

August Pre-Registered Programs: Leadership

#### Firefighter Basic Training

(13 years & over) Monday August 12 10:00 am - 3:00 pm \$35

#### **Bake Wars**

(11 - 17 years) Monday - Friday August 26 - 30 9:00 am - 4:00 pm \$225/5

## Chopped

(11 - 16 years) Monday - Friday August 12 - 16 10:30 pm - 2:30 pm \$155/5

#### SK8 Like A Girl

(10 - 15 years) Monday - Friday August 19 - 23 9:00 am - 4:00 pm \$215/5

# N.C.

# Free Food Frenzy

Drop in and get yourself a free dinner with admission! **August 3:** Chicken Strips and Fries **August 16:** Build your own Taco **August 31:** Burgers and Baked Potatoes

# Upcoming Events

#### August 10:

Stop by the LINC and receive help creating a solid introductory resume or feedback on an existing resume **August 15:** 

#### August 15:

Pride Dog Costumes @ Foundry from 2 - 4pm

#### August 17:

Pizza Pool Party : Join us at the LINC as we walk over to the Lewis for a free swim, followed by pizza at the LINC after **August 23:** 

#### Annual Pride Dance @ the LINC from 4 -10pm

All August:

Free Open Swim at Lewis from 1:30 - 4:30pm

SNEAKERS CONCESSION \$0.25 Sucker Rocket Candy Fuzz Candy \$0.50 Jello Pudding Maynards \$0.75 Pop Tart Bites Popcorn Cun Dunkaroo \$1.00 Ice Cream Dorn Bottle Treats Bubly

 \$1.25

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 Pup Tarts
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 Specialty

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 Dougs
 Mini Fissa
 Pups

 Specialty
 Dougs
 Mini Fissa
 Pups





# Courtenay Recreation

## *courtenay.ca/linc* linc@courtenay.ca

follow us **f y** courtenay.ca/rec

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

#### Weekly Promotions: Wednesday: Half Price Ice Cream Sandwich Day Friday:

Free Freezie upon entry