



Teresa Knight

Teresa, a painter, loves the joy of passing on the spark of creativity to her students! It's so much fun! She has been an artist for, pretty much ever, supporting herself with teaching painting. She has art in the Vancouver Art Gallery's Art Sales and Rentals, in galleries in Victoria, in Ucluelet, and in several collections around the world. She invites people to come see her work at her studio in Union Bay. For her, the best part about painting is the moment when the painting suddenly comes to life and communicates exactly what she is hoping to the viewer.

Creative Pursuits

PAINTING "EN PLEIN AIRE"

Do you enjoy the beauty of nature? In this workshop focus on painting landscapes. Use watercolour, acrylic or oils while you learn to paint from photographs and get outside to draw/paint what you see. Learn about composition, layering paint colour washes, glazes, perspective and texture.

Instructor: Teresa Knight
Saturdays

#48790 July 6 - 27 **watercolours**

#48791 August 10 - 31 **oils or acrylics**
2:00 - 5:00 pm
Filberg Craft Room
\$60/4

TRAVEL SKETCHING



Discover how to create quick travel sketches that you can use for a diary of your trip or to further develop into a painting in your studio.

Instructor: Teresa Knight

#48786 Tuesdays
July 2 - 23
6:30 - 8:30 pm
Filberg Craft Room
\$60/4

FIND YOUR PAINTING STYLE

Painters are anxious to know what their own style is and this class will point you in the right direction by employing comparative studies of different styles and ways to access each. A survey of painting styles will be intermixed with practice and painting time. The 'meaning' or 'message' that style communicates will be explored so that you can match intention with technique making your painting more powerful.

Instructor: Teresa Knight

#48788 Tuesdays
July 30 - August 20
6:30 - 8:30 pm
Filberg Craft Room
\$60/4

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!

BEGINNER LANDSCAPE PAINTING 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!

Instructor: Teresa Knight

#48787 Wednesdays
July 3 - 24
6:30 - 8:30 pm
Filberg Craft Room
\$60/4

URBAN SKETCHING IN COLOUR



Learn how to capture a scene at a coffee shop, the market or downtown through sketching. Use watercolour, acrylic or oils while you learn to paint from photographs then get outside to paint your version of the scene in front of you.

Instructor: Teresa Knight

#48789 Wednesdays
July 31 - August 21
6:30 - 8:30 pm
Filberg Craft Room
\$60/4



BEACHSTONE AND SILVER

Be inspired as you work with tumbled, polished beachstones and sterling silver, learn to drill and set beachstones in silver with a design of your own, create amazing earrings or a one of a kind pendant and learn many other techniques, such as texturing, patina and finishing. A \$50 supply fee will be collected by the instructor.

Instructor: Cheryl Jacobs

#48784 Sunday July 7

#48785 Sunday July 28

9:30 am - 4:30 pm

Lewis Tsolum Building

\$85

ESSENTIAL OILS AND THE CHAKRA SYSTEM

Join us for a very informative Aromatherapy class. How Essential Oils work with the Chakra's (our Energy centres). Create a Chakra blend to take home. Taught by Certified Clinical Aromatherapist Deanna Papineau.

Instructor: Deanna Papineau

#48768 Thursday July 11

7:00 - 9:00 pm

Lewis Craft Room B

\$60

ESSENTIAL OILS IN YOUR GARDEN



This workshop focuses on flowers & herbs in our garden and their Essential Oils. A look at the Essential Oils of Lavender, Marjoram, Mellisa, Rose, Sage, etc. We will have a better understanding of these plants & their therapeutic properties.

Instructor: Deanna Papineau

#48769 Thursday July 4

7:00 - 9:00 pm

Lewis Craft Room B

\$49

STAINED GLASS STEPPING STONES

Turn your garden into a tropical paradise with our colourful stained glass stepping stones. These mosaic stepping stones can be used in the garden or as a patio table top. 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

#48765 Wednesdays

July 10 - 24

7:00 - 9:00 pm

Lewis Craft Room B

\$45/3

SUMMER WINDCHIME WORKSHOP

Summer is here, and with it comes warm winds and more time spent outside. Come create your very own wind chimes to hang outside in your garden, or in front of a window with the best breeze. Materials fee of \$20 due to instructor at class.

Instructor: Nancy Morrison

#48766 Tuesday July 16

6:30 - 9:30 pm

Lewis Craft Room B

\$20

FAMILY CAREGIVER EDUCATION (DEMENTIA AND ALZHEIMERS)



(18 years & over)

This workshop is for family members who are caring for a person with dementia. Information includes: Understanding Alzheimer's disease and related dementias, effective and creative ways of facilitating communication with a person with dementia, problem solving for responsive behaviours & self care for the caregiver.

Instructor: Alzheimers Society

#48792 Thursdays

August 8 - 22

1:00 - 4:00 pm

Native Sons Hall Lower Level

Free - with pre-registration

Check receipts carefully for important program information





Movement

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. Everybody welcome.

No class August 5.

Instructor: Ann Marie Lisch & Lenore Lowe

#47704 Mondays
July 15 - August 26
5:30 - 6:45 pm
Filberg Rotary Hall
\$60/6

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 classes July 9 & 12.**

Instructor: Wendie Matte

#48486 Tuesdays & Fridays
July 2 - August 16
9:15 - 10:15 am
Filberg Centre Rotary Hall
\$72/12

MINDS IN MOTION

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.

#48903 Wednesdays
July 10 - August 21
1:00 - 3:00 pm
Lower Native Sons Hall
\$52.50/7

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

#48633 Wednesdays
July 3 - August 28
9:00 - 10:00 am
Lewis Centre Activity Room
\$54/9

ADULT KUNG FU

(14 years & over)

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. Practitioners will develop fast hands and good body structure through progressive sparring drills and pad work. **No class August 5.**

Instructor: Corny Martens
#48632 Mondays & Wednesdays
July 3 - August 28
8:00 - 10:00 pm
Lewis Activity Room
\$192/2 classes per week
\$20/Drop-in

DROP-IN BASKETBALL

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+ years of age.

#48920 Fridays
July 5 - August 23
7:30 - 9:30 pm
Lewis Centre MP Hall
\$3/Drop-In

EVENING BADMINTON

This is your chance to meet other badminton players and participate in unstructured games with all levels of experience and ability. Drop in badminton is a great way to promote activity and fitness while being flexible to meet the needs of your schedule. **No games August 5.** *Set up & play is self-led.

#48919 Mondays & Thursdays
July 8 - August 15
7:00 - 9:00 pm
Lewis Centre Gym
\$3/Drop-in



INTRO TO AFRICAN BASS DRUMS - THE DUNS

This class is intended especially for African Drumming students who wish to learn about the bass drums and how to play them with more ease and confidence. Playing the duns requires some co-ordination; we will move through a sequence of exercises, including body rhythms and basic stepping, to help us become more familiar with using our hands to do different things simultaneously. This class covers basics & elementary rhythms only; it is not intended for more advanced dun players.

Instructor: Monica Hofer

#48884 Tuesday - Thursday
July 16 - 18
3:45 - 4:30 pm
Native Sons Grand Hall
\$42/3

INTRO TO BUCKET DRUMMING



Join this class for a stimulating and fun journey into the world of bucket drumming. Bucket drumming has the added benefit of being accessible to anyone who has a bucket (and who doesn't?!) and being a whole lot of fun! So if you're looking for a class where laughter and rhythm-making combine wonderfully, this is the one for you! Participants must bring a bucket (large plastic garbage can or medium sized plastic paint pail) to class.

Instructor: Monica Hofer

#48886 Tuesday - Thursday
August 13 - 15
3:45 - 4:30 pm
Native Sons Grand Hall
\$42/3

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

AFRICAN HAND DRUMMING FOR BEGINNERS

Rhythm is a universal language that bridges differences of culture, age, race, gender and ability. This class is intended as an introduction for those brand new to African hand drumming and for those who have had only a session or two and want a refresher. Join us and find out why drumming can be your prescription for wellness! July and August sessions will cover the same material.

Instructor: Monica Hofer

Tuesday - Thursday
July 16 - 18
#48883 2:30 - 3:30 pm
August 13 - 15
#48881 2:30 - 3:30 pm
Native Sons Grand Hall
\$42/3

SUMMER GROOVES RHYTHM ENSEMBLE

This class is intended for those who have had some previous instruction in African Hand Drumming and who are eager to participate in the co-creation of a rhythm orchestra over the course of three days; we will incorporate djembes, duns and balafon (if there is interest) into a joy-filled, seamless sequence of rhythms and "breaks" culminating in a powerful ensemble everyone will want to dance to! This will be a fun challenge for those wanting to get their summer groove on! July and August sessions will cover different rhythm sequences.

Instructor: Monica Hofer

Tuesday - Thursday
#48943 July 16 - 18
#48944 August 13 - 15
1:00 - 2:00 pm
Native Sons Gand Hall
\$42/3

BRAIN FIT

In this fun and engaging program learn how to boost your cognitive and mental health. 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.

Instructor: Martina Forster, Occupational Therapist

#49197 Thursdays
May 23 - June 27
1:00 - 2:00 pm
Lewis Tsolum Building
\$99/6

Check out FREE Drums Alive classes on Wednesday July 17 & August 14 from 5:00 - 6:00 pm at the Native Sons Hall



Outdoor Pursuits



INTRO TO NORDIC POLE WALKING

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

#49061 Fridays
11:00 am - 12:00 pm
July 5 - August 23
Lewis Centre
\$80/8

LADIES ONLY GOLF

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing. **No class August 17.**

Instructor: Bill Kelly

#48873 Saturdays
July 27 - August 24
2:00 - 3:00 pm
\$99/4

NORDIC POLE WALKING LEVEL 2

Are you a runner or hiker with sore knees, physically active and looking for a low impact outdoor fitness sport - why not try Nordic pole walking? 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

#49062 Fridays
12:30 - 1:30 pm
July 5 - August 23
Lewis Centre
\$80/8

GOLF FULL SWING

This lesson program covers all the fundamentals to improve your current golf swing and will give you the tools to fix any current problems in your golf swing.

Instructor: Bill Kelly

#48876 Fridays
July 5 - 26
1:00 - 2:00 pm
\$99/4

ADULT MASTERS SAILING

(35 years & over)

This course is for Adult sailors with some experience who would like coaching to build their skills in varying wind conditions. You will learn about race tactics in a fun encouraging team atmosphere.

No class July 28 & August 4.

Instructor: Comox Bay Sailing Club
Thursdays

#48750 July 4 - 25

#48751 August 1 - 22

5:30 - 8:30 pm

\$160/4 *with proof of membership*

\$180/4 *without membership*

#48752 Sundays

July 7 - August 25

1:00 - 4:00 pm

\$240/6 *with proof of membership*

\$260/6 *without membership*

ADULT LEARN TO SAIL

(18 years & over)

This course is geared towards inexperienced sailors who want to learn some basic skills. You will sail with a partner and explore Comox Bay learning how to steer the boat and trim the sails. The focus is to get time on the water and learn as you go. **No class August 6.**

Instructor: Comox Bay Sailing Club

#48748 Tuesdays

July 9 - August 20

5:30 - 8:30 pm

\$240/6 *with proof of membership*

\$260/6 *without membership*

GOLF SHORT GAME

This program covers all areas of the short game, chipping, pitching and putting.

Instructor: Bill Kelly

#48875 Wednesdays

July 3 - 24

3:00 - 4:00 pm

\$99/4

Golf programs take place at Glacier Greens Golf Course



CV Kayaks

KAYAK RESCUES PART 1

Join Comox Valley Kayaks & Canoes in the pool to learn how to get yourself (and your paddling companions!) back into your kayak after a capsized. Take this course on its own to increase confidence on the water, or take as the first step towards a Paddle Canada Basic Kayak certification.

Instructor: Comox Valley Kayaks

#48922 Tuesday July 9

#48923 Thursday July 18

#48929 Tuesday July 23

#48924 Thursday July 25

#48926 Thursday August 1

#48927 Thursday August 8

#48925 Tuesday August 13

7:15 - 9:00 pm

Courtenay & District
Memorial Pool

\$65

SENIORS INTRO TO KAYAKING

(55 years & over)

If you have never tried kayaking (or haven't been out paddling in a while) and are interested in exploring the beautiful Courtenay River Estuary from a whole new vantage point, then this is a great course for you! Join us on the water to learn about kayaks, equipment, and paddling skills with a certified instructor.

Instructor: Comox Valley Kayaks

#48934 Saturday July 13

3:00 - 6:00 pm

#48935 Wednesday August 14

6:00 - 9:00 pm

CV Kayaks

\$49



Bring a hat, water bottle & sunscreen to all outdoor programs.

BASIC KAYAK PART 2 PADDLING SKILLS

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification. Prerequisite: Part 1 (Rescue skills)

Instructor: Comox Valley Kayaks

#48931 Wednesday July 17

6:00 pm - 9:00 pm

#48932 Saturday August 10

3:00 - 6:00 pm

CV Kayaks

\$65

INTRO TO PADDLE BOARDING

(18 years & over)

SUP borrows some techniques from canoe paddling and is a dynamic sport that engages your core muscles and balance. Beginner boards are wide & stable, and offer a whole new perspective on our beautiful local aquatic environment.

Instructor: Comox Valley Kayaks

#48939 Sunday July 14

#48940 Tuesday August 13

6:00 - 8:00 pm

CV Kayaks

\$55

BASIC KAYAK PART 3 PADDLING SKILLS

Join certified Paddle Canada instructors on the water to learn the skills you need to paddle safely & with finesse! Graduates receive Paddle Canada certification, and a free 4-hour kayak rental from Comox Valley Kayaks & Canoes so you can practice your skills! (Prerequisite: Kayak Rescues & Paddling Skills)

Instructor: Comox Valley Kayaks

#48936 Wednesday July 24

6:00 - 9:00 pm

#48937 Sunday August 11

3:00 - 6:00 pm

CV Kayaks

\$65

Boats and/or boards are provided for all courses. Drysuit rentals for outdoor courses are available upon request for a nominal fee. The full curriculum for all paddling courses as well as instructions concerning clothing and equipment requirements can be viewed at www.comoxvalleykayaks.com. 24 hour cancellation notice is required.

