

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



CITY OF
COURTENAY
Recreation

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

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

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

FREE

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



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

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

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



COURTENAY EARLY YEARS



follow us  

REGISTRATION STARTS MONDAY AUGUST 12 | See page 110

59

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
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

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



Oh no, you had to cancel the class?

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



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





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!

