

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!

COURTENAY CHILDREN



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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Birthday Parties

GYMNASICS/ 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



Searching For Volunteers!

Adapted Programs (Adults)
 sewing
 bowling
 dances
 art cards
 special events

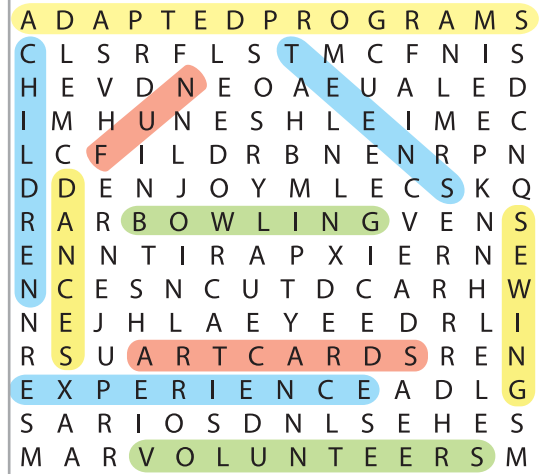
Children/Youth Programs
 special events
 early years
 childminding
 pro D days
 camps

Needed Now!

For more information call the
 Lewis Centre 250-338-5371 or text 250-650-9930
courtenay.ca/volunteers



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



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. **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



COURTENAY CHILDREN



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

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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

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 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





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

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.**

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

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



COURTENAY CHILDREN



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REGISTRATION STARTS MONDAY AUGUST 12 | See page 110