

Parent Participation

CHILDMINDING

(1 month & over)

Our excellent childminding service offers a safe, friendly and fun environment for your child. If you are participating in our morning programs, playing tennis, squash, or using our Wellness Centre, you're invited to drop in.

Monday - Friday
July 2 - August 30
9:00 - 10:30 am
Lewis MP Hall B
\$4/1¼ hours



1,2,3 COME PLAY WITH ME!

(2 - 12 years)

Beat the heat and come play with hula hoops, bean bags, balls and more! This unstructured play program gives you and your little ones a 'cool' place for active play. Parent participation required.

#48836 Tuesdays & Thursdays
July 2 - August 15
1:30 - 3:00 pm
Lewis MP Hall A
\$10/14
\$1/Drop-in



SUMMER SPROUTERS

(6 months - 5 years)

Come explore and discover the magic of the Laketrail Community Garden. Connect with other families to sing, play, create and learn with our facilitators! **No program August 5.**

#48793 Mondays, Wednesdays & Fridays
July 3 - August 19
9:30 - 11:30 am
Lake Trail Community School Garden
Drop-in by donation



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 August 3.**

Instructor: Diana Gama
#48771 Saturdays
July 6 - August 24
10:00 - 11:00 am
Lewis Salish Building
\$84/7

TREEFROG MUSIC TOGETHER PRESCHOOL

(9 months - 5 years)

Try out this beloved music program with new flexible summer timing! We'll explore music, movement, percussion and play outside under a shady tent. Support your child to develop joy and confidence in music-making that will carry over into home and life! You get the flexibility to choose 10 of the 19 days you'd like to attend. \$40 supply fee due to instructor.

Instructor: Kazimea Sokil
Monday - Thursday
#48794 July 2 - August 1
9:00 - 9:45 am
Outside Lewis Tsolum Building
\$120/10
\$62/10 for sibling

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

Nickel Carnival

(12 years & under)

Wouldn't it be great if everything cost a nickel? Well, for one day it does! Face painting, carnival games, contests, prizes, a cupcake walk and candy guesses are all part of this summer tradition.

Please note: you don't need to bring nickels as you will pay \$2 for a punchcard with 40 punches to play games.

Friday July 19

1:30 - 3:30 pm
Lewis Centre

Admission: \$3, \$2 returned in game tickets (40 tickets)



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



follow us

REGISTRATION STARTS MONDAY MAY 13 | See page 53



Independent Programs

DINOSAUR DAYS

(3 - 5 years)

Step back in time to a pre-historic world. Discover everything you ever wanted to know about dinosaurs, through a mini dino dig, models, stories, and crafts. Learn about fossils, volcanos and the giant creatures that once roamed the earth. Special field trip to Courtenay District Museum. Bring a snack, water bottle, hat & sunscreen each day.

#48820 Monday - Friday
July 22 - 26
9:00 am - 12:00 pm
Lewis Craft Room B
\$99/5

MINI CHEFS CAMP

(3 - 5 years)

Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks! Bring a water bottle, hat & sunscreen each day.

#48800 Tuesday - Friday
July 2 - 5
9:00 - 11:30 am
Lewis Craft Room B
\$99/4

SUNNY DAYS

MINI CAMP

(3 - 5 years)

Capture the best parts of summer! Hands-on arts and crafts, science, songs, games, sports, water play and outdoor exploration. Make new friends and create special memories. Bring a snack, water bottle, hat & sunscreen each day.

#48834 Monday - Friday
August 12 - 16
10:00 am - 12:00 pm
Lewis Craft Room B
\$75/5

MESSY ART

(3 - 5 years)

Pssst - it's okay to get messy with us! Glop, goop and dab your way through the joys of Magic Mud, painting with pudding, shaving cream clean-ups, water balloons and more! Fun crafts and active play will stretch your imagination. Bring a snack, water bottle, hat & sunscreen each day and wear old clothes.

#48832 Monday - Friday
August 19 - 23
1:00 - 4:00 pm
Lewis Salish Building
\$99/5

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. Bring a water bottle, hat & sunscreen each day.

#48837 Monday - Friday
August 26 - 30
9:00 am - 12:00 pm
Lewis Craft Room B
\$99/5

NATURE DETECTIVES CAMP

(3 - 5 years)

Get outside and learn about the nature around you! It's time to take curious campers outside to hop on 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. Bring a snack, water bottle, hat & sunscreen each day.

#48821 Monday - Friday
July 15 - 19
9:00 am - 12:00 pm
Lewis Centre Gym
\$99/5

OCEAN ADVENTURES

(3 - 5 years)

Take a deep breath - you're about to dive into the science of the seas! Discover a whole new world of fish, sharks, crabs, whales and more through crafts, stories and games. After this week you'll be hooked! Bring a snack, water bottle, hat & sunscreen each day.

#48879 Monday - Friday
July 29 - August 2
9:00 am - 12:00 pm
Lewis Meeting Room
\$99/5



Sports

EZRA SOCCER SCHOOL TOTS

(3 - 5 years)

Ready, set, time for soccer! Children are introduced to soccer through fun and structured activities. Lots of ball contact and an emphasis on team play encourages motor skill development and social interaction. Parent or Guardian will have the opportunity to play soccer with their child at the end of each session. Dress for outdoor play.

Instructor: Ezra Soccer School
Monday - Friday

#48482 July 15 - 19

#48483 July 29 - August 2

#48484 August 19 - 23
10:00 - 11:00 am
Lewis Park SF #1
\$70/5

SUMMER SPORTS ADVENTURES

(3 - 5 years)

Jump into fun, action-packed sports and games. Learn the fundamental movements used in sports and try them out in mini games both inside and out. Active games in a co-operative team environment encourage good sportsmanship and we may even cool off in the waterpark!

#48948 Tuesday - Friday
July 2 - 5
1:00 - 3:00 pm
Lewis Centre Gym
\$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!

SUMMER SPORTS EXPLORERS

(3 - 5 years)

This fundamental sports and activity camp is for enthusiastic young active kids. Get a 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 will spark a passion for years to come!

#48983 Monday - Friday
August 12 - 16
1:00 - 3:00 pm
Lewis Centre MP Hall B
\$75/5

SPORT, SNACK & SPLASH

(3 - 5 years)

Time to get active, play sports and learn some fun and active games. You'll make a healthy snack before hitting the water park to cool off. Bring a water bottle, hat, sunscreen, swim suit & towel.

#48815 Monday - Friday
July 8 - 12
9:00 am - 12:00 pm
Lewis Centre Gym
\$99/5

SPORT N' SPLASH

(3 - 5 years)

Hop, skip and jump your way through this introduction to sports. Soccer, baseball, floor hockey, tennis and basketball, plus lots of fun games and relays. We'll cool off at the end of each day with a dip in the wading pool. Wear your bathing suit under your clothes, and bring your towel, hat and sunscreen with you.

#48807 Monday - Friday
August 19 - 23
9:00 am - 12:00 pm
Lewis Centre MP Hall
\$99/5



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





Movement

DANCE MIX CAMP

(3 - 5 years)

Get your groove on and learn fun new dance moves. Play all kinds of different dance games while practicing your listening skills, waiting your turn, and basic steps!

Instructor: Kennedy Ledingham

#48822 Monday - Friday

July 22 - 26

9:30 - 11:00 am

Lewis Centre Gym

\$75/5

To learn more about Kennedy, see page 21

TINY STARS TENNIS FUNDAMENTALS

(5 - 7 years)

Learn the game in a fun and encouraging atmosphere. Practice movement, co-ordination, tossing/catching and basic skills. Racquets provided.

Instructor: Simon Richards

Monday - Friday

#48713 July 8 - 12

#48715 July 29 - August 2

#48714 August 19 - 23

9:00 - 10:00 am

Lewis Park Tennis Courts

\$50/5

HAPPY FEET & TAPPING TOES MINI CAMP

(3 - 5 years)

Encourage creativity, imagination, and movement in this fun filled environment. Little ones will be exposed to jazz, rhythm, and musical theatre techniques while developing their listening skills. Arts and crafts will be included in the fun. Dancers will learn choreography which will be presented at the end of the last class.

Instructor: Kennedy Ledingham

#48825 Tuesday - Friday

August 6 - 9

9:30 - 11:00 am

Lewis MP Hall

\$60/4



GYMNASTICS CAMP

(5 - 7 years)

Whether you are a beginner or a more accomplished gymnast, you'll have a great time. Learn new skills, and develop your strength, flexibility, balance, and more, as we work out on all apparatus. Daily challenges and progressions will be set to your individual levels.

Instructor: Sheri Roffey

#48889 Monday - Friday

August 26 - 30

10:00 - 11:00 am

Lewis Centre Gym

\$75/5

FAMILY GYMNASTICS

(all ages)

Play together this summer as a family and escape the sun and heat in the best indoor playground around! Swing, bounce, play and have fun on our Gymnastics Equipment.

Instructor: Sheri Roffey

#48894 Monday - Friday

August 26 - 30

9:00 - 10:00 am

Lewis Centre Gym

\$25/5 (1 adult, 1 child)

\$40/5 (1 adult, 2 children)

\$5.50/Drop-in

NINJA KIDS CAMP

(3 - 5 years)

Get those heart rates up and play pretend ninja for the week! We will move, jump, run, climb and explore as we develop your senses and awareness around you through fitness, communication, activities and more. Try out different equipment, meet other ninjas and have fun!

#49008 Tuesday - Friday

August 6 - 9

1:00 - 3:00 pm

Lewis Centre MP Hall

\$60/4

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

