvi.com)**



**Boys & Girls Clubs  
of Central Vancouver Island**

BGCC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Central Vancouver Island.  
Funding is generously provided provincially by the Ministry of Children and Family Development.

# Comox Valley United Soccer

## 2019/2020 Fall Programs

### Youth House Soccer

September to November

### Youth Select Soccer

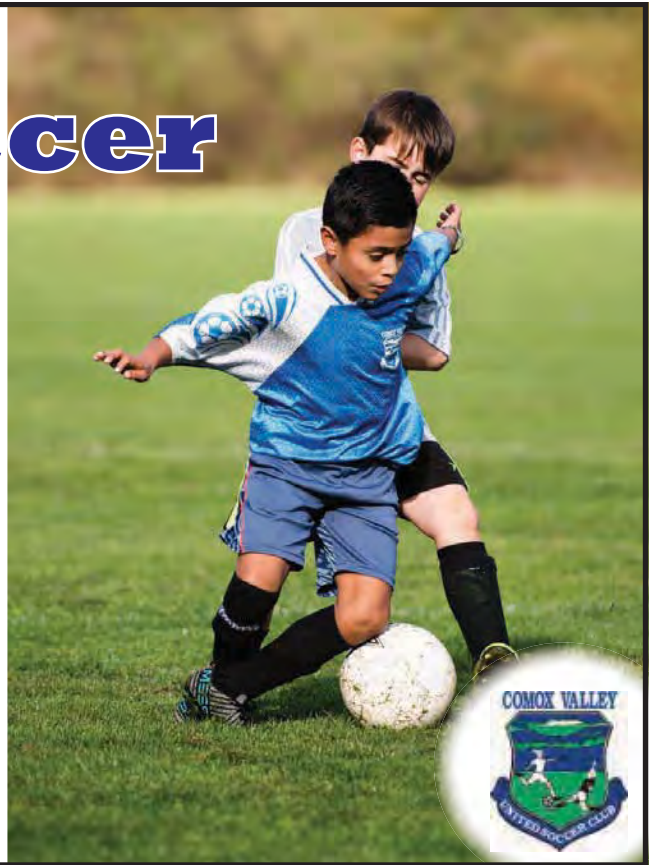
September to April

For competitive players

### Adult Programs for Men & Women

September to April

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



For more information visit our website

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

Or send us an email at

[comoxvalleyskatingclub@gmail.com](mailto:comoxvalleyskatingclub@gmail.com)

Canada's best learn-to-skate program, FUN, focused skills for all skating sports Nationally certified coaches [www.skatecanada.ca/canskate](http://www.skatecanada.ca/canskate)



# JOIN THE TEAM



**CV BREAKERS**  
WOMEN'S HOCKEY



Open to women 17+  
All skill levels are welcome  
— — — — —  
Contact us for more info:  
cvbreakersinfo@gmail.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  
cumberlandcommunitieschools.com

## Comox Valley Curling Club

*Curling is for Everyone! Join a league as a team or single player!*

**SQUEAL SPIEL** Summer Bonspiel for all skill levels Sept 13 - 15  
**JIM COTTER'S SCHOOL OF CURLING** Junior Camp Sept 20 Adult Camp Sept 21  
**LEARN TO CURL CLINIC** Sept 24 - 25  
**ICEBREAKER OPEN HOUSE** Sept 28  
**GLADSTONE FRIDAY FUN LEAGUE** 5 weeks starts Sept 27  
**JUNIOR CURLING** starts Oct 16  
**ADULT LEARN TO CURL PROGRAM** 8 weeks starts Oct 17



**OPEN LEAGUES**  
MONDAY OPEN  
GLADSTONE FRIDAY NIGHT FUN  
MEDICINE SHOPPE SUNDAY OPEN

**LADIES LEAGUES**  
Tuesdays & Thursdays  
**MEN'S LEAGUES**  
Tuesdays and Thursdays

**SENIOR CURLING**  
50+ SENIOR SOCIAL LEAGUE  
Monday and Weds  
COMPETITIVE LEAGUE  
Thursdays

**MIXED LEAGUE**  
WAYPOINT WEDNESDAY MIXED  
**DOUBLES CURLING**  
Sunday afternoons

REGISTER ONLINE OR IN PERSON STARTING AUGUST 27



**COMOX VALLEY  
CURLING CENTRE**

COMOX VALLEY CURLING CLUB  
4835 Headquarters Road Courtenay  
info@comoxvalleycurling.com  
250-334-4712 www.comoxvalleycurling.com





## COMOX VALLEY

SPORTS & SOCIAL CLUB

# SPORTS LEAGUES







**Register for Fall Leagues  
by September 16**

- Dodgeball (Mondays or Wednesdays)
- Volleyball (Tuesdays or Wednesdays)
- Ultimate Frisbee (Mondays)
- Floor Hockey (Tuesdays)
- Indoor Soccer (Thursdays)
- Basketball (Fridays)

Scott @ 250-898-7286  
[scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca)  
[www.comoxvalleysports.ca](http://www.comoxvalleysports.ca)

# RINGETTE

Made in Canada!



**Come play for fun and fitness!  
All ages welcome!**


Come Try Ringette free event!  
 Sept 8, 3:30 - 4:30 pm at the Sports Centre #2

Haley @ 250-898-8884  
[cvringette@gmail.com](mailto:cvringette@gmail.com)  
[www.comoxvalleyringette.com](http://www.comoxvalleyringette.com)

AXÉ CAPOEIRA

COMOX VALLEY

Comox Valley's #1 Martial Arts Academy for Capoeira



At Axé Capoeira we believe in quality Martial Arts Instruction through discipline and passion for excellence and care for all of our students. We build strength, confidence and character and an athletic base for life. Stay inspired and express yourself through the amazing artform of Capoeira right here in the Comox Valley!

**CLASSES FOR KIDS and ADULTS**

Step it up a level while learning something new in an Adult class!

Give your kids the gift of self confidence!



**capoeiracomox.com    133 5th St Courteny    250•898•7918**

# Community Directory

## Adult Education

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

## Community Services

Advocacy Society - Marnie.....250-338-4694  
Amnesty International.....250-897-1658  
Canadian Mental Health Association  
Courtenay Branch.....250-871-0559  
Chamber of Commerce  
- Courtenay.....250-334-3234  
- Cumberland.....250-336-8313  
Community Based Victim's Services  
Sexual Assault Services (Local 224).....  
Domestic Violence Services (Local 226).....  
.....250-338-7575  
Comox Valley Family Services.....250-338-7575  
CV Le Leche League-Gill.....250-941-6450  
CV Pregnancy Care Centre.....250-334-0058  
CV Military Family Resource Centre .....  
.....250-339-8290  
CV Multicultural & Immigrant Support  
Society.....250-898-9567  
CV Project Watershed.....250-703-2871  
CV Transition Society.....250-897-0511  
Vancouver Island Crisis Line  
- Crisis Line .....1-888-494-3888  
- Office.....1-877-753-2495  
Fallen Alders Community Hall...250-339-9299  
Fanny Bay Community Hall  
- Vanessa.....250-335-2832  
Food Security Hub.....250-331-0152  
Help Line for Children.....Zenith 1234  
Immigrant Welcome Ctr.....250-338-6359  
Juvenile Diabetes Research Foundation ..  
.....www.jdrf.ca  
Keystone Artists Market-Leah...250-703-3296  
Kid Start - John Howard Society NI  
Wendy.....250-338-7341 ext 335  
Kitty Cat P.A.L. Society.....www.kittycatpals.com  
Lilli House 24 hr Crisis Line.....250-338-1227  
Meals on Wheels - Diane.....250-331-8522  
Mountaineer Avian Rescue.....250-337-2021  
(Pager - Wildlife Emerg).....1-800-304-9968  
Social Planning Council  
- Elizabeth Shannon.....250-335-2003  
St. John Ambulance.....250-897-1098  
The Salvation Army  
- Family Services.....250-338-5133  
- Thrift Stores.....250-338-8151  
Today n' Tomorrow Young  
Parent Program.....250-338-8445  
Therapeutic Riding Association.250-338-1968  
Transition Town CV...www.transitiontowncv.org  
United Way (Comox Valley).....250-338-1151  
VI Regional Library Courtenay...250-334-3369  
VI Visitor Centre.....info@investcomoxvalley.com  
Welcome Wagon - Mary Lynn...250-338-8024  
Y.A.N.A.....250-871-0343

## Clubs & Organizations

### Church Groups

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

### Dog Clubs

CV Kennel Club (1990) - Frank .....250-331-0185  
Forbidden Plateau Obedience &  
Tracking Club -Margot.....250-338-4792  
N.I. Schutzhund Dog Club  
- Doug Wilson.....250-337-8253

### Horticulture

CV Growers & Seed Savers Society  
.....www.cvgss.org  
CV Horticultural Society .....  
.....comoxvalleyhortsociety.ca  
N.I. Rhododendron Soc.....www.niirrhodos.ca

### Public Speaking

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

### Other

Association Francophone de la  
Vallée de Comox-Pauline Tardif.250-334-8884  
Beekeepers Association - Urs.....250-337-8858  
Beta Sigma Phi - Gerrie.....250-338-8557  
Telus Community Ambassadors  
- Shirley .....250-339-5917  
Camera Club - Lin Auerbach .....250-703-2850  
CV Classic Cruisers - Richard.....250-338-9540  
CV Genealogy Group .....  
.....info@cvgenealogygroup.org  
CV Humanists .....cvhumanists.org  
Newcomers Club .....cvnewcomers.net  
Orca Probus Club - Patrick .....250-338-8728  
Radio Control Aeronautics Assoc.  
- Frank .....250-337-5320  
Taoist Tai Chi Society - Arlene.....250-890-3671  
CV Ukrainian Cultural Society  
- Sharon McEwan.....250-871-3899  
Vancouver Island Paleontology  
- Betty .....250-339-7372

## Seniors

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

## Health & Wellness

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

## Service Clubs

Amateur Radio Club- Glen.....250-336-8205  
Comox Legion - Br.160 - Cyndy...250-339-2022  
Courtenay Legion - Branch 17...250-334-4322  
Cumberland Legion - Br. 28 .....250-336-2361  
CV Kinsmen Club - Jim Lilac .....250-334-9444  
CV Lions Club .....250-339-6232  
Royston Cumberland Lions Club.....250-400-5415  
CV Monarch Lions Club.....  
.....www.e-clubhouse.org/sites/comoxvm  
Elks Club #60 .....250-334-2512  
Harmony Rebekahs Lodge #22  
- Carol Briggs .....250-336-8373  
Kiwanis Club - Courtenay - Bill...250-703-2222  
Knights of Columbus - Rodger ..250-339-1176  
Baynes Sound Lions - John .....250-335-0365  
IODE Laura Gordon Chapter.....  
- Louisa .....250-338-1162  
Order of the Royal Purple - Irene.250-334-4740  
Pythian Sisters - Diana Harris...250-335-2451  
Rotary Club of Comox - Victor..250-338-3740  
Soroptomist Club of Courtenay  
- Sandra Longland.....250-941-1013  
Strathcona Sunrise Rotary Club  
- Keith.....250-897-5055

## Fairs & Festivals

Empire Days .....  
.....facebook:cumberland empire events society  
CV Exhibition .....250-338-8177  
Filberg Festival .....www.filbergfestival.com  
CV Highland Games Society  
- Laurie .....250-897-8885

**This directory is provided as a community service. Groups listed are responsible for updating their own information by contacting us at 250-338-5371 with any changes. New listings will be added space permitting.**



## Sports

### Adult Leagues

CV Sports & Social Club - Scott.....250-898-7286

### Aquatics

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

### Baseball/Softball

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

### Basketball

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

### Ice Sports

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

### Martial Arts

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

### Racquet Sports

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

### Skiing/Snowboarding

JumpCamp.....*www.jumpcamp.com*  
Mt Washington Ski Club .....  
John Trimmer (head coach).....250-897-6058  
Mt Washington Volunteer Ski Patrol  
Tim Baker.....250-334-0609  
Strathcona Nordics Cross Country  
Barb Kelly.....250-339-1904  
Vancouver Island Society for Adaptive  
Snowsports.....*www.visasweb.ca*  
V.I. Biathlon Club.....250-338-6247

### Soccer

CV Masters - Phil.....250-338-4907  
Men's Soccer - Andy.....250-339-7309  
Women's Soccer - Lisa.....250-331-0281  
Youth Soccer - Cheri.....250-334-0422

### Other

Chimo Gymnastics.....250-339-2255  
Comox Valley Tri-K - Rick.....250-334-3124

Courtenay Knights Floor Hockey  
- Tim.....250-792-3332  
Courtenay Lawnbowling Club  
- Pete Harding.....250-871-4145  
CV Cougars Track & Field Club .....  
.....*www.comoxcougars.org*  
CV Curling Centre .....250-334-4712  
CV Pickleball Assoc. ....*www.cvpickleball.ca*  
CV Road Runners .....*www.cvr.ca*  
CV Field Hockey .....*cvlfha@gmail.com*  
Island Charity Wrestling - Tim.....250-792-3332  
Killerwhale/Lake Trail Olympic  
Weightlifting - Ed Lafleur .....250-338-9657  
Minor Lacrosse Association, CV Wild  
.....*www.comoxlacrosse.ca*  
Roller Derby.....*www.brickhousebetties.ca*  
Junior Roller Derby.....*www.stonecoldstellas.com*  
Rugby - Kicker's Club  
- Aimee Eurlay.....250-703-6677  
Rugby - Saratoga Beach Over 40  
- John Gotto.....250-338-8142  
Special Olympics, CV - Randy.....250-897-1828

## Outdoor Groups

### Boating

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

### Other

Coal Hills BMX.....*www.coalhillsbmx.com*  
Comox District Mountaineering (Hiking)  
Club - Ken Rodonets.....250-871-1245  
Comox Glacier Wanderers  
(Volkswalk Club) - Crystal.....250-898-8612  
CV Ground Search & Rescue.....250-334-3211  
CV Naturalists Society -Robin .....250-339-4754  
CV Land Trust - Jack.....250-331-0670  
Comox Golf Club.....250-339-4444  
Courtenay Fish & Game Protective  
Association .....250-338-9122  
CCCTS (Cycling).....*www.cccts.org*  
Fanny Bay Salmonid Enhancement Society  
.....250-335-1575  
Tribune Bay Outdoor Ed. Centre.....250-335-0080  
Horne Lake.....250-248-7829  
Strathcona Wilderness Inst.....250-337-1871  
WildSpirit - Bruce Carron.....250-338-8431

## Dance Groups

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

## Visual/Performing Arts

Artsphere.....*www.artspherecomoxvalley.org*  
Comox Valley Art Gallery.....250-338-6211  
Comox Valley Concert Band  
- Howard .....250-941-1598  
CV Clown Club - Dolores VanderMaaten  
.....250-334-4255  
CV Potters Club - Laurie .....250-339-4229  
Courtenay Little Theatre - Gail.....250-334-3494  
CV Community Arts Council  
.....250-338-4417 ext 2  
CV Pipe Band Society - Bill.....250-339-6444  
Co-Val Chorister - Beryl Regier.....250-339-4429  
CYMC/CV Youth Music Centre ..250-338-7463  
Fiddlejam - Craig Freeman.....250-339-4249  
Filberg Lodge & Park Association  
- Glen & Lynn .....250-339-2715  
Just in Time Jazz Choir  
- Wendy .....250-338-0244  
Les Harmonies Francos  
- Pauline Tardif .....250-334-8884  
Letz Sing Community Choir  
- Tina .....250-923-7709  
North Island Choral Soc.- Mary ..250-338-5077  
North Island Music Teachers Association  
- Ginny Lawrie.....250-338-9464  
NOVA Firespinners - Tracey .....250-331-0880  
Pearl Ellis Gallery.....250-339-2822  
Rainbow Youth Theatre  
.....*www.rainbowtheatre.com*  
Strathcona Symphony Orchestra  
.....250-331-0158  
Theatreworks - Kim.....250-792-2031  
Island Phoenix Acapella Chorus  
- Sandy.....250-923-0101  
Vancouver Island Music Fest  
- Megan .....250-336-7981

## Youth

### Scouting

CV Girl Guides.....*cvdistrict.ggc@gmail.com*  
Scouting Inquiries - Chris .....250-339-2424

### Cadets

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

### Other

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



# 19 WING COMOX FITNESS & COMMUNITY CENTRE

Great rates for  
former CF Members  
& their dependants



Enjoy High Quality  
Cardio Equipment  
Weightroom  
Ozone Pool  
Squash Courts  
Spin Bikes  
Specialty Classes  
and More!



Drop by or Contact us

19 Wing Comox Recreation  
250-339-8211 Local 7173 or 6989  
[www.CAFConnection.ca](http://www.CAFConnection.ca)

The 19 Wing community is invited to learn and experience what the Comox Valley has to offer in recreation. Participate in family activities - with over 60 exhibitors, live music, demonstrations, a BBQ lunch, and more!

## 19 WING COMOX COMMUNITY DAY



# REXSP

## SATURDAY, SEPTEMBER 7

19 WING FITNESS & COMMUNITY CENTRE

10 AM - 2 PM



[cafconnection.ca/comox](http://cafconnection.ca/comox)

[facebook.com/rexspo](https://facebook.com/rexspo)

