



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.



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'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

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

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

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

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



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



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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



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110



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

7 Story Circus

COMMUNITY CIRCUS 2

(14 years & over)

This class has a strong focus on ensemble work as well as individual skill building. Activities include: aerial silks, hoop, rope & static trapeze; juggling; object manipulation; stilts, chair balance & unicycle; handstands & conditioning; partner acrobatics; improvisation & performance games! We'll finish off the session with a show for friends and family! For beginners to pre-professionals. (OR 10+years of age, with CIRCUS experience & permission by teacher). Wondering if this class is the right fit for you? Email us at: info@7storycircus.com. **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 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 or
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, 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, 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

