

# COMOX VALLEY RECREATION GUIDE | WINTER 2026

**Winter  
Registration  
starts  
Monday  
November 17**



**THE VILLAGE OF  
CUMBERLAND**

**2**



**Courtenay  
Recreation**

**11**



**Comox Valley  
REGIONAL DISTRICT**

**72**



**19 Wing  
Comox**

**100**



**TOWN OF  
COMOX  
Recreation**

**104**



**TOWN OF COMOX**

COMOX RECREATION  
250-339-2255

[comox.ca/recreation](http://comox.ca/recreation)



**CUMBERLAND  
RECREATION**  
250-336-2231

[cumberland.ca/rec](http://cumberland.ca/rec)



**COURTENAY RECREATION**  
250-338-5371  
250-338-1000

[courtenay.ca/rec](http://courtenay.ca/rec)



**CVRD SPORTS &  
AQUATIC CENTRES**  
250-334-9622

[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)



**19 WING COMOX**  
250-339-8211  
ext.8315

[cfmws.ca](http://cfmws.ca)

## Where can you pick up your copy of the Comox Valley Recreation Guide?

In order to reduce our environmental footprint the CV Recreation guide will be available for pick-up at a number of convenient locations throughout the Valley.

### Courtenay Area

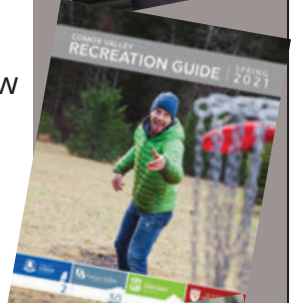
City Hall Courtenay - 830 Cliffe Ave  
Comox Valley Aquatic Centre - 377 Lerwick Rd  
Comox Valley Sports Centre - 3001 Vanier Dr  
Courtenay Country Market - 5352 N Island Hwy  
Courtenay Library - 300 Sixth St  
Florence Filberg Centre - 411 Anderton Ave  
Lewis Centre - 489 Old Island Hwy  
North Island College - 2300 Ryan Rd  
Quality Foods - 2751 Cliffe Ave (Driftwood Mall)  
Real Canadian Superstore - 757 Ryan Rd  
The LINC Youth Centre - 300 Old Island Hwy  
Thrifty Foods - 1551 Cliffe Ave  
Thrifty Foods - 444 Lerwick Rd

### Comox Area










19 Wing Fitness & Community Centre - 1575 Military Row  
Comox Library - 1720 Beaufort Ave  
Comox Community Centre - 1855 Noel Ave  
Comox Town Hall - 1809 Beaufort Ave  
Glacier Gardens Arena - 1399 Military Row  
John's Your Independent Grocer - 215 Port Augusta St  
Quality Foods - 2275 Guthrie Rd

### Cumberland Area

Cumberland Library - 2724 Dunsmuir Ave  
Cumberland Recreation Centre - 2665 Dunsmuir Ave  
Seeds Natural Food Market - 2733A Dunsmuir Ave



# What's Inside . . .

	<div>2</div> <div>Cumberland Recreation</div> <div>cumberland.ca/rec</div>	<div>Winter Registration starts Monday, November 17 at 7 a.m.</div> <div></div>
	<div>11</div> <div>Courtenay Recreation</div> <div>courtenay.ca/rec</div>	<div>Winter Registration starts Monday, November 17 at 7:15 a.m.</div> <div></div>
	<div>72</div> <div>CVRD Sports &amp; Aquatic Centres</div> <div>comoxvalleyrd.ca/rec</div>	<div>Winter Registration starts Monday, November 17 at 8 a.m.</div> <div></div>
	<div>100</div> <div>19 Wing Comox</div> <div>cfmws.ca/comox</div>	<div>Winter Registration starts Preferred: November 17 at 9 a.m. Open: November 24 at 9 a.m.</div> <div></div>
	<div>104</div> <div>Comox Recreation</div> <div>comox.ca/rec</div>	<div>Winter Registration starts Monday, November 17 at 6 a.m.</div> <div></div>

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Spring Registration starts Monday, March 9  
 Summer Registration starts Monday, April 27

*“We respectfully acknowledge that the land on which we recreate is the traditional unceded territory of the K’ómoks First Nation.”*

*Cover photo by Sara Kempner Photography*





## Welcome!

Winter in Courtenay is a wonderful time to stay active, try something new, and connect with our community. From arts and culture to fitness and recreation, this guide is full of opportunities to brighten the season.

One program I'm especially proud to share is our new Leisure Buddies Program. This initiative provides one-on-one support for children and youth with diverse needs, helping them fully participate in the activities they enjoy. Whether it's adapting a program, easing anxiety, or offering encouragement, Leisure Buddies make sure every child has the chance to succeed and belong. See page 41 for more on Leisure Buddies.

I encourage you to explore this guide and discover all that Courtenay Recreation has to offer this winter.



*Courtenay Mayor*  
**Bob Wells**

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### Legend:



*Childminding is  
offered during  
these programs*



*This program  
incorporates  
physical literacy*



*Evergreen Member  
discounted  
program*







## Lewis Centre

The Lewis Centre offers a Wellness Centre, gymnasiums, meeting rooms, squash courts, and Cozy Corner Preschool. An outdoor stage is also available for booking.

### Office hours

Mon - Fri 7:30 a.m. - 8:45 p.m.  
Sat & Sun 8:30 a.m. - 12 p.m.  
& 1:15-4 p.m.

### Facility hours

Mon - Fri 5:30 a.m. - 9 p.m.  
Sat & Sun 8:30 a.m. - 4 p.m.



Phone: **250-338-5371**  
Fax: 250-338-8600  
Email: [rentals@courtenay.ca](mailto:rentals@courtenay.ca)  
489 Old Island Highway,  
Courtenay, BC V9N 3P5  
[www.courtenay.ca/lewis](http://www.courtenay.ca/lewis)



## Florence Filberg Centre

The Florence Filberg Centre offers a wide range of room rentals: meeting rooms, conference facilities with kitchens and more. A senior's centre also offers daily activities.

### Office hours

(for Florence Filberg Centre & Native Sons Hall facilities)  
Monday to Friday  
8:30 a.m. - 4 p.m.



Phone: **250-338-1000**  
Fax: 250-338-0303  
Email: [rentals@courtenay.ca](mailto:rentals@courtenay.ca)  
411 Anderton Avenue,  
Courtenay, BC V9N 6C6  
[www.courtenay.ca/filberg](http://www.courtenay.ca/filberg)



## The LINC Youth Centre & Indoor Skatepark

The LINC houses an indoor skateboard park, concession, games room, computer lab and meeting room. The LINC offers drop-in activities and youth programs.

### For up to date hours please call

**250-334-8138** or visit  
[www.courtenay.ca/linc](http://www.courtenay.ca/linc)



Phone: **250-334-8138**  
Email: [rentals@courtenay.ca](mailto:rentals@courtenay.ca)  
300 Old Island Highway,  
Courtenay, BC V9N 3P2  
[www.courtenay.ca/linc](http://www.courtenay.ca/linc)



## Facility closures:

Christmas Day	<b>December 25</b>
Boxing Day	<b>December 26</b>
New Year's Eve	<b>January 1</b>
Family Day	<b>February 16</b>



# COZY CORNER Preschool

at the Lewis Centre  
Ages 3-5 years

489 Old Island Highway,  
Courtenay

250-338-5371

[courtenay.ca/cozycorner](http://courtenay.ca/cozycorner)

A dedicated outdoor  
play space focused  
on active play.



'Children need the freedom  
and time to play. Play is not a  
luxury. Play is a necessity.'

- Kay Redfield Jamison  
Professor & Psychologist



Join our fully qualified and experienced Early Childhood Educators in a nurturing play-based environment.

Our goal encourages not just learning, but the love of learning. We focus on the importance of social skills with both large and small groups to work together to solve problems by providing diverse experiences and safe exploration. We believe each child's voice should be heard to promote a sense of belonging and a sense of self.

Our flexible and hands-on approach will maximize the learning potential for playful exploration and new discoveries. We believe children learn in many ways; a play-based approach that engages children with natural elements and open-ended materials provide a pathway for individual learning.

Courtenay Cozy Corner

## Preschool hours:

**Monday, Wednesday & Friday**

8:30 a.m. - 12 p.m. OR 12:30 - 4 p.m.

**Tuesday & Thursday**

8:30 a.m. - 12 p.m. OR 12:30 - 4 p.m.

## Monthly fees:

M/W/F \$185/3 days per week

T/Th \$125/2 days per week

Spaces  
available.  
Register now!

*Program runs September through June*



# Winter Early Years Drop-in Schedule *no drop-ins on stat holidays*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Childminding January 2 - April 4</b> 8:45-10:30 a.m.			8:45-10:30 a.m.	10:15-11:45 a.m.	8:45-10:30 a.m.	
<b>Parent &amp; Tot</b> <i>see program description for dates &amp; fees</i>			<b>Toddler Gym</b> 9-10 a.m. or 10:30 a.m. -12 p.m.	<b>The Baby Nest</b> 10-11:30 a.m.		<b>Morning Play Time</b> 9:15-10:30 a.m.
<b>Family Gymnastics January 10 - March 14</b> (all-ages) 12:30-1:30 p.m.			(all-ages) 9:45-10:45 a.m.		(5 yrs & under) 9-10 a.m. or (all-ages) 11:15a.m.-12:15p.m.	
schedule subject to change			schedule updates at <a href="http://courtenay.ca/drop-in">courtenay.ca/drop-in</a>			

## Drop-in Programs

### Family Fun Gym

This open gym time is filled with toys, mats and space to move while parents connect and play alongside their littles. A great way to burn energy, meet other families and make mornings fun!

Thursdays

January 8 - March 19

#### #17520 Curious Crawlers

(birth - 18 months)

9-10 a.m.

FREE

(space shared w/ childminding)

#### #17032 Wobbly Walkers &

#### #17522 Little Movers

(4 years & under)

10:30 a.m. - 12 p.m.

Vern Nichols Gym

\$3/drop-in/child



### Winter Break Parent & Tot Open Gym Time

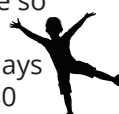
(6 years & under with an adult)  
Drop in to burn off some energy. This unstructured play time offers a variety of fun equipment and toys. It's cold outside so come in and PLAY!

#### #17077 Mondays & Tuesdays

Dec 22, 23, 29 & 30

Lewis MP Hall

\$3/drop-in



### Parent Tot

#### Art Explorers

(1-5 years with adult)

Each week will be a different art-based project. Sign up for all session or drop-in and try it out. Please note drop-in spaces are limited.

Tuesdays

#17505 January 6 - February 3

#17506 February 17 - March 17

10-11 a.m.

Lewis Craft Room B

\$20/5 per family

\$5/family/drop-in

### The Baby Nest

Join us for a free, drop-in program where parents and caregivers can enjoy a cozy space and learn about infant development, feeding, sleep, wellness and more. A great way to meet other families, ask questions and build connections. This is a free, community-based program. "Support you, connection for your baby - and community for both!"

Fridays

January 23 - February 27

10-11:30 a.m.

Bill Moore Lawn Bowling

Free

### Parent & Tot Morning PlayTime

(1-5 years with adult)

Drop in with your parent and friends to take part in social and active play. This program provides unstructured play time with a variety of fun equipment and toys. Adult participation is required.

#17519 Sundays

January 4 - March 15

8:45-10 a.m.

Lewis MP Hall B

\$3/drop-in



### Childminding

(1 month - 11 years)

We offer convenient and affordable childminding services while you enjoy a workout at the Wellness Centre or in a fitness class. No childminding on stat holidays. Parent/guardian must remain in building at all times.

**Mornings:** January 6 - April 4

Monday - Thursday

8:45-10:30 a.m.

Friday

10:15-11:45 a.m.

Saturday

8:45-10:30 a.m.

**Evenings:** January 2 - March 18

Tuesdays & Wednesday

4:45-6:30 p.m.

\$3.15/1¾ hours includes GST

\$30/10 punch-card





# Special Interest

## Musical Explorers

This is a great introduction to music! Children will explore instruments, clap to the beat, and move to the music. Perfect for curious kids who love to make a little noise! Parent participation is required

**Instructor:** Nona Deb



Wednesdays

January 14 - March 18

#17690 (18-36 months)

9:30-10:15 a.m.

#17691 (3-5 years)

10:30-11:15 a.m.

Lewis Craft Room B

\$99/10

## Fun with Food

(3-5 years)

Discover new recipes and confidence in the kitchen. Preschoolers will learn to prepare yummy and nutritious snacks and treats in a safe environment.

#17635 Thursdays

February 5 - March 12

9:30-11 a.m.

Lewis Craft Room A

\$80/6

## Budding Bakers

(3-5 years)

Whisk, mix and flip up some fun while you bake a fun treat each week. They'll alternate between sweet and savory snacks each week, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

#17469 Fridays

February 20 - March 20

12-1:30 p.m.

Lewis Craft Room A

\$65/5

## Gymnastics and Crafts

(3-5 years)

Get your creativity flowing as we create and move! Each class we will spend time in the gymnastics gym as we run, jump, climb and swing. After gymnastics we will cool our bodies down as we craft up loads of fun!! Bring a snack and water bottle each day.

Mondays

#17627 January 12 - February 9

\$75/5

#17628 February 23 - March 16

\$60/4

9-10:30 a.m.

Vern Nichols Gym/Craft Room A

## Kooky Cooking

(3-5 years)

Preschoolers will get started in the kitchen with this fun interactive class. From kitchen safety to measuring and mixing ingredients and of course, lots of eating, our classes are designed to fostering a love of cooking.

#17466 Fridays

January 9 - February 13

12-1:30 p.m.

Lewis Craft Room A

\$80/6

*Please check receipts for important program information.*



Courtenay Early Years



**Courtenay  
Recreation**

## Children's Christmas Party

Saturday, December 6

11 a.m. - 1 p.m.

Lewis Activity Room

- Crafts, games, letters to Santa
- Kids' pictures with Santa (bring your camera)
- Evergreen Senior's ukulele performance

*Admission is free with a non-perishable donation to the Food Bank.*

[courtenay.ca/christmas](http://courtenay.ca/christmas)



Winter Program Registration starts Monday November 17 | See page 68



# Sports

## Sports & Games

(3-5 years)

Come play with us! In this program the focus is FUN. Your child will work on a variety of skills while learning new games and sports each week and making new friends.

#17481 Fridays

February 13 - March 13

11:30 a.m. - 12:15 p.m.

Lewis Vern Nichols Gym

\$40/5

## Preschool Floor Hockey

(3-5 years)

Have fun while learning the basics - passing, shooting and stick skills - all through exciting games. For this age group, we may use foam hockey sticks and balls. Parent participation as needed.

Thursdays

#17499 January 8 - February 5

#17637 February 12 - March 12

3:30-4:15 p.m.

Lewis MP Hall

\$40/5

## Mini Athletes

(3-5 years)

Preschoolers get active with fun sports, new skills and positive encouragement - all in a playful, sporty setting!

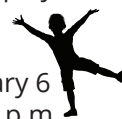
#17479 Fridays

January 9 - February 6

11:30 a.m. - 12:15 p.m.

Lewis Vern Nichols

\$40/5



## Soccer Stars

(3-5 years)

Discover the joy of soccer - run, kick, pass and shoot! Experience the excitement of being part of a team while building confidence and having fun! Parent participation as needed.

Saturdays

#17500 January 10 - February 7

#17501 February 14 - March 14

9:30-10:15 a.m.

Lewis MP Hall

\$40/5



Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)  
For updates & schedule  
changes, go to  
[www.courtenay.ca/rec](http://www.courtenay.ca/rec)

## Early Years Spring Break Mini Camps

### Gymnastics and Craft

(3-5 years old)

Get your creativity flowing as we create and move! Everyday we spend time in the gymnastics gym as we run, jump, climb and swing. After gymnastics we will cool our bodies down as we craft up loads of fun!! Bring a snack, and water bottle each day.

#17634 Monday - Thursday

March 30 - April 2

9-11 a.m.

Lewis Craft Room B/Lewis Centre Gym

\$135/4

### Mini Chefs

(3-5 years)

Little chefs get busy with easy, tasty recipes! From measuring and mixing to trying new flavors, preschoolers will have fun learning cooking basics while enjoying the treats they create.

#17636 Monday - Thursday

March 30 - April 2

1-3 p.m.

Lewis Craft Room B

\$75/4



# Movement

## Dance with Me: Intro to Creative Dance

(2-5 years)

Dance, wiggle and move! Caregivers and little ones (2-5 years) explore music and movement together in this lively intro to Preschool Creative Dance. Adult participation required.

**Instructor:** Leigha Wald  
Wednesdays

#17450 January 7 - February 4

#17431 February 18 - March 18  
11-11:30 a.m.  
Lewis MP Hall A  
\$40/5



## Intro to Ballet

(3 - 5 years)

All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance.

**Instructor:** Leigha Wald  
Mondays

#17494 January 12 - February 9  
\$59/5

#17495 February 23 - March 16  
\$48/4  
1:15-2 p.m.  
Lewis Activity Room



## Preschool Creative Dance

(3-5 years)

Beginner dance steps are taught through play, imagination, story telling and great music. The perfect first dance class for your little one!

**Instructor:** Leigha Wald  
Wednesdays

#17486 January 7 - February 4

#17489 February 18 - March 18  
11:45 a.m. - 12:30 p.m.  
Lewis MP Hall A  
\$59/5



## Preschool Acro

(3-5 years)

Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and for children under 5, it provides children with a great starting point to increase flexibility, strength and versatility! Have fun playing Acro-based games, taking part in obstacle courses and instructional skill development!

**Instructor:** Leigha Wald  
Mondays

#17496 January 12 - February 9  
\$59/5

#17498 February 23 - March 16  
\$48/4  
10-10:45 a.m.  
Lewis Centre Gym



## Baby & Me Yoga

Bond with your baby while rebuilding strength, flexibility, and balance. This supportive class offers gentle exercises and the chance to connect with other new parents. Open to babies from six weeks old until they begin crawling.

**Instructor:** Akiko Shima  
Thursdays

#17575 January 8 - February 12

#17576 February 19 - March 26  
3-4 p.m.  
Lewis Meeting Room  
\$72/6



*Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.*



## Did you know . . .

You can check your family schedule, print past receipts and more when you access your online account at [courtenay.ca/reconline](http://courtenay.ca/reconline)







# Gymnastics

## Parent & Tot Gymnastics

(5 years & under with adult)  
This class welcomes children 0-5 years old along with their care-givers. Come run, jump, bounce and laugh with us this spring break at Family Gymnastics. Our enthusiastic coaches will supervise this fun and safe play. Limited to 20 spots.

**#17518** Saturdays  
January 10 - March 14  
9-10 a.m.  
Vern Nichols Gym  
\$6.50/drop-in



## Kindergym & Trampoline

(3-5 years)  
Get ready for fun as you learn to line up, take turns and stay with your group as we practice movements, play games, run, roll, climb and explore the equipment in our gym!

**#17502** Tuesdays  
January 13 - March 17  
1-2 p.m.  
Vern Nichols Gym  
\$216/10



## Ninja Kids

(3-5 years)  
Get those heart rates up in this fun, creative class using the gymnastics equipment! The gymnastics staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends!

Mondays  
11 a.m. - 12 p.m.  
**#17697** January 12 - February 9  
\$90/5  
**#17698** February 23 - March 16  
\$72/4  
Vern Nichols Gym



## Intro to Gymnastics

(3-5 years)  
Swing, climb, tumble, repeat! Little movers build skills and confidence while parents join the fun when needed. Our friendly instructors keep it safe, active, and full of smiles—your child's first step toward independent adventure! **No class February 16.**

**#17512** Mondays  
January 12 - March 16  
1-2 p.m.  
Vern Nichols Gym  
\$164/9  
**#17732** Tuesdays  
January 13 - March 17  
10:45-11:45 a.m.  
\$182/10



## Family Gymnastics

(all ages w/ adult)  
Run, jump swing, bounce and play as you explore the best indoor playground around! Parent participation required. Limited to 20 participants.

**#17701** Mondays  
January 12 - March 16  
12-1 p.m. **sensory friendly**

**#17702** Tuesdays  
January 13 - March 17  
9:45-10:45 a.m.  
Saturdays  
January 10 - March 14

**#17517** 11:15 a.m. - 12:15 p.m.  
**#17156** 2:45-3:45 p.m.  
Vern Nichols Gym  
\$6.50/drop-in



## Mighty Movers

(1-3 years with adult)  
Run, jump, land, climb, roll and swing. Our knowledgeable, playful staff will connect you to a lifetime of learning and physical activity as we play games and try out the different gymnastics equipment with our parents! Get ready to roll into fun. Parent participation required.

**#17703** Tuesdays  
January 13 - March 17  
9-9:45 a.m.  
Vern Nichols Gym  
\$115/10



## Save the Date! Comox Valley Early Years Family Resource Fair 2026

Thursday, April 9, 2025  
2-6 p.m.  
Florence Filberg Centre



# Birthday Parties

## Archery Adventure Birthday

(7 years & over)

Join us for an exhilarating archery adventure! Get ready to unleash your inner archer with a fun-filled afternoon of games, challenges and friendly competition. Learn archery basics, test your skills with target practice, play archery games and more! After, enjoy the second hour in one of our party rooms where you can enjoy snacks, cake, open presents and more. Host parent must be present. Maximum 12 participants; participants (guests) must be at least 7 in order to use archery equipment safely.

Saturdays  
starting January 10  
1:30-3:30 p.m.  
Lewis MP Hall &  
Craft Room B  
\$155

## Power Play Party

(3 years & over)

Get ready to run, jump, throw, kick and score your way to fun! This high-energy party offers you an hour of instructor-lead active play in our gymnasium with structured games, sports scrimmages, free time with the equipment and toys, or a mixture of both! Once we burn some of that energy, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast! Host parent must be present. Maximum 12 participants.

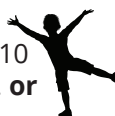
Sundays  
starting January 11  
10:15 a.m. - 12:15 p.m. **or**  
1:45-3:45 p.m.  
Lewis MP Hall &  
Craft Room B  
\$145

## Gymnastics & Trampoline Birthday

(3-15 years)

Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group in our fun-filled space while they play on the gymnastics set up. Once you have jumped, spun and run your way to fun, enjoy the second hour of your party in one of our party rooms where you can serve treats, open presents and more. Host parent must be present. Maximum of 12 children.

Saturdays  
starting January 10  
10 a.m. - 12 p.m. **or**  
1:30-3:30 p.m.  
Vern Nichols Gym  
\$155



Courtenay Children

## Karaoke Birthday

(5-14 years)

Celebrate your birthday with friends and your favourite songs with our new Karaoke Party! A friendly staff member will guide the fun as you sing along to songs you love, then it's time for cake and celebration. A perfect mix of creativity, connection, and birthday cheer! Host parent must be present. Maximum 12 participants.

Sundays  
starting January 25  
10:45 a.m. - 12:45 p.m.  
Lewis Meeting Room  
\$145

*Please check receipts for  
important  
program information.*





# Be Creative

## Learn to Sew: Hoodies

(8-13 years)

Have you ever wanted to learn to make your own cozy sweat-ers? Join us as we explore the basics of sewing and stitching. In this class we will learn to create your own sweater with a hood while we build confidence and understanding of this important life craft.

**Instructor:** Meredith Murray

Wednesdays

February 25 - March 18

#17362 3:15-4:45 p.m. (8-10 years)

#17364 5-6:30 p.m. (11-13 years)

Lewis Craft Room A

\$89/4

## Learn to Sew:

### Pot Holders

(8-13 years)

Have you ever wanted to learn to make your own sewn projects? Join us as we explore the basics of sewing and stitching. In this class we will learn to create your own kitchen pot holders while we build confidence and understanding of this important life craft.

**Instructor:** Meredith Murray

Wednesdays

January 7 - 21

#17342 3:15-4:45 p.m. (8-10 years)

#17347 5-6:30 p.m. (11-13 years)

Lewis Craft Room A

\$65/3

## Learn to Sew: Pajamas

(8-13 years)

Have you ever wanted to learn to make your own super soft pajamas pants? Join us as we explore the basics of sewing and stitching. In this class we will learn to create your own PJ bottoms while we build confidence and understanding of this important life craft.

**Instructor:** Meredith Murray

Wednesdays

January 28 - February 18

#17350 3:15-4:45 p.m. (8-10 years)

#17356 5-6:30 p.m. (11-13 years)

Lewis Craft Room A

\$89/4

## Homeschool Pottery Party

(7-9 years)

Explore your creative side with clay. You'll practice pinch, slab, coil and sculpting methods while making cool projects. Gather with friends and get ready to create!

**Instructor:** Bobbie Hammersley

#17297 Thursdays

January 22 - March 12

1-2:30 p.m.

Lewis Craft Room B

\$189/8

## Pottery Pals

(7-12 years)

Experience the fun of creating with clay! Kids will learn pinch, slab, coil and sculpting methods while creating functional and sculptural pieces.

**Instructor:** Bobbie Hammersley

Tuesdays

January 20 - March 10

#17300 3-4:30 p.m. 7-9 years

#17309 5-6:30 p.m. 10-12 years

Lewis Craft Room B

\$189/8

## After School Adventures in Art

(K-7 years)

Its time to get artsy!! Each week participants will work on a mini project that is inspired by the beautiful and diverse world we live in. A fun and imaginative journey for any young artist!

#17623 Mondays

February 23 - March 16

3:45-4:45 p.m.

Lewis Craft Room B

\$60/4

Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)  
For updates & schedule  
changes, go to  
[www.courtenay.ca/rec](http://www.courtenay.ca/rec)





# Get Cooking

## Bakers Ready

(7-9 years)

Bakers get ready! This hands on baking crash course will give you the skills you need to create delicious desserts and flavorful foods with confidence. Challenge your new knowledge with a finale recipe where you'll need to have a keen eye to avoid ingredients that could sabotage your dish.

#17374 Thursdays

February 19 - March 19

4-6 p.m.

Lewis Craft Room A

\$149/5

## Little Bites

(K-7 years)

An introduction to the world of culinary exploration for little chefs, Little Bites is a delicious dive into learning your way around a kitchen. We will explore new flavours and foods with familiar favourites to promote adventurous eating and basic kitchen skills.

#17417 Mondays

January 19 - February 9

3:45-5:15 p.m.

Lewis Craft Room A

\$84/4

## Cooks & Crafts

(K-7 years)

Tantalize your taste buds and satisfy your imagination as you create savory dishes and craft the day away. At the end of the course you will bring home a book of tasty recipes and creative craft creations.

#17659 Sundays

February 22 - March 15

1:30-3 p.m.

Lewis Craft Room A

\$84/4

## Global Cooking

(6-8 years)

Go around the world with your taste buds as you learn to create delicious foods from countries all over the globe! Scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#17412 Sundays

January 18 - February 15

1:30-3 p.m.

Lewis Craft Room A

\$105/5

## Delightful Desserts

(9-11 years)

Finally a class where you can have your cake and eat it too! Each week, we'll dive into a new delightful dessert. Participants will learn essential skills like measuring, mixing, and decorating, all while making delicious creations to share with family and friends.

#17416 Tuesdays

January 20 - February 10

5-6:30 p.m.

Lewis Craft Room A

\$84/4

## Kitchen Basics

(9-11 years)

This class is designed to teach participants how to safely prepare foods on their own. We will explore simple recipes that are great for when you're home alone, or just want an easy snack. We will learn knife and other kitchen safety tips and tricks while we prepare delicious snacks that anyone can enjoy!

#17386 Fridays

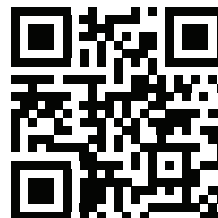
January 23 - February 13

3:45-5:15 p.m.

Lewis Craft Room A

\$84/4

Register online:





## Special Interest

### Super Scientists

(8-10 years)

Whether you're a super genius or a super villain, you'll be sure to have a super reaction to this scientifically fun class! Gather your beakers and safety goggles, it's about to get crazy as we explore the world of everyday science. From the kitchen, magnets, circuits, it's all part of this wild and fun science based program!

**#17415** Thursdays

January 22 - February 12  
5:30-7 p.m.  
Lewis Craft Room A  
\$68/4

### Science Detectives

(K-7 years)

Young minds embark on thrilling adventures to uncover the mysteries of science! Designed to encourage curious minds of budding scientists, we will dive into exciting experiments and hypotheses! From volcanoes to the stars, every day will be packed with fun!

**#17413** Thursdays

January 22 - February 12  
3:30-5 p.m.  
Lewis Craft Room A  
\$68/4

### Fantastic Worlds

(6-8 years)

Step into the enchanting realms, creating our own magical lands of elves, fairies and more! Each week participants will explore fantasy worlds, bringing to life creatures and landscapes of their imaginations! We will create dragon's eggs and powerful wands, engage in interactive games and quests and so much more!

**#17289** Saturdays

January 24 - February 21  
1:30-3 p.m.  
Lewis Meeting Room  
\$85/5

### Minecraft Mayhem

(7-9 years)

It's a pixelated world, and we're just exploring in it! From designing your own model world to dirt block cupcakes, each week will immerse you in the Minecraft World! We'll engage in hands on activities and games sure to spark your creativity!

**#17393** Fridays

February 20 - March 20  
5:15-6:45 p.m.  
Lewis Craft Room A  
\$85/5

### Piano Adventures

(K-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 due at the first lesson. This class is suitable for beginners and parent/guardian must attend with their child. A piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

Thursdays

January 15 - March 19

**#17631** 3:30-4:30 p.m. **K-7 years**

Book cost \$35

**#17632** 5-6 p.m. **8-11 years**

Book cost \$60

LINC Multipurpose Room  
\$150/10

### Mixed Media

#### Character Design

**NEW**

(9-11 years)

Explore the possibilities of character design! From Anime and comic style drawing to bringing your own character to life in clay, this hands on program will get your creativity flowing and encourage you to find your own style as you work with a variety of artistic mediums.

**#17672** Tuesdays

February 24 - March 17  
3:45-5:15 p.m.  
Lewis Craft Room A  
\$68/4

**Register ONLINE at**  
**[courtenay.ca/reconline](http://courtenay.ca/reconline)**  
**For updates & schedule**  
**changes, go to**  
**[www.courtenay.ca/rec](http://www.courtenay.ca/rec)**



# Sports

## Archery for Kids

(7-9 years)

Discover the art of archery! Learn the essentials including stance, aim and bow handling with help from our instructors. This class is perfect for beginners with no previous experience.

Fridays, 3:15-4:15 p.m.

#17556 January 9 - 30 (intro)

\$60/4

#17557 February 6 - March 13

\$90/6

Saturdays, 11 a.m.-12 p.m.

#17554 January 10 - 31 (intro)

\$60/4

#17555 February 7 - March 14

\$90/6

Lewis MP Hall

## Archery for Tweens

(10-12 years)

Sharpen your aim and boost your confidence! Keep improving your stance, accuracy, and control by challenging yourself with new techniques and targets.

Saturdays

12:15-1:15 p.m.

#17561 January 10 - 31 (intro)

\$60/4

#17562 February 7 - March 14

\$90/6

## Home Learner Archery

(9-11 years)

Learn the fundamentals of archery while building focus, confidence, and coordination. Designed for homeschoolers, this class covers stance, aiming, and bow handling through hands-on practice and instructor feedback. Get ready to hit the target and develop a new lifelong skill! **No class February 13.**

Fridays

#17710 January 9 - 30

#17747 February 6 - March 6

2-3 p.m.

Lewis MP Hall

\$60/4

## Floor Hockey

(K-10 years)

Grab your stick and join your friends for some good old-fashioned hockey fun. We will practice skills like passing, shooting and stick handling and end the day with a scrimmage.

Thursdays

January 8 - March 19

#17571 4:30-5:30 p.m. **K-7 years**

#17572 5:45-6:45 p.m. **8-10 years**

Lewis MP Hall

\$119/11

## Family Archery

(7 years & over)

Parents, grandparents and caregivers are invited to join their children in learning archery together. Whether you are brand new or experienced, this course offers something for everyone. Build skills and muscle memory through fun activities and challenges. Enjoy quality time, try something new and create lasting memories as you learn side by side.

Fridays, 5:30-6:45 p.m.

#17558 January 9 - February 6

#17559 February 13 - March 13

Saturdays, 2:45-4 p.m.

#17579 January 10 - February 7

#17580 February 14 - March 14

Lewis MP Hall

\$75/5 per person

## Basketball

### Skills & Games

(8-10 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 each week.

#17570 Tuesdays

January 13 - March 17

3:30-4:30 p.m.

Lewis MP Hall

\$109/10

## Soccer Kids

(K-10 years)

Get ready for some soccer! We'll work on developing your dribbling, passing and shooting skills. Fun games, activities and scrimmages will help you feel more confident and help get you used to playing with teammates.

**No class February 16.**

Mondays

January 12 - March 16

#17567 3:30-4:30 p.m. **K-7 years**

#17568 4:45-5:45 p.m. **8-10 years**

Lewis MP Hall

\$99/9



Courtenay Children



Winter Program Registration starts Monday November 17 | See page 68





## Martial Arts

### 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 9 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.

**#17540** Thursdays

January 8 - February 19

4-4:30 p.m.

Lewis Activity Room

\$86/7



### Woo Kim Taekwondo Tigers

(5-7 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. In this class students learn Taekwondo with an emphasis on fun. Physical skills such as balance, coordination, and flexibility are coupled with building mental and social skills like confidence, co-operation, and focus. Kids will follow curriculum and learn kicks, hand strikes, blocks, stances and dynamic footwork. We are a sanctioned member of the BC and Canadian Taekwondo Federations.

**#17544** Tuesdays & Thursdays

January 6 - March 17

3:45-4:30 p.m.

Native Sons Grand Hall

\$252/21



### Woo Kim Taekwondo Juniors - White - Green

(7 years & over)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations.

**#17543** Tuesdays & Thursdays

January 6 - March 17

4:40-5:30 p.m.

Native Sons Grand Hall

\$262/21



### Woo Kim Taekwondo Juniors - Blue Stripe to Black

(8-14 years)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations.

**#17542** Tuesdays & Thursdays

January 6 - March 17

5:40-6:30 p.m.

Native Sons Grand Hall

\$262/21



## Did you know . . .

You can check when your membership ends, how many punches you have left, your registrations and more when you access your online account at [courtenay.ca/reconline](http://courtenay.ca/reconline)



## Jr. SK8 Stars

(K-7 years)

Have you ever wanted to try out skateboarding? This introductory class will get your wheels spinning! You'll learn the basics of balance and pushing and have fun exploring the street and bowl sections of the indoor park. Skateboards and safety equipment included.

**Instructor:** Charlie Daigneault  
Mondays

#17545 January 19 - February 9

#17546 February 23 - March 16  
3:30-4:15 p.m.  
LINC Indoor Skatepark  
\$50/4



## Historical Fencing for Kids

(9-12 years)

Let the kids experience historical swordplay in a fast-paced, game-driven environment! Using padded swords, they'll play high energy group games, learn basic skills, and end with dueling practice. This class blends fun games, safe movement and respectful competition with focus on growing concentration and confidence. **No class January 20 & February 17.**

**Instructor:** Chad Herbert

#17285 Tuesdays

January 6 - March 10

4:45-5:30 p.m.

Filberg Conference Hall  
\$88/8



Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)

## Family Drop-in at The LINC

(all ages with adult)

Let's enjoy The LINC together! Get ready to ride the bowl, play ping pong, air hockey, arcade games and more!

Sundays  
starting January 10  
4-7 p.m.

The LINC Youth Centre  
\$5/family



## Private Skateboarding Lesson

(6-18 years)

Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Rentals available.

**Instructor:** Charlie Daigneault

Tuesdays

January 13 - March 17

4-4:45 p.m. or 5-5:45 p.m.

LINC Indoor Skatepark  
\$26/lessons

## Park Camp (Ski & Snowboard)

(7-18 years)

Looking to hone your skills in the Park? Let our pros teach you the basics of jumping and safe landings in a friendly and fun atmosphere. Includes: two full days of a lessons and supervised lunch. Participants must be ability level 3+.

#17652 Saturday & Sunday

February 14 - 15

10 a.m. - 3:30 p.m.

Mount Washington  
\$289/2



Look for this symbol throughout Courtenay Rec pages for programs that incorporate Physical Literacy.





# Spring Break

## Spring Break Camp: Culinary Adventures

(K-10 years)

Explore your creativity and taste buds in this delicious hands on camp! Learn about how to cook tasty dishes and treats from different parts of the world. We'll learn skills that will help you in the kitchen and have fun along the way as we play games and create.

**#17563** (8-10 years)

Monday - Friday

March 23 - 27

8:30 a.m. - 4:30 p.m.

Lewis Craft Room A

\$299/5

**#17566** (K-7 years)

Monday - Thursday

March 30 - April 2

8:30 a.m. - 4:30 p.m.

Lewis Craft Room A

\$249/4

*Check out page 35 & 36  
for our Youth Spring  
Break options.*

## Basketball Skills & Games Camp

(9-11 years)

If you love basketball as much as we do, don't miss your shot on joining this camp. We will work on basic ball handling, passing, shooting and many more sport specific skills in this all day program. Then you will get the chance to put those skills into play through scrimmages and games!

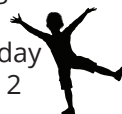
**#17683** Monday - Thursday

March 30 - April 2

9 a.m. - 12 p.m.

Lewis MP Hall

\$120/4



## Sports & More! Camp

(K-10 years)

Keep your kids active and having fun this Spring Break! Our Sports & More! Camp offers a mix of games, sports, and creative activities aimed to keep your child busy and moving - perfect for building skills, teamwork, and confidence in a playful environment. This camp is an all-weather camp. Come ready to play!

**#17802** (K-7 years)

**#17803** (8-10 years)

Monday - Friday

March 23 - 27

8:30 a.m. - 4:30 p.m.

Bill Moore Park Lawn Bowling Building

\$249/5



## Spring Break Camp: Everything and More

(K-10 years)

School's out and we've got your ticket to fun! Join us for a little of everything and more! We'll bake, create, play fun games and explore as we make new friends and explore your interests. Each day will have a new, exciting theme & more fun filled activities!

**#17564** (K-7 years)

Monday - Friday

March 23 - 27

8:30 a.m. - 4:30 p.m.

Lewis Salish Building

\$249/5

**#17565** (8-10 years)

Monday - Thursday

March 30 - April 2

8:30 a.m. - 4:30 p.m.

Lewis Salish Building

\$199/4

## Kids & Tween Archery Camps

(7-12 years)

Learn the basics of using a bow and arrow while having fun playing lots of games in this camp! Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more.

Monday - Thursday

March 23 - 26

Lewis MP Hall

**#17685** 9-11 a.m. **7-9 years**

**#17686** 11:15 a.m. - 1:15 p.m.

**10-12 years**

\$120/4





# School's Out

## Cougars Spring Break Track Camp

(9-12 years)

Join us for some track & field fun this Spring Break! Learn to hurdle, throw a javelin, reach new heights in High Jump, and much more. We cover most track & field events, always with a focus on skills, fitness, & fun. Sessions are taught by experienced coaches and athletes from our local track club.

Monday - Thursday

#17729 March 23-26

#17730 March 30 - April 2

9 a.m. - 12 p.m.

Vanier Track

\$89/4

## Spring Break Gymnastics Camps

(K-10 years)

Come join us for a fun focused gymnastics camp where we will play games that will develop strength, flexibility and balance.

Monday - Thursday

March 30 - April 2

#17750 12:30-2 p.m. (5-7 years)

#17809 2:30-4 p.m. (8-10 years)

Vern Nichols Gym

\$120/4

## Olympic Pro-D Day

(8-10 years)

Get ready to run, jump and cheer! The Pro D Olympics will bring kids together for a day of friendly competition, teamwork and fun. From silly relays to exciting challenges, everyone gets a chance to shine and earn their spot on the podium.

#17731 Tuesday February 17

8:30 a.m. - 4:30 p.m.

Lewis Salish Building

\$49

## Spring Break Family Gym

(all ages w/ an adult)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! Adult participation required.

#17810 Monday - Thursday

March 30 - April 2

11 a.m. - 12 p.m.

Vern Nichols Gym

\$6.50/Drop-in

## Pro D Party

(K-7 years)

Enjoy your day off school at The Lewis Centre with active and creative play. We'll keep you busy with fun games and exciting activities. Get ready to have a blast, make new friends and enjoy a day full of energy and laughter.

#17427 Tuesday February 17

8:30 a.m. - 4:30 p.m.

Lewis Craft Room A

\$49

## Tween Pro D Day

(10-12 years)

Spend your day off school having fun with games and exciting activities. Enjoy time at The LINC playing in the games room and skate park. This day is all about staying active, trying new things and having a great time. You are welcome to stay for Tween Drop-in at The LINC after the program.

#17428 Tuesday February 17

8:30 a.m. - 4:30 p.m.

LINC Multipurpose Room

\$49

*Check receipts for important information*

Courtenay Children

Courtenay Recreation

## Family Day!

Monday, February 16

11 a.m. - 3 p.m.

Lewis Centre

- Arts & crafts
- Live entertainment
- Toddler play space
- Face painting
- Program sneak peeks

[courtenay.ca/family](http://courtenay.ca/family)

**FREE!**



Winter Program Registration starts Monday November 17 | See page 68



**Courtenay  
Recreation**

# Volunteer with us!

(12 years & older)

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills and complete Work Experience requirements.

[courtenay.ca/volunteer](http://courtenay.ca/volunteer)



## Tweens

### Tween Take Over

(9-11 years)

Hang out, get creative and connect! Join your friends for an evening of crafting, games and good times! This safe, welcoming space is just for Tweens to relax, socialize and have fun after school. Register or Drop In!

#17611 Thursdays

January 22 - March 19

4:30-6 p.m.

Lewis Salish Building

\$5/drop in

### STEAM Tweens

(10-12 years)

Explore the exciting world of STEAM (science, technology, engineering, art, mathematics) in this dynamic program. You'll create, explore and test your own hypotheses about the interactions of everyday objects through exciting projects and experiments!

#17667 Mondays

February 23 - March 16

5:45-7:15 p.m.

Lewis Craft Room B

\$68/4

### Home Alone

(10-12 years)

The Canadian Safety Council's Home Alone program is designed to provide and prepare children with the necessary skills and knowledge to be safe and responsible when home alone. Topics include establishing a routine, dealing with strangers, telephone safety, emergencies, basic first aid, internet safety and more. A student reference book and certificate of completion are included.

#17418 Saturday January 17

#17419 Saturday February 21

#17420 Saturday March 14

9 a.m. - 12 p.m.

Lewis Meeting Room

\$49

### Babysitter Training

(11-13 years)

Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! Topics include: managing challenging behaviors, leadership and professional conduct as a babysitter, first aid, managing risks and emergencies, child development, how to feed, diaper, dress and play with children and babies and starting your babysitting business. Reference Manuals and information from Canada Safety Council.

#17421 Sunday Jan 18

#17422 Tuesday Feb 17

#17423 Sunday March 15

9 a.m. - 4 p.m.

Bill Moore Park

Lawn Bowling Building

\$95

### Tween Drop-in Rec Night

(10-12 years)

Rec Night is the place to be! Tweens can drop in for an evening of fun, friends, and multi-sport action. With supervised activities, they can stay active, try new games, and enjoy a safe space to hang out.

#17679 Fridays

January 9 - March 20

7:15-8:45 p.m.

Lewis MP Hall

\$2/drop-in



# Performance Arts

## Community Circus 1

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle: scarves, balls, rings and clubs. Spin: staff, poi, diablo, flower-sticks and plates. Balance on: stilts, rola-bola, and partner acrobatics. Play: improvisation and performance games. Be inspired and amazed by your own abilities!

**Instructor:** 7 Story Circus

Fridays

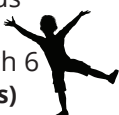
January 16 - March 6

#17258 4-5 p.m. (6-9 years)

#17259 5-6 p.m. (8-12 years)

Vern Nichols Gym

\$200/8



## Aerial Arts: Basics/ Intermediate

(10-18 years)

Discover the basics of aerial fabric. This class is for students new to aerial fabric or those needing a refresher. With a focus on skill & strength, you'll start close the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present in the last class.

**Instructor:** 7 Story Circus

#17256 Thursdays

January 8 - March 19

4-5:30 p.m.

Vern Nichols Gym

\$412.50/11



## Aerial Arts: Advanced

(10-18 years)

This class is for aerialists with previous experience and working at an advanced level. This class focuses on advanced skill building, drops, complex combinations and transitions, technique, strength, endurance, creative movement & much more. We will work towards creating acts to present in the last class.

**Instructor:** 7 Story Circus

#17255 Thursdays

January 8 - March 19

6-7:30 p.m.

Vern Nichols Gym

\$412.50/11



## Kids Create Theatre

(9-15 years)

Are you always coming up with new and exciting stories? Are you full of ideas for characters? Want to channel your energy into creating something wonderful? Discover the world of acting, writing and performing with our exciting new Kids Create Theatre program. Collaborate with your fellow actors and devise a brand new stage show under the supervision of a professional actor and screen writer. Boost confidence, build communication skills and showcase your very own show to your friends and family! **No class February 18.**

**Instructor:** SEA School of Acting

#17808 Wednesdays

January 14 - March 18

3:45-5:15 p.m.

location

\$135/9



## Aerial Arts: Intermediate

(10-18 years)

This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in the last class.

**Instructor:** 7 Story Circus

#17257 Wednesdays

January 7 - March 18

4-5:30 p.m.

Vern Nichols Gym

\$412.50/11



Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)







## Acro Explorations

(6-8 years)

Our fun recreational gymnastics and acrobatics program offers an exciting blend of strength, flexibility, and coordination through engaging activities. Participants explore basic tumbling, balance, and more in a supportive environment, building confidence and having fun while developing and progressing your skills.

**Instructor:** Leigha Wald  
Sundays

#17411 January 11 - February 8

#17765 February 15 - March 15  
11:30 a.m. - 12:30 p.m.  
Vern Nichols Gym  
\$75/5



## Acro Basics

(9-11 years)

Join us for a fun class geared to increase strength and flexibility as well as overall confidence in all inversions and Acro tricks. From teddy bear stands to headstands and cartwheels, we will cover all of the progressions to build the foundational elements needed to take things to the next level!

**Instructor:** Leigha Wald  
Saturdays

#17405 January 10 - February 7

#17764 February 14 - March 14  
12:15-1:15 p.m.  
Lewis Centre Gym  
\$75/5



## Adapted and Home School Gymnastics

(7 years & over)

Get ready to learn, build your strength and have fun! Explore the different equipment and obstacles as you learn tips and tricks from our gymnastics coaches that will keep you safe.

Tuesdays  
January 13 - March 17  
11:45 a.m. - 12:45 p.m.  
Lewis Vern Nichols  
\$6.50/drop-in

## Trampoline

(8-13 years)

Develop your skills in a fun and structured trampoline program! You will progress through our rainbow of trampoline badges: red, orange, gold, yellow, green & blue as you build your skills and learn routine, build strength, body-control, co-ordination, timing, balance and confidence!

**Instructor:** Sheri Roffey

Tuesdays

January 13 - March 17

#17507 3:45-4:45 p.m.

#17509 4:45-5:45 p.m.

Vern Nichols Gym  
\$175/10



## Parkour Kidz

(8-10 years)

Parkour, the practice of traversing obstacles in a man-made or natural environment through the use of running, vaulting, rolling or other movements in order to travel from one point to another. This class is sure to get your heart rate going by testing out your skills!

**Instructor:** Sheri Roffey

#17504 Sundays

January 11 - March 15

9:15-10:15 a.m.  
Vern Nichols Gym  
\$210/10



Apply for discounts that provide healthy lifestyle opportunities through two programs:

### 1. Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

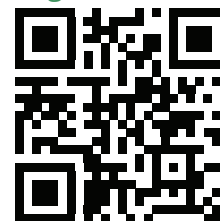
### 2. LEAP

Regional program open to anyone in the Comox Valley.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at [courtenay.ca/recaccess](http://courtenay.ca/recaccess)

Register online:



*Go to page 18 for Family  
Gymnastic for all ages*



# Gymnastics

## Boys & Girls Mixed Gymnastics

(K-7 years)

We base our gymnastics around the 3 F's: Fun, Fitness & Fundamentals. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina. Please note this class is just for children in kindergarten - 7 years. **No class February 16.**

Sundays

January 11 - March 15

#17484 10:30-11:30 a.m.

#17485 12:30-1:30 p.m.

Vern Nichols Gym

\$210/10

#17488 Mondays

January 12 - March 16

3:30-4:30 p.m.

Vern Nichols Gym

\$189/9



## Boys Gymnastics

(8 years & over)

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment like the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun! **No class February 16.**

#17490 Sundays

January 11 - March 15

1:30-2:30 p.m.

Vern Nichols Gym

\$210/10

#17491 Mondays

January 12 - March 16

4:30-5:30 p.m.

Vern Nichols Gym

\$189/9



## Girls Gymnastics

(8 years & over)

Continue to progress in your strength and flexibility in various disciplines including floor, balance beam and uneven bars. Refine your skills and continue to progress in this dynamic and supportive class. **No class February 16.**

#17493 Sundays

January 11 - March 15

1:30-2:30 p.m.

Vern Nichols Gym

\$210/10

#17497 Mondays

January 12 - March 16

4:30-5:30 p.m.

Vern Nichols Gym

\$189/9

## Family Gymnastics

(6 years & over)

Come run, jump swing, bounce and play as you explore the best indoor playground around! Parent participation required. Limited to 20 participants. Please pay at the office.

#17516 Saturdays

January 10 - March 14

2:45-3:45 p.m.

Vern Nichols Gym

\$6.50/drop-in

## Boys & Girls Intermediate Gymnastics

(8 years & over)

After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their skills in intermediate. We'll continue to build your strength, flexibility and technique as you refine your skills on various apparatuses. Learn routines, build your confidence and keep progressing in this specialized sport!! We recommend 2 classes per week to develop and maintain your skill level. **No class February 16.**

#17480 Sundays

January 11 - March 15

2:30-4 p.m.

Vern Nichols Gym

\$265/10

#17482 Mondays

January 12 - March 16

6-7:30 p.m.

Vern Nichols Gym

\$239/9



*See page 18 for more family gymnastics times*



Courtenay Children



Winter Program Registration starts Monday November 17 | See page 68



# Special Interest

## Cooking on a Budget

(12-14 years)

This tasty and practical course is designed specifically for teens to develop essential cooking skills while learning how to make delicious snacks and meals that don't break the bank. Through hands-on activities, simple recipes, and budget-friendly tips, you'll gain confidence in the kitchen and understand how to plan meals, shop smartly, and minimize waste.

#17609 Mondays

January 19 - February 9

5:30-7 p.m.

LINC Youth Centre

\$90/4

## Bake Wars

(12-14 years)

Get ready to create and bake! Have you always wanted to bake like the professionals? We'll show you some tips and tricks to get you creating delicious and beautiful treats. Experiment with a variety of sweet and savoury recipes and tools each day. Projects may include cookies, cakes, scones, and more!

#17610 Mondays

February 23 - March 16

5:30-7 p.m.

LINC Youth Centre

\$75/4

## Piano Exploration

(12-15 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 XX at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

#17633 Thursdays

January 15 - March 19

6:30-7:30 p.m.

LINC Multipurpose Room

\$150/10

## Youth Ski and Ride Park Club

(13-18 years)

Join our Youth Ski and Ride Terrain Park Club! Riders level 3+ can progress their skills in a fun, non-competitive setting. Learn new tricks, ride with park skiers and snowboarders, and hike features to build confidence and style. Each session include a slice of pizza and a pop.

Thursdays

#17651 January 15 - February 12

#17827 February 19 - March 19

5-8 p.m.

Mount Washington

\$249/5

## Extreme Rec Night

(11-16 years)

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in activities including archery tag, rock climbing, skatepark, air hockey, pizza, snacks, and more! Transportation included from the LINC, pick up at the Aquatic Centre at 10:30 p.m.

#17681 Friday, February 13

3:30-10:30 p.m.

LINC Youth Centre

\$15/person



Sponsored by Active Comox Valley



*Check out pages  
43 - 63 for programs  
available to ages  
16 & over*





# Get Creative

## Pottery Pursuits

(13-15 years)

Explore your creativity while developing your hand building skills and create fun, functional pieces like bowls, mugs and more! Students will also be able to try out the pottery wheel.

#17321 Thursdays

January 22 - March 12

4-5:30 p.m.

Lewis Craft Room B

\$189/8

## Sew Fresh

(13-15 years)

Discover the art of garment making and transformation! Bring a clean piece of clothing to customize, alter, or reinvent. Learn hand sewing techniques and machine skills while bringing your own style to life. Supplies are provided just bring your garment and creativity! Open to all genders.

#17688 Mondays

January 19 - February 9

6:30-8 p.m.

location

\$75/4

## Jean-ius Creations

(13-15 years)

Give your old jeans new life! In this creative sewing class, learn how to transform denim into cool accessories like pencil cases, crossbody bags, or scrunchies. No experience needed, just bring a pair of clean jeans to upcycle. All supplies provided.

#17689 Thursdays

February 19 - March 12

7-8:30 p.m.

Lewis Craft Room A

\$75/4

Apply for discounts that provide healthy lifestyle opportunities through two programs:

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*Check out page 20 for sewing programs for 11 - 13 year olds.*

Courtenay Youth



**Courtenay  
Recreation**

## Gnarly Little Christmas Craft Fair

(9-19 years)

Saturday, December 6

10 a.m. - 2 p.m.

Filberg Conference Hall

\$10/table

Cross items off your holiday shopping list and support local youth vendors showcasing talents in arts, crafts, baking and more.

[courtenay.ca/gnarly](http://courtenay.ca/gnarly)



Winter Program Registration starts Monday November 17 | See page 68



# Stay Active

## Drop-in Floor Hockey

(13-15 years)

Grab your stick and your friends and come down for some drop-in hockey fun! This special just-for-youth timeslot will give you time to practice your skills and have fun scrimmaging with other local teens.

#17677 Thursdays

January 8 - April 2

7-8:30 p.m.

Lewis MP Hall

\$2/drop-in

## Drop-in Volleyball

(14-16 years)

Bump, set, spike! Join our drop-in youth volleyball program for fun, skill-building, and friendly games in a supportive environment. Perfect for all levels - no commitment required!

#17682 Sundays

January 11 - March 22

11:45 a.m. - 1:15 p.m.

Lewis MP Hall

\$2/drop-in



## Drop-in Basketball

(13-15 years)

Get a chance to develop your basketball skills and techniques with other youth from the community! Grab your friends and escape the cold, wet winter weather in this special just-for-youth timeslot. Dribble, pass, shoot and scrimmage your way to building on your basketball skills and connecting to new local players.

#17676 Wednesdays

January 7 - April 1

7-8:30 p.m.

Lewis MP Hall

\$2/drop-in

## Archery for Youth

(13-15 years)

Explore the basics of archery, including stance, aiming and bow handling, to get you shooting. Our instructors will guide you through target practice and provide you individualized feedback to keep your skills developing and improving.

Fridays

#17552 January 9 - 30 (Intro)

\$60/4

#17553 February 6 - March 13

\$90/6

4:15-5:15 p.m.

Lewis MP Hall

## SK8 Gurlz

(12-14 years)

Learn the basics of skateboarding. We'll cruise around the skatepark working on balance, foot positioning, pushing, turning, stopping and more. Gain confidence and camaraderie among skateboarders in this inclusive program open to girls, girl-identifying individuals and non-binary and gender non-conforming people comfortable in a space centering around friends getting together. Helmets & skateboards included.

Mondays

#17549 January 19 - February 9

#17550 February 23 - March 16

4:45-6:15 p.m.

LINC Indoor Skatepark

\$75/4

## Basketball Skills & Games

(11-13 years)

Whether you are new to basketball or already love the game, this program is designed to help you grow your skills and confidence. Each week focuses on developing key fundamentals like dribbling, passing, and shooting through fun drills and gameplay.

#17569 Tuesdays

January 13 - March 17

4:30-5:30 p.m.

Lewis MP Hall

\$109/10

## Drop-in Soccer

(13-15 years)

Looking for a fun way to play soccer? Our youth drop-in program is open to all skill levels. Come kick the ball around, meet friends, and enjoy a scrimmage - no registration or experience needed!

#17678 Mondays

January 5 - March 30

5:45-6:45 p.m.

Lewis MP Hall

\$2/drop-in



*No drop ins on stat holidays*



# Spring Break

## Basketball Skills & Games Camp

(12-14 years)

Love basketball? Join our Spring Break Half-Day Basketball Camp! Practice dribbling, passing, shooting, and more, then show off your skills in fun games and scrimmages. All the action, all the fun—just the right amount of time to keep you energized!

#17684 Monday - Thursday

March 30 - April 2

1-4 p.m.

Lewis MP Hall

\$120/4

## Adventure Unleashed

(11-13 years)

Spring break is here and it's time to hop on the bus and head out for adventure! Each day brings a new destination to explore, packed with outdoor fun, challenges, and laughter as we discover exciting places together and make unforgettable memories.

#17757 Monday - Thursday

March 23 - 26

9 a.m. - 4 p.m.

Meet at LINC Youth

Centre

\$300/4

**Register ONLINE at**  
**[courtenay.ca/reconline](http://courtenay.ca/reconline)**  
**For updates & schedule**  
**changes, go to**  
**[www.courtenay.ca/rec](http://www.courtenay.ca/rec)**

## Tween & Youth Archery Camps

(10-15 years)

Take aim this spring break and discover the sport of archery in this fun and active week-long program! Develop strength, coordination, and focus as you learn to shoot a bow and arrow through a mix of games, challenges, and friendly competitions.

Monday - Thursday

March 23 - 26

#17686 11:15 a.m. - 1:15 p.m.

**10-12 years**

#17687 1:30-4 p.m.

**13-15 years**

Lewis MP Hall

\$120/4

## Work It! Job Prep

(13-15 years)

Learn the tools you need to get hired and thrive at work! From writing a great résumé to acing interviews and understanding workplace expectations, this course gives teens the inside scoop on starting their career journey.

#17551 Tuesday - Friday

March 24 - 27

10 a.m. - 2 p.m.

LINC Multi-Purpose Room

\$99/4

*See page 26 for more  
Spring Break camps*

## Did you know . . .

You can check when your membership ends, how many punches you have left, your registrations and more when you access your online account at **[courtenay.ca/reconline](http://courtenay.ca/reconline)**





# Birthday Parties at the LINC

(8-18 years)

Register for an original birthday party package.

We organize the games, provide supervision, and clean up!

Choose from a variety of themes:

- dodgeball • gaming
- skatepark • general
- karaoke • make & take (tie-dye t-shirt or slime)

Or combine themes to make a party all your own!

Host parent must be present.

Maximum 12 participants.

Saturdays starting January 10

10:15 a.m. - 12:15 p.m.

12:45-2:45 p.m.

Sundays starting January 11

11:15 a.m. - 1:15 p.m.

1:45-3:45 p.m.

\$155

add 3 pizzas for \$40

add a make & take for \$45



## Leadership

### Red Cross

#### First Aid & CPR C

(13 years & over)

Join us for a one-day course covering the ABC's of first aid; airway, breathing and circulation. We'll cover how to deal with obstructed airways, breathing distress and how to control bleeding/wound care. As well, you'll learn one-person CPR & more.

**#17756** Monday March 23

8:30 a.m. - 4:30 p.m.

Native Sons Lower Level

\$145

#### Food Safe Level 1

(13 years & older)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. A must for resumes!

**Instructor:** Gaetane Palardy

**#17713** Thursday April 2

9 a.m. - 4:30 p.m.

LINC Meeting Room

\$99

### Leaders in Training

(12-14 years)

Gain the skills and confidence to become a volunteer and future leader in recreation! This program prepares youth to support camps and community programs through hands-on experience, team building, communication, and leadership training. A great first step toward becoming a recreation leader.

**#17712** Mondays

February 23 - March 16

4-6 p.m.

LINC Youth Centre

\$40/4

### Babysitter Training

(11-13 years)

Join us for this fun, informative course as we cover important information to help prepare you to be a babysitter! Topics include: managing challenging behaviors, leadership and professional conduct as a babysitter, first aid, managing risks and emergencies, child development, how to feed, diaper, dress and play with children and babies and starting your babysitting business. Reference Manuals and information from Canada Safety Council included.

**#17421** Sunday January 18

**#17422** Tuesday February 17

**#17423** Sunday March 15

9 a.m. - 4 p.m.

Lawn Bowling Building

\$95

*Certificates are awarded upon successful completion of each of these programs.*



# THE LINC Youth Centre

**& Indoor skatepark**  
300 Old Island Highway  
Courtenay  
250-334-8138  
courtenay.ca/linc



Courtenay Youth

## WHAT WE OFFER

- Indoor skatepark
- Skateboards & scooters
- Computers
- Ping pong
- Air hockey
- Foosball
- Billiards
- Video games
- Concession
- Arcade games
- Free food frenzy
- Youth Pantry
- Outdoor Sports Court
- Basketball, Soccer & Hockey equipment

*The LINC Youth Centre is Closed on stat holidays*

## WINTER HOURS

**Mondays\***.....7-9 p.m.  
(16+ Adult Night)  
Skatepark & Games Room  
**Tuesdays**.....3-7 p.m.  
(Tween night 8-11 years)  
**Wednesdays**.....3-8 p.m.  
(12-18 years)  
**Thursdays**.....3-8 p.m.  
(12-18 years)  
**Fridays & Saturdays**.....3-11 p.m.  
(12-18 years)  
**Sundays\***.....4-7 p.m.  
(all ages with a parent/caregiver)

*\*Monday Nights - Adults only!*

*\*Sunday Family Drop-in*

## FEES

**Youth** (8-18 years):  
\$2.50 drop-in  
\$15/month membership  
\$25/11 punch pass  
\$80/year membership  
\$5/family drop-in

**Adult** Wednesday - Saturday  
Skatepark ONLY (19 & over):  
\$4 drop-in  
\$20/month membership  
\$40/11 punch pass

## WINTER BREAK HOURS

(December 22 - January 2)  
Fridays and Saturdays: 1-9 p.m.  
**Closed:** December 24, 25, 26, 31 and January 1

*Hours are subject to change.*

## Winter Holiday Family Dinner

(12-18 years)  
Come join us for a family style winter holiday dinner December 20.

Saturday December 20  
7 p.m.  
The LINC Youth Centre  
Free with drop-in

## Nature Nights

(12-18 years)  
Once a month join us for an adventure out in nature: hiking, birding, plant identification, fishing. Meet at The LINC before we set out on our out trip! Follow us on Facebook for dates and times.



*Follow us on Facebook for current schedule of events.*



Winter Program Registration starts Monday November 17 | See page 68



# Sports & Movement

## Diverse Sports

(11 years & up)

You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive fun way.

Wednesdays

**#17589 16 years & over**

January 7 - March 11

10-11:15 a.m.

Vern Nichols Gym

**#17657 11 - 18 years**

January 14 - March 18

4-5 p.m.

Lewis MP Hall

\$55/10 **or**

\$6/drop-in/class

## Adapted Basketball

(16 years & over)

Are you ready to play ball? In this Intro-Level program, you will learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages and games!

**#17662 Thursdays**

January 15 - March 19

1-2 p.m.

Lewis Vern Nichols Gym

\$45/10 **or**

\$5/drop-in/class

## Challenger Baseball

(16 years & over)

Join this adaptive baseball program specifically designed to empower youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

**#17597 Thursdays**

January 15 - March 5

10:30-11:30 a.m.

Lewis MP Hall

\$35/8

## Adapted Floor Hockey

(16 years & over)

Hockey season is here! Practice your skills, and have fun. This inclusive environment is a space for everyone, regardless of abilities or skill level. It's your time to showcase your best goal celebration!

**#17658 Tuesdays**

January 13 - March 17

1:30-2:30 p.m.

Lewis MP Hall

\$45/10 **or**

\$5/drop-in/class

## Adapted Archery

(18 years & over)

Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No class February 13.**

**#17584 Fridays**

January 9 - March 6

12:15-1:30 p.m.

Lewis MP Hall

\$45/8

## Winter Bowling League

(18 years & over)

Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!

**#17591 Wednesdays**

January 7 - March 18

3-4 p.m.

Codes Country Bowling

\$5/11

## Adapted Chair Fit

(18 years & over)

An upbeat workout class that uses bender balls and toner sticks followed by a nice cool down with gentle stretching. All ages & abilities welcome.

Fridays

**#17585** January 9 - February 13

**#17586** February 20 - March 27

10:40-11:30 a.m.

Lewis MP Hall

\$60/6

*Find Adapted & Home  
School Gymnastics  
on page 30*





## Winter & Spring Break Camps

### Odyssey Junior

(6-11 years)

This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of activities - interactive games, crafts, and much more!

#17605 Monday - Friday

March 23 - 27

8:30 a.m. - 4:30 p.m.

Lewis Craft Room B

\$150/5

### Teen Odyssey

(12-18 years)

Join this camp designed specifically for teens with diverse abilities. This is the place where they can explore new activities, learn new skills, meet friends, all while in a supportive environment. The Teen Odyssey crew will take part in all sorts of spring activities - interactive games, crafts and more!

#17606 Monday - Thursday

March 30 - April 2

8:30 a.m. - 4:30 p.m.

LINC Games Room

\$125/4

### Winter Odyssey

(11-17 years)

Specifically for teens with support needs and diverse abilities! A camp where they get the chance to explore new activities, learn new skills, meet friends, and have tons of fun, in a supportive environment. Interactive games, crafts, out trips, and much more!

#17141 Monday, Dec 29

#17142 Tuesday, Dec 30

#17143 Friday, Jan 2

9 a.m. - 3 p.m.

LINC Multipurpose Room

\$20/day

### Adapted Dance Class

(16 years & over)

Join this fun and energizing approach to movement and music. Enjoy a mix of styles and step-by-step instructions to get you moving and shaking!

#17587 Thursdays

January 8 - March 12

1:10-2 p.m.

Lewis MP Hall

\$70/10

### Adapted Games Club

(13-19 years)

Welcome to this new and inclusive club for teens! Come to the LINC for sensory friendly play, while connecting with community. Feel free to enjoy the space, or join in on structured activities.

**No class February 16.**

#17668 Mondays

January 12 - March 16

5:30-7 p.m.

LINC Games Room

\$50/9

**Register ONLINE at**  
**[courtenay.ca/reconline](http://courtenay.ca/reconline)**

### Adapted Yoga

(16 years & over)

Join us for a slow moving gentle yoga class that focuses on calming the breath, stretching and gentle strengthening. This class will leave you feeling refreshed and relaxed.

Tuesdays

#17594 January 6 - February 10

#17595 February 17 - March 24

1:15-2 p.m.

Lewis Activity Room

\$35/6

### Adapted Dancercize

(18 years & over)

Let's get the wild spring dance party started! Register with your friends and join us for this fitness inspired class that is sure to put that spring in your step! All abilities and levels welcome.

**Instructor:** Tammy Jones

#17588 Wednesdays

January 14 - March 11

1:15-2 p.m.

Lewis MP Hall

\$65/9





## Special Interest

### Espresso Yourself

(16 years & over)

Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley. **No class February 17.**

**#17590** Tuesdays

January 6 - March 10

10:30-11:30 a.m.

Lewis Craft Room A

\$45/9 **or**

\$5/drop-in/class

### Adapted Sewing Club: Beginner

(18 years & over)

First time sewing, and wanting to? Would you like to learn how to sew? Join us each week as we explore the basics of sewing in this project based class.

**#17639** Thursdays

January 15 - March 5

1-2:30 p.m.

Lewis Craft Room A

\$90/8

*Please check receipts for important program information.*

### Young Adults Club

(18 years & over)

Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on January 6th.

**#17596** Tuesdays

January 6 - March 17

6-8 p.m.

Lewis Craft Room A

\$30/11

### Spoonie Social

(14 years & over)

This group has been curated to enhancing the social fabric of those living with persistent pain and illness. Folks of all ages can come together in solidarity to participate in gentle activities like, art, guest speakers, mindfulness, resource sharing, games nights, low-impact exercises and more!

**#17654** Wednesdays

January 14 - March 18

4:30-6 p.m.

Lewis Meeting Room

\$55/10 **or**

\$6/drop-in

### Adapted Sewing Club: Intermediate

(18 years & over)

This sewing class is a step beyond, where we tackle more challenging projects with fresh takes on your classic designs. Join us each week as we advance your skills, try new projects, and most importantly: have fun!

**#17653** Wednesdays

January 21 - March 11

12:30-2 p.m.

Lewis Craft Room A

\$90/8

### Building Friendships

(18 years & over)

The Building Friendship Program invites you to come and play pool, foos ball, board games, make crafts or just hang out. Everyone is welcome! For more info., please call and ask for Building Friendships (250) 338-5371.

Mondays

2:30-5 p.m.

The Linc Youth Centre,

300 Old Island Hwy.

FREE



## Art Cards

(18 years & over)

Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists. **No class February 16.**

Mondays

January 12 - March 9

#17583 10-11 a.m.

#17582 1-2 p.m.

LINC Multipurpose Room

Free

## Kitchen Crew

(14 years & over)

Mix it, toss it and throw it in the oven of fun. Come create tasty treats and meals as part of this kitchen crew! After you enjoy your meal, play some games and socialize in The LINC's games room.

Mondays

#17592 January 5 - 26

#17593 February 23 - March 16

10:30 a.m. - 12 p.m.

The LINC Kitchen

\$50/4

## Leisure Buddies

The Leisure Buddy provides 1:1 support to children and youth program participants in an effort to create an inclusive recreation environment. If your little one needs that extra support to ensure positive experiences in camps or programs, Leisure Buddy is for you! This can include, but is not limited to participants living with physical, cognitive, behavioral or developmental barriers. Leisure buddies are available throughout the year! For more information, or to submit a request for support, please contact The Adaptive & Inclusive Program Supervisor! 250-338-5371

## Adapted Valentines

### Art Cards

(18 years & over)

Love is in the air! This specific Art Card session is open for individuals to create their own valentine for a loved one or family member. Limit 1 card per participant.

#17665 Tuesday February 9

2-3:30 p.m.

LINC Multipurpose Room

\$10

## Adapted Craftastic

(16 years & over)

Join us for epic crafting adventures, where we explore fun and unique ways to get crafty! This program is opening up the space for you to try new things, and learn a little about how we express ourselves through art.

**No class February 16.**

#17655 Tuesdays

January 6 - March 17

1-2:30 p.m.

Lewis Craft Room A

\$75/10 **or**

\$8/drop-in

## Adapted Sing-along

(18 years & over)

Introducing our Adapted music group! This program meets weekly to sing all the greatest hits and play instruments like tambourines and maracas. Come join along with our sing-a-long! No previous musical experience needed.

#17608 Wednesdays

January 14 - March 11

10-11 a.m.

Lewis Craft Room A

\$45/9

## Adapted Air Dry Clay Creations

(14 years & over)

Get creative with clay! In this class, we explore the fantastic world of clay, and the many things we can create.

#17656 Wednesdays

January 28 - March 4

1:30-3 p.m.

Lewis Salish Building

\$50/6

*Registration for Adapted Winter Programs starts  
Monday, November 24 at 8:30 a.m.*





# Adapted Programs Winter Wonderland Dance

Friday, December 19

12:30-2:30 p.m.

Filberg Conference Hall

\$5



## Special Events

### Adapted Bingo with Santa

(18 years & over)

Pull out your holiday sweater and get ready for some festive fun! Bingo with Santa is sure to be a merry treat. Prizes for all participants.

**#16937** Wednesday Dec 17  
10-11 a.m.  
Lewis MP Hall  
\$5

Apply for discounts that provide healthy lifestyle opportunities through two programs:

#### 1. Recreation Access Program

Discounts on programs for City of Courtenay residents who live below Statistics Canada low income thresholds.

#### 2. LEAP

Regional program open to anyone in the Comox Valley. Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at [courtenay.ca/recaccess](http://courtenay.ca/recaccess)

### Valentine's Bingo

(18 years & over)

Bring your sweetheart, bring your friends and get ready to enjoy a sweet game of bingo to celebrate! Chocolate and prizes for everyone!

**#17601** Wednesday February 11  
10:30-11:30 a.m.  
Lewis MP Hall  
\$5

### Valentine's Day Dance

(16 years & over)

Celebrate Valentine's Day with all your friends at our annual Valentine's Day Dance. Be ready to spread the love and don't forget your dancing shoes for an afternoon of music and treats!

**#17603** Friday February 13  
12:30-2:30 p.m.  
Lewis MP Hall  
\$5

### St. Patrick's Day Bingo

(18 years & over)

Do you have the Luck of the Irish? Wear your green and bring good luck for our afternoon bingo session! Lucky charms for everyone!

**#17607** Tuesday March 17  
10:30-11:30 a.m.  
Lewis MP Hall A  
\$5

### St. Patrick's Day Dance

(18 years & over)

An afternoon of jigs, reels, and then some! Wear green and shamrocks, join us for an afternoon of step dancing... even if you aren't Irish!

**#17598** Friday March 13  
12:30-2:30 p.m.  
Lewis MP Hall  
\$5



# Creative Pursuits

## Beyond Beginner

### Painting Studio Time

Individualized attention with expert advice and guidance when you need it. Teresa will make you feel at home and relaxed so you can jump in, have fun, and improve your techniques. Bring a piece that you are working on and the supplies you normally use.

**Instructor:** Teresa Knight

#17262 Tuesdays

February 17 - March 25

6-8 p.m.

Filberg Craft Room

\$114/6

### Beginner Pottery

Build a fundamental skill set to create functional and decorative pieces with clay. Students will learn hand building techniques and different surface decoration methods through guided projects and self-exploration. Additional studio time will be available if needed. Registration includes one bag of clay.

**Instructor:** Bobbie Hammersley

#17261 Tuesdays

January 6 - March 10

7-9 p.m.

Lewis Craft Room B

\$399/10

#17260 Thursdays

January 8 - March 12

6:30-8:30 p.m.

Lewis Craft Room B

\$399/10

### Pottery Studio Time

Open studio time for participants currently registered in pottery classes to allow for additional time to work on projects.

**Instructor:** Bobbie Hammersley

#17279 Wednesdays

January 7 - March 18

6-9 p.m.

Lewis Craft Room B

## Beginner Acrylics

Brand new to painting acrylics? We'll cover all the basics! Including making colours, drawing, blocking in colour, material and supplies, techniques, layering and more. You'll come out with some paintings of your own and a good foundation for more!

**Instructor:** Teresa Knight

#17708 Wednesdays

January 28 - March 4

2-4 p.m.

Lewis Meeting Room

#17264 Thursdays

January 8 - February 12

6-8 p.m.

Filberg Craft Room

\$114/6

## How to Draw and Paint People

Learn to make visual sense of the anatomy so you can easily draw and paint it. Learn to make the paint colours you need, get proportions and movement right, and add the face all in a fun and relaxed environment.

**Instructor:** Teresa Knight

#17271 Thursdays

February 19 - March 26

6-8 p.m.

Filberg Craft Room

\$114/6

## Watercolour Landscapes

Watercolour is amazing for creating evocative landscapes; misty valleys, rushing water, snow covered hills, or lighter than air cloudscape. This class will cover the techniques you need: dropping in colour, layering washes, using opaque with transparent colours, and brushwork!

**Instructor:** Teresa Knight

#17276 Tuesdays

January 6 - February 10

6-8 p.m.

Filberg Craft Room

\$114/6

## Up Your Easter Egg Game

In this class you will learn 4 different Ukrainian Easter Egg techniques that will take your eggs from ordinary to extraordinary. The techniques are ancient but translate beautifully into modern egg-making. All supplies will be included.

**Instructor:** Diane Davies

#17624 Mondays

March 9 - 30

6-9 p.m.

Lewis Craft Room A

\$99/4





## Special Interest

### Habit Creation that Works

Ready to transform your daily routine and create lasting change? Learn practical, science-based steps to build positive habits that run on autopilot, saving your energy for what matters most. Boost your willpower, feel focused, energized and in control as you create an unstoppable version of yourself. This is for everyone who wants to build habits that actually stick - not just for moms!

**Instructor:** Linda Bartholme

**#17661** Tuesdays

January 20 - February 10

1:15-2:15 p.m.

LINC Multipurpose Room

\$89/4

### Best Year Yet 2026

Join Coach Linda for the "Best Year Yet 2026" workshop! Overcome obstacles with a "Bring it on" mindset and master what you can control. Gain clarity on your goals, boost your confidence, and leave with an actionable plan to make 2026 your most successful year yet. Get ready to step into your power starting today!

**Instructor:** Linda Bartholme

**#17660** Sunday January 11

2-4 p.m.

Lewis Meeting Room

FREE

### Beginner Knitting

Welcome to knitting! Whether you are an absolute beginner or have knit in the past, this class is for you. In this 4-week session, we'll explore the knit stitch, casting on and binding off, fixing mistakes, and more, while you make a pair or two of fingerless mitts. Material kits available for purchase.

**Instructor:** Sarah Thornton

**#17277** Thursdays

February 5 - 26

6:30-8:30 p.m.

Lewis Meeting Room

\$149/4

### Winter Glow Aromatherapy

Embrace the season of short days with Registered Aromatherapist Deanna Papineau. Discover essential oils to uplift your spirit while learning applications, safety and simple chemistry. Create and take home your own aromatic spray.

**#17704** Thursday January 29

6-8 p.m.

Lewis Meeting Room

\$49

### Session 16+

This one's for the grown-up crew. An after-hours hangout for people aged 16 and up. Pool, Skatepark, basketball, cards, food, music and good vibes. No pressure, no little kids, just your crew and a place to be. **No session on February 16.**

Mondays

January 5 - March 16

7-9 p.m.

The LINC Youth Centre

\$4/drop-in

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Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at [courtenay.ca/recaccess](http://courtenay.ca/recaccess)





## Cuisine From India 2

Come and learn about North Indian cuisine. Sonja shares some culinary secrets from Indian chefs she worked with at the Naam Restaurant in Vancouver. The menu will include Chick Pea Curry, Baked Samosas, Mint & Cilantro Achar and a dessert called Besan Burfi. There will be some hands on in this class so bring an apron and some to go containers.

**Instructor:** Sonja Limberger  
**#17267** Saturday February 7  
 2-4 p.m.  
 Bill Moore Park Lawn  
 Bowling Building  
 \$89

## Silver Stage Improv

Join this fun-filled improv class designed to sharpen your mind, boost your confidence, and spark your creativity! Through improv games you'll enhance quick-thinking skills, stay mentally sharp and enjoy plenty of laughter. No experience necessary just bring your sense of humour.

**#17826** Fridays  
 January 23 - February 27  
 1:30-3 p.m.  
 Lewis Craft Room B  
 \$75/6

*All adult programs  
 are for ages 16 years  
 & over unless  
 otherwise noted.*

## Chinese Vegetarian

Come and discover the flavours and colours of Chinese Cuisine. Chef Sonja will emphasize the importance of fresh organic ingredients. There will be step by step instruction to learn recipes like Sweet & Sour Tofu, Egg Fried Rice and Pot Stickers with a sauce. Be prepared for some hands on. Enjoy a full meal after the lesson and bring some to go containers.

**Instructor:** Sonja Limberger  
**#17278** Wednesday February 11  
 6-8 p.m.  
 Bill Moore Park Lawn  
 Bowling Building  
 \$89

## Brunch Favourites

Think about those cozy Sunday morning when gathered with friends and family for a brunch of late breakfast. Learn some new recipes with Chef Sonja for an exciting menu. Some of the recipes will be steel cut oat and maple granola, Bubble-n-squeak (kale, potato & cheddar patties) and cocoa buckwheat banana crepes with chocolate ganache. Enjoy tasting these creations after the lesson and bring some to go containers.

**Instructor:** Sonja Limberger  
**#17275** Saturday March 7  
 1-4 p.m.  
 Bill Moore Park Lawn  
 Bowling Building  
 \$99

## Did you know . . .

You can check when your membership ends, how many punches you have left, your registrations and more when you access your online account at [courtenay.ca/reonline](http://courtenay.ca/reonline)





# Music & Dance

## Beginner's Blues Harmonica

The harmonica is a versatile instrument, heard in everything from folk and country to jazz and rock, but it shines brightest in blues music. No prior musical experience is required. Just bring a 'C' harmonica and get ready to learn how to play this fun and soulful instrument!

**Instructor:** Larry Ayre

#17281 Tuesdays

January 27 - March 3  
6-7 p.m.

Lewis Salish Building  
\$89/6

## 55+ Piano Beginners

Music makes your brain work better! Here's your chance to learn your favourite songs. These small group classes study the basics of music, then you choose more! The first book costs \$35 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

#17629 Thursdays

January 15 - March 19  
1-2 p.m.

LINC Multipurpose Room  
\$198/10

## Beginner's Blues Guitar

Ready to dive deeper into the Blues? This course builds on your basic guitar skills, focusing on 12-bar blues songs, strumming patterns, turnarounds, blues scales and simple blues licks. Perfect for players looking to expand their technique and bring more soul to their guitar playing!

**Instructor:** Larry Ayre

#17282 Tuesdays

January 27 - March 3  
7:15-8:30 p.m.

Lewis Salish Building  
\$89/6

## 55+ Piano Beyond Beginners

These small group classes are for participants with some experience that would like to study the basics of music and grow their skills! The first book is \$35 and a piano or keyboard is recommended for practicing at home.

**Instructor:** Debbie Ross

#17630 Thursdays

January 15 - March 19  
2:15-3:15 p.m.

LINC Multipurpose Room  
\$198/10

## Beginners

### African Drumming

Learn hand drumming basics and West African rhythms on djembe and dundun. This beginner class explores drumming's benefits for body and mind while building skills. Participants should replicate simple rhythms and bring their own djembe. **No class February 6 & 27.**

**Instructor:** Monica Hofer

#17265 Fridays

January 16 - March 27  
2:45-3:45 p.m.

Native Sons Grand Hall  
\$145/9

## Beyond Beginners African Drumming

Ready to build on your drumming skills? This class bridges beginner and intermediate levels, focusing on technique and fun new West African rhythms. Perfect for those with some experience. Bring your own djembe; contact instructor if unsure of level. **No class February 6 & 27.**

**Instructor:** Monica Hofer

#17266 Fridays

January 16 - March 27  
1:30-2:30 p.m.

Native Sons Grand Hall  
\$145/9

## Intermediate

### African Drumming

Explore new and more advanced rhythms on djembe and bass drums. Build your skills, connect with others, and enjoy the mental, physical, and spiritual benefits of drumming. Designed for participants with prior experience. **No class February 6 & 27.**

**Instructor:** Monica Hofer

#17272 Fridays

January 16 - March 27  
12-1 p.m.

Native Sons Grand Hall  
\$145/9



## Drums Alive for Every-Body

Drums Alive is the most fun you will ever have drumming and moving to the beat! No Experience necessary - you can work at your own pace! This class suits any-body who is looking for a fun, morning get-fit routine, whether you want a slower pace, are recovering from injury or really want to power out. **No class February 16.**

**Instructor:** Monica Hofer

**#17268** Mondays

January 12 - March 23  
12:15-1:15 p.m.

Native Sons Grand Hall  
\$90/10

## Beyond Beginner Line Dance Boogie

This drop-in class is for dancers who want more energy and challenge than a beginner class offers. You should feel comfortable with basic steps and a quicker pace. Dance to lively music, try fun new moves, and enjoy a great workout. Start your Saturday with a boost of energy, rhythm, and community.

**Instructor:** Darlene Birtwistle

**#17699** Saturdays

January 10 - March 28  
10:15 a.m. - 12 p.m.  
Lewis Activity Room  
\$6.75/drop-in

## Line Dance Social

Spend a fun afternoon dancing and connecting with fellow line dance lovers while enjoying favorite routines from our community. Open to all levels and hosted by Darlene Birtwistle and Joan Wydenes - please pre-register one week in advance!

**#17753** Saturday February 22

**#17754** Saturday March 29

3:15-5:45 p.m.  
Native Sons Grand Hall  
\$10

## Beginner Line Dance Party

Step into the fun world of line dancing with this beginner-friendly class. Learn basic steps, learn the lingo and find out why a line dance class feels like a party! Build your confidence one step at a time with fun and easy line dances done to all kinds of music, it's not just country anymore! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. *"Life's too short not to dance."* **No class February 16.**

**Instructor:** Darlene Birtwistle

**#17284** Mondays

January 12 - March 23  
7-8 p.m.  
Native Sons Grand Hall  
\$70/10

## Line Dance - Beginner

Come and kick up your heels and dance the afternoon away! Line dancing is a great way to keep your brain and your body active! No partners required.

**Instructor:** Joan Wydenes

**#17273** Wednesdays

January 7 - March 25  
1:05-2:05 p.m.  
Lewis Activity Room  
\$84/12

## Line Dance Party - Level 2

You have learned the basic steps, know the lingo and are ready to take your line dancing skills to the next level with this upbeat and engaging class. The moves and choreography will be a bit more challenging but the fun and great music will still feel like a party!

**Instructor:** Darlene Birtwistle

**#17283** Thursdays

January 15 - March 26

7-8:15 p.m.

Native Sons Lower Level  
\$77/11

## Line Dance - Intermediate

If you've been enjoying the beginner class it's time to boot, scoot, and boogie your way on up to the intermediate class. Focus on learning new dances while still enjoying the favourites from the beginner class.

**Instructor:** Joan Wydenes

**#17274** Tuesdays

January 6 - March 24

12-1 p.m.

Native Sons Grand Hall  
\$84/12

*See page 49 for Ballroom Dancing classes*







# Martial Arts

## Beginner Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

**Instructor:** Albert Balbon

**#17526** Tuesdays

January 6 - March 17

3:30-4:30 p.m.

Lewis Activity Room

\$110/11

## Beginner

## Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

**Instructor:** Albert Balbon

**#17525** Thursdays

January 8 - March 19

6:45-7:45 p.m.

Lewis Activity Room

\$110/11

## Advanced

## Evening Tai Chi

The slow, fluid movements of Tai Chi reduce tension and stress, improves balance, coordination, and concentration, as well as muscle resiliency and joint flexibility. Tai Chi helps to increase energy and provides an overall sense of well-being.

**Instructor:** Albert Balbon

**#17524** Thursdays

January 8 - March 19

8-9 p.m.

Lewis Activity Room

\$110/11

## Kung Fu

(13 years & over)

Tibetan White Crane Kung Fu develops whole body fitness

through a set of controlled movements and sequences. This fast-paced class provides an introduction to Kung Fu and is suitable for those looking to build agility, learn self-defense and improve overall well-being. Each session will consist of a warm-up, practice of basic movements, and training adjusted to individual level and progression. **No class February 4 & 11.** **Instructor:** Tom Haber

**#17528** Wednesdays

January 7 - March 18

7-8:15 p.m.

Native Sons Lodge

& Dining Room

\$108/9

## Tibetan White Crane Tai Chi

(18 years & over)

Improve agility, flexibility and overall health and well-being by performing a sequence of slow and relaxed motions. The class introduces the "Needle in Cotton" form which is a treasure of the Tibetan White Crane Kung Fu system. The form is described as "peace in motion" and is a set of Qigong movements said to carry the practitioner into a healthy and long life. **No class February 10.**

**Instructor:** Tom Haber

**#17530** Tuesdays

January 6 - March 17

7-8 p.m.

Lewis MP Hall

\$100/10

## Chi Kung

(18 years & over)

Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy to learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus. **No class February 5.**

**Instructor:** Tom Haber

**#17527** Thursdays

January 8 - March 19

12-1 p.m.

Native Sons Lodge

\$100/10

**Register ONLINE at**  
[courtenay.ca/reconline](http://courtenay.ca/reconline)



## Woo Kim Taekwondo Adult

(13 years & over)

This fast-paced program is designed to give participants a full body workout all while building a new skill. Taekwondo is a Korean martial art and a recognised Olympic sport. Known for it's dynamic, powerful kicks, Taekwondo is a rewarding outlet for everyone. Improve strength, endurance, coordination, flexibility and balance skills all while reaching new heights of self confidence. Sanctioned by the BC and Canadian Taekwondo federations. Taught by 4th Dan Black Belt Richard Dobbs.

**#17541** Tuesdays & Thursdays  
January 6 - March 19  
6:40-7:40 p.m.  
Native Sons Grand Hall  
\$390/22

## Beginner Ballroom, Latin and Swing Dance

Join us for Ballroom, Latin and Swing Dancing. Learn the basics of popular styles like waltz, foxtrot, tango, cha-cha, rumba, jive and swing. Our experienced instructor will guide you through rhythm, technique and partner work to help you feel confident on the dance floor. This course builds creativity, social skills and fitness in a fun, supportive setting. Whether you're getting ready for a special event or trying something new, come discover the joy of dance. Please register with a partner.

**Instructor:** Jason Kirsch

**#17751** Wednesdays  
January 28 - March 4  
6-7:30 p.m.  
Native Sons Grand Hall  
\$99/6

## Historical Fencing (Intro)

(11 years & over)

Join us in restoring this medieval martial art. Learn and drill basic footwork, cuts, thrusts, grappling and slow, free-play. This is a great introduction to HEMA (Historical European Martial Arts) and a great way to prepare for joining your local historical fencing club! **No class January 20 & February 17.**

**Instructor:** Chad Herbert  
**#17270** Tuesdays

January 6 - March 10  
5:30-6:30 p.m.  
Filberg Conference Hall  
\$88/8

## Intermediate Ballroom, Latin and Swing Dance

Take your dancing to the next level! Build on your basic steps as you explore new patterns, turns, and styling. With guidance from our experienced instructor, you'll refine your rhythm, technique and partner connection while growing your confidence on the dance floor. A great way to stay active, social and creative in a fun, supportive setting. Please register with a partner. **Instructor:** Jason Kirsch

**#17752** Wednesdays

Jan 28 - March 4  
7:30-9 p.m.  
Native Sons Grand Hall  
\$99/6

## Historical Fencing (core curriculum)

(11 years & over)

The Core Curriculum is designed to take you from the Intro program to competitive HEMA fencer, long-term. Expect to work on building coordination, focus, and fitness, with opportunities to spar with Padded, Synthetic, and Steel. Expect to sweat during solo and partner drills. **No class January 20 & February 17.**

**Instructor:** Chad Herbert

**#17269** Tuesdays  
January 6 - March 10  
6:30-8:30 p.m.  
Lewis Conference Hall  
\$128/8





# Sports

## Pickleball

Join our drop-in Pickleball program for all skill levels! Enjoy fun, social play while improving your game in a welcoming environment. Just bring your paddle and enthusiasm for this fast-growing, easy-to-learn sport!. **No class February 15.**

**#17642** Sundays, 12:30-2:30 p.m.  
January 11 - March 29  
Thursdays, 1:15-3:15 p.m.  
January 8 - April 2  
Tuesdays, 1:15-3:15 p.m.  
January 6 - March 31  
Native Sons Grand Hall  
\$4/drop-in

## Catch Pickleball Fever

Elevate your mood and heart rate! Do you want to try Pickleball? This beginner course covers the rules, basic shots like dinking, serving, attacking, and defending. You'll be rallying and playing real games within the first hour! **No class February 15 & 22.**

**#17643** Sundays  
January 11 - March 29  
9-10:30 a.m.  
Native Sons Grand Hall  
\$45/day

## Badminton

Drop-in and get some exercise at our recreational badminton. Meet new players and improve your game in this fast-paced group sport!

**#17640** Wednesdays & Fridays  
January 7 - April 1  
1:15-3:15 p.m.  
Vern Nichols Gym  
\$4/drop-in

## Soccer

Join our Monday night kick-around for a fun, casual soccer experience! Enjoy playing the sport you love with no commitment required. All skill levels are welcome—come and play! **No class February 16.**

**#17645** Mondays  
January 5 - March 30  
7-8:45 p.m.  
Lewis MP Hall  
\$4/drop-in

## Basketball

Looking for some facilitated gym time to drop-in and play a pick up game of basketball or shoot around with your friends without any commitment? Join us and enjoy the flexibility of drop-in.

**#17641** Tuesdays  
January 6 - March 31  
7-8:45 p.m.  
Vern Nichols Gym  
\$4/drop-in

## Comox Valley Road Runners 5K Clinic

(12 years & over)

This 10-week course is aimed at three levels of aspiring runner: 1) Walkers who want to build strength, endurance and speed - turning to a run 2) Walk/Run - slowly & safely build to a full run and 3) Run/Walk - start with half run half walk. You will be fully running at 5 weeks then build endurance & speed. The 10th week will be a 5K Fun Run designed to give you a race experience along with allowing you to celebrate your new skills and accomplishments. This program has been carefully structured by a running coach. Experienced CVRR club members are there to mentor and guide you through your training. Throughout the program local sport professionals will give short guest lectures on important subjects relating to the sport of running. Youth between 12 - 15 years must be accompanied by a registered adult participant who will train in the same pace group. T-shirts, unique to 2026, can be ordered in person during the first 2 weeks of the program. A \$10 fee will be collected at that time. For more info contact 5kclinic.ca or visit [www.cvrr.ca](http://www.cvrr.ca)

**#17638** Saturdays  
January 17 - March 21  
9-11:30 a.m.  
Native Sons Lodge  
& Dining Room  
\$60/10 Adult (16+ yrs)  
\$40/10 Youth (12-15 yrs)

*Sign up for a Pickleball class and be ready to show your skills at the drop in program. Register for 'Catch Pickleball Fever' today and try drop in Pickleball throughout the week.*





## Adult Gymnastics

Adult gymnastics offers a fun, supportive way to build strength, flexibility, and coordination. No prior experience is needed—just a willingness to try! Learn basic skills like rolls, handstands, and cartwheels at your own pace, all while improving confidence, body awareness, and fitness in a welcoming, encouraging environment. **No class February 16.**

Mondays

#17478 January 12 - February 9  
\$149/5

#17700 February 23 - March 16  
\$119/4  
7:45-8:45 p.m.  
Vern Nichols Gym

## Midweek Masters XC Ski Program

(19 years & over)

This program pairs you with the same instructor each week catering to novice, intermediate, and advanced levels. You will focus on essential skills and techniques, covering everything from hill climbing to descending, tailored for both classic and skate skiing. The first 5 sessions will focus on classic skiing, followed by 5 sessions focussed on skate skiing. Choose one or both of the 5-week sessions!

**Instructor:** Mt Washington Snow School

Tuesdays

10-11:30 a.m.

#17646 January 6 - Feb 3 **classic**

#17647 Feb 10 - March 10 **skate**  
Mount Washington  
Nordic Centre  
\$129/5

*Please check receipts for  
important  
program information.*

## Aerial Arts: Mixed Levels (Basics - Advanced)

In this mixed-level (basics to advanced) class we will focus on skills, technique, strength, endurance, creative movement and much more. Students will have the option to work towards creating acts to present in the last class.

**Instructor:** 7 Story Circus

#17253 Wednesdays

January 7 - March 18

6-7:30 p.m.

Vern Nichols Gym

\$412.50/11

## XC Ski Program

(19 years & over)

This program promotes the development of classic or skate skiing by giving participants the skills to enjoy the ski trails at the Mount Washington Nordic Centre. You will have the opportunity to work on new skills as you develop your technique through exercises and guided mileage.

**Instructor:** Mt Washington Snow School

Sundays

#17649 January 11 - Feb 8 **classic**

#17650 Feb 22 - March 22 **skate**

10-11:30 a.m.

Mount Washington

Nordic Centre

\$129/5

## Community Circus 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts!

**Instructor:** 7 Story Circus

#17254 Fridays

January 16 - March 6

6:30-8 p.m.

Vern Nichols Gym

\$300/8

## Master The Mountain

(19 years & over)

This program is designed for skiers and snowboarders to build confidence, improve technique, and help you explore more of the mountain - at your own pace and in great company. Enjoy a coffee break to talk snow with your pro in the Snow School area.

**Instructor:** Mt Washington Snow School

#17648 Fridays

January 16 - February 20

9 a.m. - 12 p.m.

Mount Washington

\$319/6



# Lewis Centre Squash courts

## To reserve a court:

Call 250-338-5371 or  
stop by the Lewis Centre  
front desk.

Payment is required at  
time of booking.

Use your squash punch  
pass/membership & save!



*All court bookings are 60 minutes in duration.*

## Squash hours:

Monday to Friday ..... 6 a.m. - 9 p.m.

Saturday & Sunday ..... 9 a.m. - 4 p.m.

For up to date information  
and schedules:  
[courtenay.ca/squash](http://courtenay.ca/squash)

## Changes effective March 1, 2025:

- Eliminated Prime and Non-Prime Time distinctions
- Existing passes can be used to book any court at any time
- All court bookings are now 60 minutes in duration

## Play your way - no limits!

## Court fees (per person) includes 5% GST

	Drop-In	11 Pass	Unlimited Play Pass	
			6 month	1 year
Student	\$4.50	\$45	\$189	\$270
Adult (19+)	\$6.25	\$62.50	\$262.50	\$375
Older Adult (55+)	-	-	\$210	\$300
PWD	-	-	\$189	\$270

*Childminding is now  
available Wednesday  
evenings! See page 47  
for more information.*



# Personal Training

Train with one of our certified personal trainers to reach your fitness goals.

You will get:

- A personalized workout program tailored to your needs
- Guidance on proper technique and safe use of equipment
- Motivation and accountability to stay on track
- Support to help you progress efficiently



Please inquire at the Lewis Centre reception to purchase personal training sessions.

## Personal training prices

### Private

Each session is one hour.

2 sessions	\$130
4 sessions	\$248
8 sessions	\$480
10 sessions	\$580

### Semi-private (Price is per person)

Each session is one hour (two participants).

2 sessions	\$104
4 sessions	\$196
8 sessions	\$384
10 sessions	\$450

- Sessions are valid one year from the purchase date.
- External service providers require approval to conduct their business activities in the Lewis Wellness Centre facility.

## Step into the New Year with our 4 Week 'First Step' Personal Training Package

Start your fitness journey with guidance from one of our certified personal trainers.

This package includes:

- One 30 minute **pre-assessment session** to discuss your goals with your trainer
- Eight 60 minute **personal training sessions**
- Four **yoga class passes** (subject to availability)
- One 30 minute **post-assessment session** to review your progress and discuss long-term strategies

**Cost:** \$550 (+gst)

- Valid for 4 weeks from the date of purchase
- Available for purchase **only during January 2026**

For more details or to register, please contact the Lewis Centre reception at 250-338-5371.





# Lewis Centre Wellness Centre



## Wellness Centre hours

Monday - Friday.....5:30 a.m. - 9 p.m.

Saturday & Sunday.....8:30 a.m. - 4 p.m.

*\*closed on statutory holidays*

## Quiet Hours (no TV and no music)

Mondays & Thursdays  
8:30 a.m. - 2:30 p.m.



## Attendant on Duty Hours

### Monday to Friday

- 5:30-7:30 a.m.
- 10 a.m. - 1 p.m.
- 3:30-6:30 p.m.
- 7-9 p.m.

### Saturday & Sunday

- 8:30 a.m.- 4 p.m.

## Childminding

- Monday - Thursday  
8:45-10:30 a.m.
  - Friday  
10:15-11:45 a.m.
  - Saturday  
8:45-10:30 a.m.
  - Tuesday & Wednesday  
4:45-6:30 p.m.
- \$3.15/1¾ hours *includes GST*  
\$30/10 punch-card



**Weightroom Orientations  
are available. Please  
inquire at reception.**

## Wellness Centre Fees

(includes GST)

	Student	Adult	Evergreen	PWD
Drop-in	\$4	\$6.75	\$5.50	\$4
11 Punch	\$40	\$67.50	\$55	\$40
1 month	\$40	\$67.50	\$55	\$40
3 months	\$96	\$162	\$132	\$96
6 months	\$168	\$283.50	\$231	\$168
1 year	\$240	\$405	\$330	\$240

Scan to find out about our  
Wellness Centre equipment.



## Ages 13 & over

*13 - 15 years must be with adult (19+)  
or attend during supervised hours.*

**Schedules are subject to change. Please call  
ahead to confirm that an attendant is present.**

## Pass suspensions

*Passes may be suspended in advance for a minimum of  
one month for medical reasons only. Suspensions will  
take effect from the date the written request is received or  
from the date on the doctor's certificate.*



## Weight Room Orientation



New to the weight room or need a refresher? This session will guide you through the basics of strength training, safe equipment use, and proper weight room etiquette. Max. 3 participants. Please call 250-338-5371 to register or register online.

Saturday & Sundays  
1-2 p.m.  
Lewis Wellness Centre  
\$20

## Small Group Training



Perfect for those who thrive with supervision to stay motivated and accountable, while progressing through a personalized program guided by a trainer (max 4 participants).

Saturdays  
9-10 a.m.  
(Sharon Aul)

#17693 January 10 - 31

#17694 February 7 - 28

#17695 March 7 - 28

Tuesdays  
12:15-1:15 p.m.  
(Lataisha Maynard)

#17696 January 6 - 27

#17707 February 3 - 24

#17709 March 3 - 31

Wednesdays  
6:30-7:30 p.m.  
(Juan Blancas)

#17714 January 7 - 28

#17715 February 4 - 25

#17716 March 4 - 25

\$100/4 or \$125/5

Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)  
For updates & schedule  
changes, go to  
[www.courtenay.ca/rec](http://www.courtenay.ca/rec)

## Body Weight HIIT



Challenge yourself in this high-energy bodyweight interval training class. Spend 45 minutes alternating between intense work and active recovery to build strength, endurance and balance. Finish with 15 minutes of stretching designed to enhance flexibility, mobility and recovery - no equipment needed.

Wednesdays

#17503 January 7 - February 11

\$72/6

#17692 February 18 - April 1

\$84/7

5:30-6:30 p.m.

Lewis MP Hall

## Fundamentals of Powerlifting



Discover powerlifting while mastering, squat, bench and dead-lift. Gain strength, improve technique and challenge yourself in a safe, supportive setting.

**Instructor:** Lataisha Maynard

Tuesdays

#17577 January 6 - February 10

\$132/6

#17664 February 17 - March 31

\$154/7

6:30-8 p.m.

Lewis Wellness Centre

## Strength Training

(55 years & over)

Build strength and balance in this supportive class. Enjoy personalized workouts using a variety of equipment in a fun, welcoming environment. Suitable for all fitness levels, with guidance tailored to your individual needs.

**No class February 16.**

**Instructor:** Juan Blancas

#17426 Mondays & Wednesdays

GG January 5 - April 1

12:30-1:30 p.m.

\$300/25

#17758 Wednesdays

GG January 7 - April 1

11 a.m. - 12 p.m.

\$156/13

Tuesdays & Thursdays

January 6 - April 2

#17430 12:30-1:30 p.m.

#17432 2-3 p.m.

GG \$312/26

Fridays

January 9 - March 27

#17433 12:30-1:30 p.m.

#17434 2-3 p.m.

GG \$144/12

Lewis Wellness Centre





## Winter Hustle December 21 - January 3

Stay energized and beat the holiday stress - join our festive drop-in fitness classes this winter for a fun, feel-good workout that keeps you in shape and boosts your holiday spirit!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dec 21</b> <b>9:30-10:30 am</b> <b>Peak Performance</b> w/ Sharon	<b>22</b> <b>12:05-12:55 pm</b> <b>Bodyweight HIIT</b> w/ Sharon  <b>5-6 pm</b> <b>Pilates &amp; More</b> w/ Tina	<b>23</b> <b>9:30-10:30 am</b> <b>Dancefit</b> w/ Lyla <b>12:05-12:55 pm</b> <b>20/20/20</b> w/ Nancy <b>6:15-7:15 pm</b> <b>Zumba</b> w/ Stacie	<b>24</b> <b>9:30-10:30 am</b> <b>Peak Performance</b> w/ Sharon  Facility Closed at 12 pm	<b>25</b>  Facility Closed All Day	<b>26</b>  Facility Closed All Day	<b>27</b> <b>9-10:30 am</b> <b>Polar Pedal</b> w/ Luis
<b>28</b> <b>9:30-10:30 am</b> <b>Bodyweight HIIT</b> w/ Sharon	<b>29</b> <b>9:30-10:30 am</b> <b>Dancefit</b> w/ Lyla <b>12:05-12:55 pm</b> <b>Body Weight HIIT</b> w/ Sharon  <b>5-6 pm</b> <b>Restorative Yoga</b> w/ Akiko	<b>30</b> <b>8-9 am</b> <b>Early Bird Fitness</b> w/ Tina <b>12:05-12:55 pm</b> <b>Glide &amp; Bounce</b> w/ Nancy	<b>31</b> <b>9:30-10:30 am</b> <b>Peak Performance</b> w/ Sharon <b>12:05-12:55 pm</b> <b>20/20/20</b> w/ Nancy  Facility Closed at 3 pm	<b>Jan 1</b>  Facility Closed All Day	<b>2</b> <b>6-7 am</b> <b>New Year Resolution</b> w/ Tina <b>12:05-12:55 pm</b> <b>Booty &amp; Core</b> w/ Nancy	<b>3</b> <b>9-10:30 am</b> <b>Polar Pedal</b> w/ Luis

*Please note: This schedule is subject to change. Fitness substitutions and cancellations will be posted at [courtenay.ca/fitness](http://courtenay.ca/fitness). Please check the schedule before attending.*





## Advanced Strength

(55 years & over)

This popular intermediate-level class is the next step up from Simply Strength. Designed to enhance overall conditioning, it focuses on balance, agility, and core strengthening while integrating health and wellness education for a well-rounded fitness experience. **No class February 16.**

**Instructor:** Steve Thomson  
Mondays & Wednesdays

#17437 January 5 - February 18

 \$156/13

#17438 February 23 - March 1

 \$144/12

9-10 a.m.

Native Sons Grand Hall

## Peak Performance

Kickstart your Sunday with this total-body session! Boost your cardio, build strength, and activate your core in a dynamic bootcamp-style class. This workout has it all - and will leave you ready to crush your goals.

**Instructor:** Sharon Aul



Sundays

#17717 January 4 - February 15

\$84/7

#17718 February 22 - March 29

\$72/6

9-10 a.m.

Lewis Activity Room

## Total Body TRX

Take your training further with this dynamic suspension training class! Build on your bodyweight skills to improve balance, core strength, cardio, flexibility, and overall fitness. Designed for those with some suspension training experience. All levels are welcome.

**Instructor:** Corinne Dibert  
Mondays

#17724 January 5 - February 9

#17725 March 5 - April 2

6:45-7:45 p.m.

Lewis Activity Room

\$72/6

## Booty, Core and More

Target and tone your glutes and core while building total-body strength in this fun, dynamic workout. Using a mix of strength, endurance, and conditioning exercises, you'll sculpt, strengthen, and sweat your way to improved stability and power.

**Instructor:** Emilie Dube

Thursdays



#17720 January 15 - February 19

#17721 February 26 - April 2

1:30-2:30 p.m.

Lewis Activity Room

\$72/6

## Strictly Strength for Women

This strength class offers a supportive space for all ages to build strength through resistance training and varied equipment. With no cardio, the focus is on lean muscle, stronger bones, improved flexibility, and feeling empowered both physically and mentally.

**Instructor:** Nancy Victoria  
Fridays

#17483 January 9 - February 13

#17741 February 20 - March 27

10:30-11:30 a.m.

Lewis Activity Room

\$72/6

## Sunday Warriors Spin

Power through climbs, sprints, and endurance drills in this high-energy ride. With motivating music and a supportive atmosphere, you'll challenge your limits and feel strong, energized, and ready for the week ahead.

**Instructor:** Fiona McQuillan

Sundays

#17726 January 11 - February 15

#17727 February 22 - March 29

10:30-11:30 a.m.

Lewis Activity Room

\$72/6



## Workshops

### Stay Mobile: A Workshop to Keep You Moving

Discover how to actively move your joints through their full range of motion and understand the difference between mobility and flexibility. Learn practical drills designed to enhance movement and improve your quality of life.

**Instructor:** Sharon Aul

#17719 Sunday February 8

1-3 p.m.

Lewis Activity Room

\$20



### Strong to the Core: A Workshop for Active Aging

Discover effective ways to strengthen your core for balance, stability, and everyday movement. This interactive workshop focuses on safe, functional bodyweight exercises designed to support active aging and keep you moving with confidence.

**Instructor:** Nancy Victoria

#17723 Sunday January 25

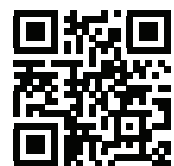
1-3 p.m.

Lewis Activity Room

\$20



*We are  
planning more  
Workshops.  
Scan to stay  
updated:*





# Wellness

## Baby & Me Yoga

Bond with your baby while rebuilding strength, flexibility, and balance. This supportive class offers gentle exercises and the chance to connect with other new parents. Open to babies from six weeks old until they begin crawling.

**Instructor:** Akiko Shima  
Thursdays

#17575 January 8 - February 12

#17576 February 19 - March 26  
3-4 p.m.  
Lewis Meeting Room  
\$72/6

## Yoga for Deep Rest

Nourish your nervous system in this midweek retreat combining Hatha, restorative yoga, and yoga nidra. Gentle breath-linked movements lead to supported reclined postures, ending with guided meditation to release tension, relax deeply, and restore body and mind.

**Instructor:** Kelly Yaskiw  
Wednesdays

#17533 January 7 - February 11  
\$78/6

#17612 February 18 - April 1  
\$91/7  
7-8:15 p.m.  
Lewis Activity Room

## Chair Yoga Flow


(55 years & over)

This class blends seated and standing postures with a chair for stability - no floor poses required. Guided by your breath, we flow through gentle sequences and hold postures to build strength, balance, and flexibility in a calm, relaxing atmosphere.

**Instructor:** Emilie Dube  
Thursdays

#17743 January 15 - February 19

#17744 February 26 - April 2

 2:30-3:30 p.m.  
Lewis Salish Building  
\$72/6

## Prenatal Yoga

Pregnancy brings many changes, and prenatal yoga helps you adapt, prepare, and strengthen your body. Connect with your breath, mind, and baby in this supportive class led by a certified birth doula. All levels are welcome. **No class March 18.**

January 21 in Salish Building.

**Instructor:** Akiko Shima  
Wednesdays

#17536 January 7 - February 11  
\$78/6

#17537 February 18 - April 1  
\$91/7  
6:30-7:45 p.m.  
Lewis Meeting Room

## Intro to Meditation

Meditation enhances focus, reduces stress, and nurtures mindfulness. By using breath and body as anchors, it fosters calm, clarity, and emotional balance while promoting overall well-being and greater self-awareness.

**Instructor:** Julie Blais

#17823 Wednesday February 25  
6:30-8 p.m.  
Bill Moore Lawn  
Bowling Building  
\$30

## Guided Meditation and Movement

Led by two instructors, this 45-minute class begins with gentle yoga to relax the body and prepare for guided meditation. Settle into presence, release stress, and cultivate inner calm. Each session closes with reflections, nurturing peace, clarity, and connection.

**Instructor:** Susan Obieglo  
Wednesdays

#17669 January 7 - February 4

#17670 February 18 - March 18  
6:15-7 p.m.  
Lewis Salish Building  
\$65/5

## Minds in Motion

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities. Care partners must attend. This program is offered in partnership with the Alzheimer Society of BC. Call (778) 746-2017 for more information.

**Instructor:** Nancy Victoria  
Wednesdays

#17521 January 14 - February 11

#17523 February 25 - April 1  
1-3 p.m.  
Native Sons Lodge Room  
\$50/5



## Me-Time Yoga

This smooth, breath-led class guides you through flowing sequences, including sun salutations, standing poses and floor stretches. Linking movement to breath builds strength, flexibility, and balance, while fostering mindfulness, gentle flow, stillness and relaxation. No experience necessary.

**Instructor:** Emilie Dube



Fridays

#17538 January 16 - February 20  
\$72/6

#17539 February 27 - March 27  
\$60/5

10:30-11:30 a.m.

Lewis Salish Building



## Yin/Restorative Yoga

This class alternates between Yin and Restorative Yoga, offering the best of both worlds. Yin yoga stimulates deeper tissues while Restorative yoga provides deep relaxation. Both are quiet, floor-based practices to encourage stillness and breathing awareness. Please note that this is not a class suitable for those new to yoga.

**Instructor:** Catherine Reid

Fridays

#17535 January 9 - February 20  
\$90/6

#17663 February 27 - March 27  
\$75/5

10-11:30 a.m.

Native Sons Lodge Room

## Chair Yoga

(55 years & over)

Designed for those who have difficulty getting up and down from the floor, this fun class offers yoga from a chair. Enjoy special breathing practices, gentle joint movements, muscle strengthening, and supported standing poses for a complete, accessible practice.

**Instructor:** Catherine Reid

Tuesdays

#17742 January 6 - February 17  
10:30-11:30 a.m.



Native Sons Grand Hall  
\$84/7

#17439 February 24 - March 31  
10:30-11:30 a.m.



Native Sons Grand Hall  
\$72/6

## Therapeutic

### Chair Yoga

Embrace the power of simplicity! Discover how subtle movements can significantly elevate body awareness and relieve tension. Try these impactful exercises designed to enhance your joint mobility, strength and stability, and feel the difference in your well-being.

**Instructor:** Akiko Shima

Thursdays

#17440 January 8 - February 12  
\$72/6

#17671 February 19 - April 2  
\$84/7

9:30-10:30 a.m.

Native Sons Lodge Room

## Restorative Yoga

Experience a gentle, prop-supported practice with postures held for extended periods to promote relaxation and reduce stress. Focused on breath and sustained poses, this class fosters deep physical, mental, and emotional calm, leaving you profoundly relaxed and rejuvenated.

**Instructor:** Akiko Shima

Mondays

#17534 January 5 - February 9

#17745 February 23 - March 30  
6:30-8 p.m.

Lewis Meeting Room

\$90/6

## Pilates & More

Challenge your mind and body with low-impact, joint-friendly Pilates exercises. Strengthen your core, improve spine health, enhance balance, flexibility, and coordination, and enjoy a full-body workout that both strengthens and lengthens muscles for overall fitness and well-being.

**Instructor:** Suzy Williamson

#17529 Tuesdays

January 6 - February 10  
5-6 p.m.

Native Sons Lodge Room  
\$72/6

#17531 Tuesdays

February 17 - March 31  
5-6 p.m.

Native Sons Lodge Room  
\$84/7

Register ONLINE at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)  
For updates & schedule  
changes, go to  
[www.courtenay.ca/rec](http://www.courtenay.ca/rec)







## Yoga - Joint Series

(55 years & over)

This sequence of gentle postures enhance joint mobility and breath awareness. Each adaptable pose - whether on hands and knees, seated, or standing - is explored slowly, allowing variations for all abilities. This joint freeing series supports flexibility, balance, and mindful movement for everyone.

**Instructor:** Sheron Jutila

Thursdays

**#17446** January 8 - February 12



10:15-11:45 a.m.

Native Sons Grand Hall

\$90/6

**#17452** February 19 - March 26



10:15-11:45 a.m.

Native Sons Grand Hall

\$90/6

## Yoga for Men

Join this 75-minute class focused on joint health, flexibility, and increased range of motion. Through seated and standing poses, improve posture, boost balance, and relieve muscle tightness, promoting overall strength, mobility, and well-being. Please note that this class is designed specifically for male participants.

**Instructor:** Susan Obieglo

Mondays

**#17532** January 5 - February 9

**#17746** February 23 - March 30

7:15-8:30 p.m.

Native Sons Lodge Room

\$78/6

## Yoga for Pelvic Health

This class supports pelvic health, helping strengthen the bladder, lift the uterus, and tone pelvic floor muscles. Designed for those with at least one year of regular yoga practice, it builds confidence, function, and awareness in a safe, supportive environment. Please note that this class is designed specifically for female participants. **No class February 16.**

**Instructor:** Catherine Reid

Mondays

**#17487** January 5 - February 23

\$91/7

**#17492** March 2 - 30

\$65/5

4:45-6 p.m.

Lewis Meeting Room

## Yoga- Ongoing

(55 years & over)

This is a mixed-level Hatha-based yoga class combining floor and standing poses, and offering options to increase challenge and deepen awareness. With a thorough warm-up, it focuses on improving flexibility, balance, strength, and posture. Previous yoga or similar experience is recommended.

**Instructor:** Sheron Jutila

Fridays

**#17458** January 9 - February 20

\$90/6

**#17476** March 6 - 27

\$60/4

10-11:30 a.m.

Native Sons Grand Hall

## Yoga - Gentle

(55 years & over)

This class blends mostly floor poses with slow, calming movements. Focused on stretching and easy strengthening, it is an ideal session for those with limited mobility, with slower transitions to and from the floor, or anyone seeking a mellow, restorative practice. **No class February 16.**

**Instructor:** Sheron Jutila

Mondays

**#17441** January 5 - February 23

\$91/7

**#17442** March 2 - 30

\$65/5

1:45-3 p.m.

Native Sons Grand Hall

Apply for discounts that provide healthy lifestyle opportunities  
Apply for 2026 today! More info at  
[courtenay.ca/recaccess](https://courtenay.ca/recaccess)




# 55+ Drop-In Fitness

## Chair Fit

Enjoy a fun, low-impact class that can be done in or out of a chair! Build strength, balance, and flexibility with plenty of options for all levels. Relax, move, and feel great!

**Instructor:** Nancy Victoria

#17444 Tuesdays

 January 6 - March 31  
9-10 a.m.

Filberg Rotary Hall  
\$6.75/drop-in

## Find your Strength

Build strength and improve flexibility at your own pace in this supportive, all-levels class.

**Instructor:** Nancy Victoria

Mondays  
January 5 - April 2  
10:15-11:15 a.m.

Filberg Conference Hall  
\$6.75/drop-in




## Strength, Stretch & Core

This popular class has it all! Start with a moderate warm-up, then strengthen, tone, and stretch key muscles. Finishing with a long, relaxing cool-down that leaves you feeling strong and refreshed. **No class February 16.**

**Instructor:** Nancy Victoria

#17447 Mondays

 January 5 - April 2  
9-10 a.m.


Filberg Conference Hall  
Thursdays  
9-10 a.m.  
Native Sons Grand Hall  
\$6.75/drop-in

## Simply Strength

Build strength, balance, and mobility using a variety of equipment. Improve your ability to move with confidence - climb stairs, get up with ease, and stay steady on your feet. Participants should be able to get up and down from the floor. **No class February 16.**

**Instructor:** TBA

#17445 Mondays

 January 5 - April 1  
10:30-11:30 a.m.

Native Sons Grand Hall  
Wednesdays  
10:30-11:30 a.m.  
Native Sons Grand Hall  
\$6.75/drop-in

## Did you know . . .

You can check when your membership ends, how many punches you have left, your registrations and more when you access your online account at [courtenay.ca/reconline](http://courtenay.ca/reconline)

# Winter 55+ Drop-in Fitness

effective January 3, 2026

	MON	TUES	WED	THURS	FRI
9 a.m.	<b>Strength, Stretch &amp; Core</b> Filberg (Upper)	<b>Chair Fit</b> Filberg (Lower)		<b>Strength, Stretch &amp; Core</b> Filberg (Upper)	<b>Chair Fit</b> Filberg (Lower)
10:15 a.m.	<b>Find Your Strength</b> Filberg (Upper)				
10:30 a.m.	<b>Simply Strength</b> Native Sons Hall (Upper)		<b>Simply Strength</b> Native Sons Hall (Upper)		

**\$6.75 drop-in fees apply**

*Fitness schedule substitutes and cancellations will be posted at [courtenay.ca/fitness](http://courtenay.ca/fitness)*

Only punch cards are accepted at offsite locations. Cash payments need to be made at the Lewis or Filberg office.








Winter Program Registration starts Monday November 17 | [See page 68](#)

# Winter Drop-in Fitness

classes subject to maximum capacity

effective January 3, 2026

Courtenay Active Living

	MON	TUES	WED	THURS	FRI	SAT
Morning	6 am				Early Bird Fitness	
	9 am		Zumba w/ Milena 	BootCamp Blast 		Pedal N' Sculpt+ *
	10:30 am	BootCamp Blast		DanceFit		
Mid-day	12:05 pm	Monday Motivator	Spin Express Flow Yoga MP Hall	Dynamic Fusion	Kettle Bell & Release Yoga Reset Salish Bldg starts Jan 16	
	3:45 pm	Yoga Sculpt starts Jan 26		Yoga Sculpt starts Jan 21		
Evening	5:15 pm	Zumba Toning 5:30 p.m.	FLIT 5 p.m. 	Strength Stretch & Mobility 	Spin, TRX & Core	 Childminding available during these classes <b>Class Levels</b> Beginner/Intermediate Intermediate/Challenging Challenging + 75 minute class * additional fee applies
	6:15 pm		Zumba w/ Stacie			
	7:30 pm		Yin Yoga w/ Susan+			

No classes on stat holidays

Classes are located in the Lewis Centre Activity Room unless otherwise noted.

**Please note:** This schedule is subject to change.  
Classes may be cancelled due to low attendance.  
Please check [courtenay.ca/fitness](http://courtenay.ca/fitness) for current schedule.

## Children in fitness classes:

The City of Courtenay fitness classes are teen and adult oriented. For the safety, comfort and enjoyment of all, children cannot be accommodated in regular fitness classes. Find our childminding hours on page 14.

## Fees (includes 5% GST)

	Drop-in	11 Punch card	1 month	3 months	6 months	1 year
Student	\$4	\$40	\$40	\$96	\$168	\$240
Adult	\$6.75	\$67.50	\$67.50	\$162	\$283.50	\$405
Evergreen	\$5.50	\$55	\$55	\$132	\$231	\$330
PWD	\$4	\$40	\$40	\$96	\$168	\$240





# Drop-in Fitness

## Monday Motivator

*Mondays 12:05-12:55 p.m.*

Start the week off right with a challenging mix of exercises that target your upper and lower body and core. Develop balance, strength and agility and improved heart and lungs.

**Instructor:** Susan Obieglo

## Yoga Sculpt

*Mondays & Wednesdays*

Starting January 21

3:45-4:45 p.m.

A creative mixture of Vinyasa yoga and strength training designed to create a full body workout. Combining traditional yoga asanas, strength training with light weights, ending in a soothing stretch.

**Instructor:** Wendie Matte

## Zumba Toning

*Mondays 5:30-6:30 p.m.*

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves.

**Instructor:** Milena Spratt

## BootCamp Blast

*Tuesdays 10:30-11:30 a.m.*

You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

**Instructor:** Steve Thomson

## Spin Express

*Tuesday 12:05-12:55 p.m.*

Beginners to Spin welcome, and seasoned cyclists will be challenged! Class is composed of a warm-up, cardio, cool-down and stretch.

**Instructor:** Fiona McQuillan

## Flow Yoga

*Tuesdays 12:05-12:55 p.m.*

In this Vinyasa yoga class, you'll practice poses that are strung together to form one fluid sequence of movement.

**Instructor:** Susan Obieglo



Childminding is offered during these programs

## FLIT (Fat Loss Interval Training)

*Tuesdays 5-6 p.m.*

This is a high-intensity workout combining cardio, strength, and recovery intervals to burn fat, boost endurance, and build lean muscle. Designed for all fitness levels, FLIT delivers fast, effective results.

**Instructor:** Nancy Victoria

## Zumba w/ Stacie

*Tuesdays 6:15-7:15 p.m.*

Join this medium to high intensity Latin inspired dance fitness class guaranteed to make you sweat!

**Instructor:** Stacie Cleveland

## Yin Yoga w/ Susan

*Tuesdays 7:30-8:45 p.m.*

Start your week with this Yin class, enhancing mobility and flexibility through deep holds, promoting relaxation.

**Instructor:** Susan Obieglo

## Zumba w/ Milena

*Wednesdays 9-10 a.m.*

This Latin infused dance class will burn tons of calories and make you sweat. You will shimmy, shake, and pump your chest!

**Instructor:** Milena Spratt

## Strength, Stretch & Mobility

*Wednesdays 5:15-6:15 p.m.*

Enhancing fitness through effective weight training and mobility exercises for strength, flexibility and mobility.

**Instructor:** Nancy Victoria

## BootCamp Blast

*Thursdays 9-10 a.m.*

You'll get your butt kicked with a mix of equipment based and bodyweight exercises. This class combines cardio, functional training and conditioning exercises.

**Instructor:** TBA

## DanceFit

*Thursdays 10:30-11:30 a.m.*

Get happy and fit in this lower intensity dance-style class. Features easy to follow dance moves and fun, upbeat music from around the world.

**Instructor:** Lyla Pettis

## Dynamic Fusion

*Thursdays 12:05-12:55 p.m.*

An integrative fitness class combining weightlifting, Pilates, and yoga to enhance strength, balance, mobility, core stability, and flexibility

**Instructor:** Susan Obieglo

## Spin, TRX & Core

*Thursdays 5:15-6:15 p.m.*

High-intensity cycling, TRX suspension training, and core-strengthening exercises combine for a powerful, full-body workout that builds strength and endurance.

**Instructor:** Nancy Victoria

## Early Bird Fitness

*Fridays 6-7 a.m.*

Working out in the morning gives you a 12 hour mood boost! This class combines cardio, strength and balance exercises using a variety of formats and hand weights. Leave feeling energized, strong and ready to tackle the day ahead. All fitness levels are welcome!

**Instructor:** Tina Pringle

## Kettle Bell & Release

*Fridays 12:05-12:55 p.m.*

A strength-based program where participants will use Kettle Bells to strengthen the body! Focus on core, mobility, strength and finish with a good stretch.

**Instructor:** Nancy Victoria

## Yoga Reset

*Fridays 12:05-12:55 p.m.*

Starting January 16

A calming practice that blends gentle movement, deep stretching, and mindful breath-work to release tension, restore balance, and leave you feeling refreshed, grounded, and ready for the weekend.

**Instructor:** Émilie Dubé

## Pedal N' Sculpt+

*Saturdays 9-10:30 a.m.*

This popular Saturday morning class begins with a cycle workout to get the heart pumping, followed by strength and ab training. Cost of this class is \$9.75.

**Instructor:** Luis Acosta

*No classes on stat holidays*





## Recreation and Social Club for Adults 55+

The Evergreen Club is a non-profit organization offering social and recreational activities for adults 55+ in the Comox Valley and beyond. Considering becoming a member? To find out more, call or visit the Florence Filberg Centre to talk with Evergreen Club Staff, attend a New Members' Welcome Meeting, try out one of our activity clubs or drop by the Evergreen Lounge for coffee or a meal. Come find out why our members say the Evergreen Club is one of the best recreation clubs in Canada. Operating out of the Florence Filberg Centre, the Evergreen Club has many membership benefits!

- Over 50 activity clubs
- Day trips and travel opportunities
- Special Events
- Evergreen Lounge & Food Services weekdays
- Discounts on selected City of Courtenay Recreation Programs, Fitness & Wellness Centre
- New Members Welcome
- Members Parties

All for just \$40 a year! [www.evergreenclub.ca](http://www.evergreenclub.ca)  
Don't forget to "like" us on Facebook.

Most activities take place at the Florence Filberg Centre,  
411 Anderton Ave in Courtenay.

For information about the Evergreen Club,  
email [info@evergreenclub.ca](mailto:info@evergreenclub.ca) or call 250-338-1000

## Evergreen Club 2025 Memberships

Annual Memberships (\$40) can be purchased at the Florence Filberg Centre, Lewis Centre, online, in person or by phone.

Registration website [courtenay.ca/reconline](http://courtenay.ca/reconline).

## Evergreen Club Activities

### Sports & Fitness

- Carpet Bowling
- Floor Curling
- Par 3 Golf
- Cycling
- Horseshoes
- Table Tennis
- Snooker/8-Ball
- Slo Pitch
- Walk & Talk

### Music & Dancing

- Guitar/Musical Jam
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder
- Choristers

### Crafts & Hobbies

- Quilting
- Fabric Arts
- Art Club
- Genealogy Club
- Stamp Club
- Writer's Club
- Camera Club
- Hooks, Needles & Yarns
- Brazilian Embroidery
- Lacemakers

### Cards & Games

- Cribbage
- Bridge
- Mahjong
- Texas Hold'em
- Mexican Train
- Cue Sports
- Bean Bag Toss
- Trivia
- Horseshoes
- Scrabble
- Bingo
- Darts
- Whist
- Canasta
- Euchre
- Chess
- Dice Hockey

### Day Trips

- Lunch Outings
- Plays
- Concerts
- Shopping
- Museums
- Galleries
- Points of Interest

### Special Interest

- Coronation Street Fan Club
- Philosophy Club
- Supper Club
- Bible Study
- Book Club
- Drama Club
- Improv Club

### Special Events

- Dinner/Dances
- Armchair Travel
- Workshops
- Guest Speakers
- Theatrical Productions
- Luncheons
- Concerts
- Craft Sales



## Special Events

We have an exciting line up of special events coming this winter including live bands on most Friday's. Hit the dance floor at our Pub Nights the first Friday of the month, with live Rock n' Roll music. Enjoy a cold beer, wine or cider at this licenced event. Our very own Drama Club is excited to present, The Hurdy Gurdy Inn. The Hurdy Gurdy Inn is a light hearted comedy that will tickle your funny bone Sunday, November 2nd and Monday, November 3rd. Comox Valley Concert Band is back on Sunday November 30 to entertain us with their lively performance. Of course it would not be New Years without our New Years Eve Party on Wednesday, December 31st.

Check our website for more information:

[www.evergreenclub.ca](http://www.evergreenclub.ca)



## Evergreen Lounge



Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Rubens are offered on Tuesdays, Wednesdays and Fridays.

Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen meal for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to have a game of cards. Everyone is welcome. Members can borrow a book, DVD or puzzle from our lending library.

**Florence Filberg Centre • 250-338-1000**

## Volunteer Opportunities

Volunteering at the Evergreen Club is a great way to get involved, meet people and help provide a valuable service to our community. We are always looking for more volunteers so we can continue to offer a variety of clubs, special events and food at affordable prices. Hours are flexible to accommodate your busy schedule, and can start at just 2 hours a month. If you would like to learn more, we would love to hear from you.



The Evergreen Club at the Florence Filberg Centre



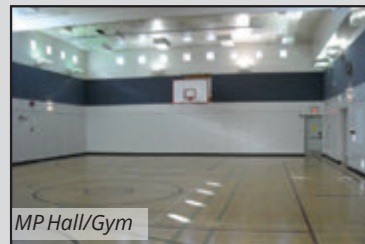
Winter Program Registration starts Monday November 17 | [See page 68](#)



# Courtenay Recreation facility rentals

## Lewis Centre

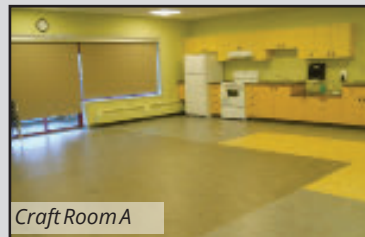
- Craft rooms
- Meeting rooms
- Two gymnasiums
- Four squash courts
- Wellness Centre
- Outdoor skatepark
- Outdoor pool
- Wheelchair accessible
- Outdoor stage
- Electric vehicle charging station



MP Hall/Gym



Tsolum Building



Craft Room A

## Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



## Bill Moore Park Lawn Bowling Bldg

- 840 sq. feet
- Kitchen, washrooms
- Wheelchair accessible



Call the Lewis Centre  
at 250-338-5371

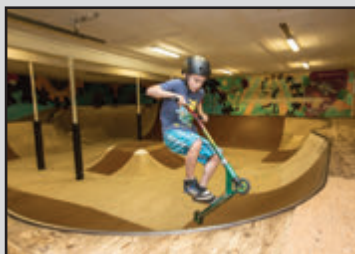
Fax: 250-338-8600

Email: [rentals@courtenay.ca](mailto:rentals@courtenay.ca)

View these facilities  
on the virtual tour  
on our website:  
[www.courtenay.ca/lewis](http://www.courtenay.ca/lewis)

## The LINC Youth Centre

- Indoor skatepark
- Concession
- Kitchen
- Meeting room
- Pool table
- Table tennis
- Air hockey
- Foosball
- Gaming systems
- Public access computers
- Outdoor basketball court



# Courtenay Recreation facility rentals

## Florence Filberg Centre

This multi-use facility features larger spaces for weddings, conferences, seminars and special events. It is located at 411 Anderton Avenue – downtown Courtenay.

### **Event and meeting rooms:**

- The Conference Hall is 6,000 square feet and can accommodate such functions as weddings, conferences, resource fairs, dances.
- The Rotary Hall is 3,000 square feet and is ideal for dances, meetings and events.
- The Evergreen Lounge is a large, comfortable meeting space with kitchen access.

### **Features:**

- Commercial kitchens on both levels
- Hourly rates available
- Wheelchair accessible
- Ample parking
- Air conditioned
- Audio/Visual equipment & Wifi available



Rotary Hall



Conference Hall

## Native Sons Hall

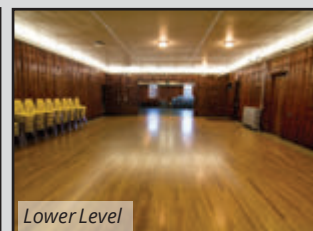
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

### **Event and meeting rooms:**

- The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.
- The lower level has the Lodge Room, Dining Room & Parlour Room. These spaces are suitable for meetings, smaller events and programs.

### **Features:**

- Commercial kitchen
- Hourly rates available
- Wheelchair accessible
- Ample parking



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

Florence Filberg Centre Office is open for bookings Monday to Friday (8:30 a.m. - 4 p.m.)

Fax: 250-338-0303 Email: [rentals@courtenay.ca](mailto:rentals@courtenay.ca)

Take a virtual tour: [courtenay.ca/filberg](http://courtenay.ca/filberg) & [courtenay.ca/nativesons](http://courtenay.ca/nativesons)



Winter registration starts Mon, Nov 17 at 7:15 a.m.

## How to register

3 easy ways to register for Courtenay Recreation programs!



1

### In Person

At the Lewis Centre or the Filberg Centre.

2

### By Phone

250-338-5371 or 250-338-1000.  
Use your Visa or Mastercard.

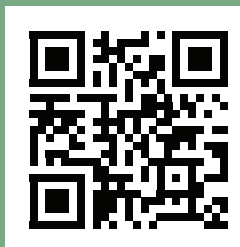
3

### Online Registration

[courtenay.ca/reconline](http://courtenay.ca/reconline)

No email registrations accepted.

Scan To Register Online:



### Registration policy & guidelines

- All registrations are processed on a first come, first served basis.
- Pre-registration is required for most classes.
- Fees are to be paid in full at the time of registration.
- All memberships start date is the date of purchase, excluding the annual Evergreen Membership.
- Courtenay Recreation reserves the right to make cancellations or changes as necessary.
- G.S.T. will be charged on all programs geared for participants over the age of 14 and on all field and facility rentals. Program participants 14 years and under are not subject to tax, with the exception of all drop-in programs. Some exceptions may apply.
- A \$20 handling charge will be collected on N.S.F. cheques.
- **Please read receipts carefully for information on dates, times, supplies, etc.**

### Refunds may be issued under the following circumstances:

- A full or pro-rated refund will be given if a class is cancelled, or for medical reasons with a doctor's note.
- Pro-rated refunds will be provided after the first class, based on the date of notification.
- No refunds will be done online. Refund requests must be made in person or by phone.
- Requests for refunds will be processed with a full refund up to FIVE days before the start of the program. After this time, an administrative fee of \$8 will be charged.
- Refunds will not be approved after a program has ended.
- Please allow up to 3 weeks for cheque refunds to be processed.
- Please note there may be exceptions (eg. Cozy Corner Preschool, programs of short duration, workshops, etc.).
- **All punch passes, Wellness Centre & Fitness Memberships are non-refundable & non-transferable.**



### OPT IN!

Receive emails from Courtenay Rec for important updates. This can be done on your customer account online.  
Call the Lewis or Filberg Centre for more information or assistance.

Create your customer account now to be prepared to register online  
Visit our 'How To' video at  
[courtenay.ca/reconline](http://courtenay.ca/reconline)







*Partial mock-up of the Woodcote playground*

# Revitalizing Woodcote Park for play and sustainability

Exciting changes are underway at Woodcote Park in West Courtenay, as the City of Courtenay prepares to replace the aging playground and has upgraded the park's irrigation system. This transformative project will bring a fresh, inclusive play space to the four-acre community park, while also improving water efficiency and field conditions.

Originally installed over 30 years ago, the former playground equipment had reached the end of its lifespan. The new playground will be designed in alignment with the City's recently adopted Let's Play, Courtenay! Park Playground Design Standards, which emphasize accessibility, creativity, and diverse play experiences. These standards were developed through extensive public engagement and reflect the community's vision for vibrant, inclusive parks.

The preferred concept for the new playground was endorsed by Council in May 2025, following a public survey and engagement sessions. While minor adjustments may be made due to budget considerations, the final design will reflect the community's feedback and priorities. A detailed design and procurement process is now underway, with equipment orders expected to take 12–14 weeks.

Construction is scheduled to begin in late fall 2025, with completion expected by the end of the year. In preparation, Woodcote Park closed earlier in the fall for drainage and irrigation upgrades and playground removal.

The former irrigation system, nearly 25 years old, no longer met modern water efficiency standards. The new electric system enhances performance and support conservation efforts. Improved drainage also makes the sports field safer and more reliable during wet weather, benefiting local sports groups and nearby schools that frequently use the park.

The playground replacement project is guided by the Let's Play, Courtenay! standards, a strategic priority for City Council from 2023 to 2026. These standards are rooted in the Official Community Plan and the Parks and Recreation Master Plan, and they aim to create play spaces that grow with the community. As Courtenay evolves, so too will its parks, with careful planning and continued public input shaping each step.

Funding for the project comes from the Province of B.C.'s Growing Communities Fund, supporting Courtenay's commitment to enhancing public spaces and promoting sustainability.

The City invites everyone to be part of this exciting transformation — and to celebrate the opening of the new playground in late 2025!

Stay tuned for updates and engagement opportunities by visiting [engagecomoxvalley.ca/woodcote](https://engagecomoxvalley.ca/woodcote).






# CVAG

VISION • ART • CULTURE

## COMOX VALLEY ART GALLERY

580 DUNCAN AVENUE COURTENAY BC V9N 2M7  
250.338.6211 | COMOXVALLEYARTGALLERY.COM

PLEASE VISIT US ONLINE FOR OUR CURRENT EXHIBITIONS + PROGRAMS + EVENTS  



# CV/ARTS

At **CV/Arts**, we shine a spotlight on the diverse talents of local artists across the **Central Island Region**, from Fanny Bay to Black Creek, encompassing Courtenay, Comox, and Cumberland.

Discover the **Central Island Arts Guide**, a comprehensive directory connecting you to the remarkable creatives and arts organizations that make our region thrive.

Stay connected with us online for valuable tools like our **Digital Creation Hub**, an engaging community event calendar, and much more!






**SID WILLIAMS THEATRE SOCIETY**

# EXPERIENCE

Music • Theatre • Drama • Comedy • Film • Magic

*We also offer ticket outlet services for community events!*

442 Cliffe Avenue, Courtenay, BC V9N 2J2  
[sidwilliamstheatre.com](http://sidwilliamstheatre.com) 250.338.2430  

Courtenay and District

# Museum & Paleontology Centre



207 Fourth Street  
Courtenay  
ph: 250-334-0686  
[www.courtenaymuseum.ca](http://www.courtenaymuseum.ca)

**Discoveries happen here!**  
Knowledge and fun for the whole family.  
Palaeontology, First Nations and settlement exhibits.  
Year round zoom school programmes, fossil tours, field trips, lectures and gift shop.

*Book a fossil tour and travel 80 million years back in time!*

**Hours of Operation:**  
Tuesday to Saturday, 10 a.m. to 4 p.m.  
For more details check the museum website at [courtenaymuseum.ca](http://courtenaymuseum.ca) or call 250-334-0686





# OCP and Zoning Bylaw updates

Courtenay is updating its Official Community Plan (OCP) and Zoning Bylaw in 2025 to guide how the city will grow.

This targeted update is required by the Province of British Columbia. All municipalities must show that they have enough zoned land to support 20 years of new housing.

Courtenay's current OCP was adopted in 2022 after two years of community engagement. The 2025 update builds on that work. The overall vision, goals and four cardinal directions from the 2022 OCP remain the foundation for this update: reconciliation, climate action, equity and community well-being.

## What's changing

Courtenay is growing faster than expected. The 2024 Housing Needs Report highlights this change. The OCP Update will align with new provincial housing legislation, including requirements for cities to plan for housing over specific time periods. The Zoning Bylaw, now almost 20 years old, will be modernized to better reflect Courtenay's current and future growth.

## Next steps

The updated OCP and Zoning Bylaw will be presented to council in early 2026. Provincial rules require cities to review their Housing Needs Reports, OCPs and zoning bylaws every five years.

This ensures housing is planned for in a way that's affordable, diverse and sustainable, supported by ongoing community engagement.

## Learn more

[engagecomoxvalley.ca/courtenay-zoning](https://engagecomoxvalley.ca/courtenay-zoning)  
[engagecomoxvalley.ca/courtenay-ocp](https://engagecomoxvalley.ca/courtenay-ocp)

## Downtown Vitalization Local Area Plan

The City is also preparing a local area plan for Downtown Courtenay.

This plan will provide more detailed direction for one of Courtenay's key growth centres. The process will continue into early 2026.

## Learn more

[engagecomoxvalley.ca/courtenay-downtown-plan](https://engagecomoxvalley.ca/courtenay-downtown-plan)





# Low Cost Recreation

## **LEAP - Leisure for Everyone Accessibility Program**

Local recreation departments provide free and discounted services for low-income individuals/families. This includes a free 52-punch card for each municipality's drop-in programs for each family member and a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation program at the CVRD Sports and Aquatic Centres.

## **City of Courtenay Recreation Access Program**

We provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at [courtenay.ca/forms](http://courtenay.ca/forms). For more information call **250-338-5371** or **250-338-1000**

## **Town of Comox TRIP**

(Town of Comox Recreation Inclusion Program) Low cost recreation opportunities are available for Comox residents on limited income. Application forms are available at [comox.ca/accessible-rec](http://comox.ca/accessible-rec) or call the Community Centre at 250-339-2255 for more information. Qualified applicants receive \$425/per year towards a 50% discount on eligible programs and Fitness Studio memberships.

## **Village of Cumberland FAIR Program**

The FAIR program offers qualifying Village of Cumberland residents a credit of \$350 per calendar year that can be used toward a 50% discount on registered programs. Successful applicants also qualify for the LEAP program. For details, call **250-336-2231** or visit [www.cumberland.ca/rec-financial-assistance](http://www.cumberland.ca/rec-financial-assistance).

## **189 Port Augusta Sea Cadets**

(12 - 18 years) Learn Leadership, Citizenship, Communications, Sailing, Seamanship, Boat Operator, Rope work, Marksmanship, First Aid, Sporting Activities, Band, Marching Drills, and more (in partnership with Navy League of Canada and DND). FMI: [PortAugusta189@outlook.com](mailto:PortAugusta189@outlook.com) or [189sea@cadets.gc.ca](mailto:189sea@cadets.gc.ca) or **250-207-2709** [www.sway.cloud.microsoft/9fbvMiVXRlyMX6MZ?ref=Link](http://www.sway.cloud.microsoft/9fbvMiVXRlyMX6MZ?ref=Link)

*If you would like to promote or change your free/low cost service, please call 250-338-5371 and refer to this page!*

**KidSport™** Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit: [kidsportcanada.ca](http://kidsportcanada.ca) phone **250-334-9294** [comoxvalleykidsport@kidsportcanada.ca](mailto:comoxvalleykidsport@kidsportcanada.ca)

## **New Discoveries Parent & Child Learning Centre**

Discover programs for parents and children: Home with a Heart, Boundaries and Triple P, Little Chef, Messy Art and Drop-in Lunch and Craft. Call **250-338-6200** for info.

## **Prenatal Classes**

FREE prenatal classes are available at Public Health to pregnant women and their support people. Register at **250-331-8520** as soon as you know you are pregnant. For info or to register with Public Health's Right from the Start program go to [viha.ca/children](http://viha.ca/children).

## **Canadian Tire JumpStart**

Parents in financial need looking to get their kids involved in physical activity programs are encouraged to ask about funding assistance. Funding may offset registration fees, equipment, and transportation costs. [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)

## **Traditional Scouting**

will take your family outdoors! Hiking! Knots! Citizenship! Nature Lore! Campfires! And more! \$55/year registration  
Otters (5 - 8 yrs) - Tuesdays  
Timberwolves (8 - 11 yrs) - Wednesdays  
19 Seal Bay Traditional Scouting Group  
[bpsa-bc.ca](http://bpsa-bc.ca) Mission Hill/Seal Bay Area  
[barbkenney18@gmail.com](mailto:barbkenney18@gmail.com) **250-941-8874**



# Volunteer Opportunities

## Courtenay Recreation

VOLUNTEERING . . . a FUN and Healthy Lifestyle. Volunteers needed for pre-school and children's programs, The LINC Youth Centre, Special Events and Adapted Programs.

Requirements: Enthusiasm, interest in helping the community, creativity is a bonus. A clean Criminal Record Check (all persons aged 18+). Volunteer schedules are flexible. No minimum required.

[www.courtenay.ca/rec](http://www.courtenay.ca/rec)

Call 250-338-5371



**Courtenay  
Recreation**

## Habitat for Humanity

At Habitat for Humanity, volunteers are our superheroes – the driving force behind our mission to build stronger communities. Whether you're swinging a hammer on a build site, helping out at one of our ReStores, or lending a hand at fun community events, there's a place for YOU to make a real impact.

Are you 16+ and eager to roll up your sleeves and make a difference? We've got exciting opportunities for you to join the Habitat crew and help us build more affordable housing in the community! Want to get involved? Reach out today at [volunteer@habitatnorthisland.com](mailto:volunteer@habitatnorthisland.com) or visit [habitatnorthisland.com](http://habitatnorthisland.com) for more info.

Come volunteer with us and discover how rewarding it is to build something truly special!



**Habitat  
for Humanity**

**ReStore**

## The Gardens on Anderton

More than just gardeners are needed at The Gardens on Anderton. We need people to host visitors, help in our gift/snack shop, assist with entry to concerts and more all in a beautiful garden setting. For more information e-mail:

[thegardensonanderton@gmail.com](mailto:thegardensonanderton@gmail.com), check our website: [www.gardensonanderton.org](http://www.gardensonanderton.org) or visit in person: 2012 Anderton Rd (behind Anderton Nursery).



*The Gardens on Anderton*  
...where growth happens

*"Alone we can do so little; together we can do so much." ~Helen Keller*

## The Salvation Army

Volunteer with us today!

Join our team at The Salvation Army to bring hope where there is hardship. Help us meet holistic needs and be a transforming influence!

Call Andrea to volunteer **(250) 338-5133**

because, Everyone Needs An Army.

[www.comoxvalleysa.ca](http://www.comoxvalleysa.ca)



Giving Hope Today

## MARS Wildlife Rescue Centre

MARS Wildlife Rescue Centre is looking for volunteers! Work with animals directly in our Wildlife Hospital as a caregiver, tell our patients' story in as a guide, or help out in other ways including our helpline and admissions position, animal transport, small construction projects, gift shop, native plant restoration, special events, and more!

Visit [marswildliferescue.com](http://marswildliferescue.com).



**MARS**  
WILDLIFE RESCUE CENTRE

## Big Brothers Big Sisters of Victoria Capital Region

In-School Mentors wanted in the Comox Valley. Can you commit to helping an elementary school student one hour/week, during school hours, through the school year? (Non-academic)

Mentoring makes a big difference in a child's life!

Contact Candace for more information at

[candace.johnson@bigbrothersbigsisters.ca](mailto:candace.johnson@bigbrothersbigsisters.ca)

or 778-404-3125.



**Big Brothers  
Big Sisters**  
OF VICTORIA CAPITAL REGION








Registration opens in January for the Spring season.  
Free learn-to-play drop-ins in January and February.  
[comoxvalleywild.com](http://comoxvalleywild.com)




**JOIN THE TEAM**

**CV BREAKERS**  
WOMEN'S HOCKEY




Open to women 17+  
All skill levels are welcome

Contact us for more info:  
[cvbreakersinfo@gmail.com](mailto:cvbreakersinfo@gmail.com)

# COME PLAY RINGETTE

**A TEAM  
SPORT  
WHERE  
EVERYONE  
PLAYS.**



**OPEN TO EVERYONE  
AGES 5 AND UP!**

**COME TRY RINGETTE  
FOR FREE ANYTIME**

[comoxvalleyringette.com](http://comoxvalleyringette.com)



For more



To register today



@ f



## 4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place  
to learn!*



### 4R's

(K - 12)

- identifying and filling gaps in basic skills
- using strengths to enhance learning
- one to one, in individual classrooms
- subject-specific tutoring for higher grades
- instruction in French available
- online lessons available

*Opening Doors for Learning*



### Little R's Pre-school

- play-based learning
- providing activities that challenge and support growth
- developing self-awareness, social skills and a strong foundation for future success
- specific learning goals
- individual feedback
- qualified E.C.E teachers



We are looking for qualified teachers to join the 4R's team. If you or someone you know may be interested, we invite you to contact us today!  
phone: **250-338-4890** • e-mail: **four.rs@shaw.ca** • website: **www.4rseducation.com**

*Black Creek Community Association*  
**Winter Market**  
**2025**

Entry by Donation

**Saturday, December 6**

*With 50 Local Artisan + Craft Vendors*

- ❄ Door Prizes
- ❄ Hot Beverages
- ❄ Baked Goods



 **BLACK CREEK**  
community centre

2001 Black Creek Road

**Discoveries Happen Here!**

Cultural and Natural History of the Comox Valley

FOSSIL TOURS  
EDUCATION PROGRAMMES  
COLLECTIONS  
ARCHIVES



Courtenay and District **Museum**  
• Palaeontology Centre

**Book a Tour!**  
**250-334-0686**  
**www.courtenaymuseum.ca**  
207 Fourth Street, Courtenay, BC V9N 1G7



**bgc**

Central  
Vancouver Island

Ladysmith | Nanaimo | Lantzville | Parksville | Courtenay | Comox

**\$10/day  
sites!**

- Nanaimo
- Parksville
- Ladysmith

Formed in 1971, BGCCVI is the Island's largest childcare provider and is trusted by more families than anyone else. Through daycare, summer camps, before and after school care, preschool, teen programs, parenting programs, and more, we're inspiring kids, youth, and parents to discover and achieve their confidence and best potential!

### early years



Licensed play based early years programs providing a nurturing and safe environment that promotes children's physical, social, emotional, and intellectual development.

### parenting programs



Educational and peer support programming that give parents access to information and resources to build their parenting skills and improve relationships with their children and youth. Programs are provided both in person and online.

### out of school care



Our out-of-school care programs provide pickup and drop-off from various local schools, as well as Pro-D and holiday camps! To learn more and to get on our waitlist, visit [bgccvi.com](http://bgccvi.com).

Get  
**paid  
to play!**

Join our team and enjoy  
benefits, education, and  
new career possibilities!

Learn more:

[www.bgccvi.com/careers](http://www.bgccvi.com/careers)

### youth drop-ins and programs

Interactive and inclusive hangout spaces, drop-ins, and programs for youth, offering fun activities, peer connection, skill building, community involvement, and resources for youth to help make good choices and build healthy habits.

scan to  
get started!



Central  
Vancouver Island



[bgccvi.com](http://bgccvi.com)



[@bandgclubofcvi](https://www.facebook.com/bandgclubofcvi)



[@bgccvi](https://www.instagram.com/bgccvi)

**opportunity  
changes everything.**





# COMOX VALLEY

## SPORTS & SOCIAL CLUB

### SPORTS LEAGUES

Indoor Soccer | Floor Hockey | Ultimate Frisbee  
Slo Pitch | Outdoor Soccer | Dodgeball Indoor Volleyball  
Basketball Flag Football | Beach Volleyball

**Register online by December 15**

Scott @ 250-898-7286 | [scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca) | [www.comoxvalleysports.ca](http://www.comoxvalleysports.ca)

## Comox Valley Field Hockey Association

Outdoor Turf Sessions: Aug - Oct and/or Apr - June

Indoor Gym Session: Oct - Dec and/or Jan - Mar

Beginners welcome. Drop-in options. 13 years+

Contact us for more info at [cvlfha@gmail.com](mailto:cvlfha@gmail.com)



## FUN Basketball for Girls

### K to Grade 12



**Learn how to play the  
most popular game  
for girls in the world!**

**No experience  
necessary**

**Great coaching,  
learn the basics, FUN!**



Coed K - Grade 3 program also available

**Register for programs at**

[dimevalleybasketball.com](http://dimevalleybasketball.com) [www.cvathletics.ca](http://www.cvathletics.ca)

Contact: Peter [drpedro@telus.net](mailto:drpedro@telus.net) or 250-334-7497





**Courtenay  
Recreation**

## Children's Christmas Party

**Saturday, December 6**

**11 a.m. - 1 p.m.**

**Lewis Activity Room**

- Crafts, games, letters to Santa
  - Kids' pictures with Santa (bring your camera)
  - Evergreen Senior's ukulele performance
- Admission is free with a non-perishable donation to the Food Bank.*

**[courtenay.ca/christmas](http://courtenay.ca/christmas)**





Photo courtesy of: Independent Sports News (ISN), photographer Paul M. Williams

### ***Developing young athletes one turn at a time since 1982!***

Join our family-focused alpine ski racing community, where young skiers build skills, forge friendships, and discover a lifelong love for the sport. **Registration for the 2025/2026 season open now. U10 and U12 program space available.** Learn more at [www.mwsc.ca](http://www.mwsc.ca)

- One or two days a week options
- Nurturing environment for all ages
- Expert coaching & athlete development
- Programs grounded in Alpine Canada's Long Term Athlete Development
- Experience the thrill. **Join the tradition.**

***Mt. Washington Ski Club—where champions grow!***

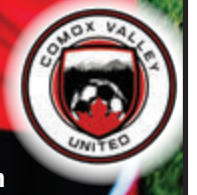
## **Comox Valley United Soccer**

**Super Soccer Saturdays  
- Winter Futsal  
January to March 2026  
Registration OPENS  
November 24th, 2025  
Limited spaces**

**Spring 'Valley  
Youth Soccer League'  
April to June 2026  
For players U4-U15  
Registration Opens  
January 2026!!**

**To register for our programs please visit:  
[registration.cvusc.org/register/public/login](http://registration.cvusc.org/register/public/login)**

**For more information on our programming, please email us at [info@cvusc.org](mailto:info@cvusc.org)**



**INTERNATIONAL  
STUDENT PROGRAM  
COMOX VALLEY**

**Invites applications from families  
interested in hosting an  
international student.**



Interested families please apply online: [www.studyinbritishcolumbia.com/introduction-to-homestay](http://www.studyinbritishcolumbia.com/introduction-to-homestay)

For more information contact: **250-792-0101 | 250-218-9605 [isponline@sd71.bc.ca](mailto:isponline@sd71.bc.ca)**

International Student Program's office 250-703-2904



# COMOX VALLEY PCN NUTRITION PRESENTATIONS

Appropriate for anyone 18 years and older wanting to learn the basics of healthy nutrition for the first time or for those that need a refresher. There are five, two-hour themed nutrition presentations to choose from, all facilitated by the Comox Valley Primary Care Network (PCN) Registered Dietitians. Attending Nutrition Essentials prior to the other presentations is strongly recommended. Others can be attended in any order.

## NUTRITION ESSENTIALS

Confused by conflicting messages about nutrition? Wanting to do better with your eating but unsure where to start? Get clarity with Nutrition Essentials. Explore a positive relationship with food and what, when and how much to eat for optimal health. Whether you're a beginner or a nutrition enthusiast, this class prepares you for the other presentations in this series.

## DEMYSTIFYING FATS

Develop an understanding of the many types of dietary fats and how to adjust your intake to include "heart healthy" fat options more often. Participation encouraged for people living with high cholesterol levels, diabetes, fatty liver, heart disease or for those who are just interested in this topic.

## ANTI-INFLAMMATORY EATING

Inflammation is thought to be one of the underlying factors contributing to many chronic conditions. Learn about the components of anti-inflammatory eating to include glycemic index, anti-oxidant containing foods, whole foods, plant proteins and dietary fats. Education will be provided on how to achieve a nutritional intake that is optimal for heart disease, diabetes, chronic pain and many other medical conditions.

## CARBS FOR HEALTH

Learn about the types of carbohydrates in foods including sugars, starches and fibres and which foods contain these. Explore glycemic index and how to include carbs in your day whilst managing blood sugars, hunger, food cravings and mood. Participation encouraged for people living with high cholesterol levels, diabetes, fatty liver, polycystic ovarian syndrome (PCOS), heart disease or for those who are just interested in this topic.

## BALANCING PROTEIN AND SODIUM

Understanding the sources and ideal intake of these important nutrients is helpful for our general health and specific health concerns. Participation encouraged for people living with chronic kidney disease (GFR 30-60), high blood pressure, heart disease, edema or for those just interested in eating well for health.

To register for the above presentations, visit:

<https://redcap.viha.ca/redcap/surveys/>

Then enter code: 9NP8KDJT7



Email [cvcnpresentations@islandhealth.ca](mailto:cvcnpresentations@islandhealth.ca)

if you need assistance with registration or have any questions.





Courtenay Recreation

# Family Day!

**Monday, February 16**

**11 a.m. - 3 p.m.**

**Lewis Centre**

- Arts & Crafts
- Live entertainment
- Toddler Play Space
- Face Painting
- Program sneak peeks

**FREE!**



**Courtenay  
Recreation**

[courtenay.ca/family](http://courtenay.ca/family)

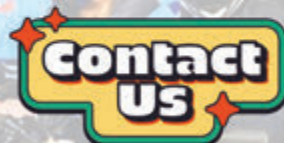
# Thank you

Coal Hills BMX riders and volunteers  
for another successful season

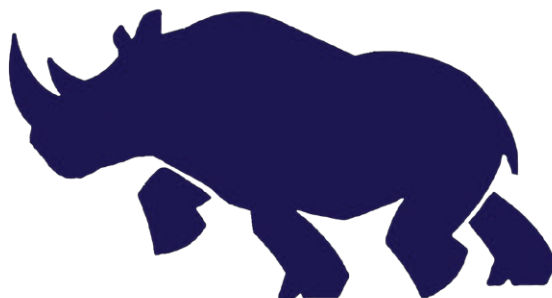
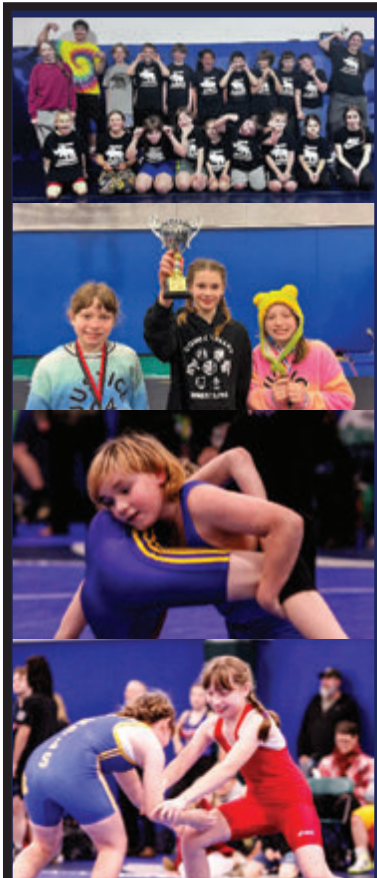
Watch for the new season to  
start in April 2026

We will have

- Beginner Clinics
- Strider Clinics
- Women's Clinics
- Learn to RACE BMX



Facebook @ Coal Hills BMX  
Instagram @ coalhills\_BMX  
Email: coalhillsbmx1@gmail.com



## TEAM RHINO WRESTLING

### YOUTH WRESTLING IN THE COMOX VALLEY

Team Rhino is an inclusive sports community aimed at bringing the sport of wrestling to the youth of Comox Valley.

Geared toward boys and girls ages 8-14 who want to roll, grapple and have fun while learning the technical aspects of the sport of wrestling.

Classes run all year with summer camp options.

[www.RhinoWrestling.ca](http://www.RhinoWrestling.ca)





# THE ORANGE TREE SERVICE

Proudly serving The Comox Valley and area.  
Local family owned and operated. Over 15+ years of experience! Fully insured and qualified.

**SERVICES INCLUDE:**

- DANGER TREE REMOVAL
- TRIMMING/PRUNING
- HEDGE CUTTING
- YARD CLEARANCE
- STUMP GRINDING
- 24/7 EMERGENCY SERVICES

**250 207 6764**

CALL US TODAY FOR FREE QUOTES AND ADVICE  
10% SENIORS DISCOUNT

Email: [hello@theorangeretreeservice.com](mailto:hello@theorangeretreeservice.com)  
Website: [theorangeretreeservice.com](http://theorangeretreeservice.com)  
Find us on Facebook & Instagram

## Sprout Meadows



### Year-Round Riding at Comox Valley's Premier Equestrian Facility

- 2 indoor and 2 outdoor riding arenas, ensuring year-round access for all weather conditions.
- Multi-discipline training programs that follow Equine Canada guidelines.
- Learn with our insured, Equine Canada certified coaches, providing expert instruction for all ages and skill levels.
- 6 week lesson package for \$450 (limited time offer)

Explore More: Visit our website to discover what sets us apart!

**f** [www.sproutmeadows.com](http://www.sproutmeadows.com)  
**3583 Dove Creek Rd, Courtenay**



**Courtenay Recreation**

# Volunteer with us!

(12 years & older)

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills and complete Work Experience requirements.

[courtenay.ca/volunteer](http://courtenay.ca/volunteer)





# Community Directory

## Adult Education

Adult Learning Centre.....250-338-9906  
Creative Employment Access  
Society/Job Shop.....250-334-3119  
North Island College.....250-334-5000  
North Island Distance Education..250-337-5300  
World Community Development  
Education Society - Wayne.....250-337-5412

## Community Services

Amnesty International.....250-897-1658  
Canadian Mental Health Association  
Courtenay Branch.....250-871-0559  
Chamber of Commerce Comox Valley  
.....comoxvalleychamber.com  
Community Based Victim's Services  
Sexual Assault Services (Local 224).....  
Domestic Violence Services (Local 226).....  
.....250-338-7575  
Comox Valley Family Services.....250-338-7575  
Nesting Place Society...nestingplacesociety.com  
CV Military Family Resource Centre  
.....250-339-8290  
CV Multicultural & Immigrant Support  
Society - Jim.....250-898-9567  
CV Project Watershed.....250-703-2871  
CV Transition Society.....250-897-0511  
Vancouver Island Crisis Line  
- Crisis Line .....1-888-494-3888  
- Office.....vicrisis.ca  
Fallen Alders Community Hall  
.....fallenalders.ca  
Fanny Bay Community Hall  
- Vanessa.....250-335-2832  
Filberg Heritage Lodge & Park Association  
.....filberg.com  
Filberg Gift Shop.....250-941-4417  
LUSH Valley.....lushvalley.org  
Help Line for Children.....Zenith 1234  
CV Immigrant Welcome Centre..250-338-6359  
Juvenile Diabetes Research Foundation ..  
.....jdrf.ca  
Keystone Artists Market-Leah.....250-703-3296  
Kid Start - John Howard Society NI  
- Wendy.....250-338-7341 ext 335  
Kitty Cat P.A.L. Society.....kittycatpals.com  
Lilli House 24 hr Crisis Line.....250-338-1227  
MARS Wildlife Rescue & Visitor Centre .....  
.....marswildliferescue.com  
St. John Ambulance.....250-897-1098  
The Salvation Army  
- Family Services.....250-338-5133  
- Thrift Stores.....250-338-8151  
Today n' Tomorrow Young  
Parent Program.....250-338-8445  
Therapeutic Riding Association.250-338-1968  
Transition Town CV.....transitiontowncv.org  
United Way (Comox Valley).....250-338-1151  
VI Regional Library Courtenay.....virl.bc.ca  
VI Visitor Centre.....info@investcomoxvalley.com  
Y.A.N.A.....250-871-0343

## Clubs & Organizations

### Church Groups

CV Community Church The Salvation Army  
.....250-338-8221  
CV Presbyterian Church .....250-339-2882  
CV Unitarian Cultural Society.....  
.....cvukrainianculturalsociety@gmail.com  
Comox Community Baptist .....250-339-0224  
Comox United Church.....250-339-3966  
Shepherd of the Valley  
Lutheran ELCIC .....250-334-0616  
St. Peter's Church.....250-941-5388  
Unity Vancouver Island.....  
.....info@unityvancouverisland.com

### Dog Clubs

CV Kennel Club (1990) - Frank .....250-331-0185  
Forbidden Plateau Obedience &  
Tracking Club - Margot.....250-338-4792

### Horticulture

CV Growers & Seed Savers Society  
.....cvgss.org  
CV Horticultural Society  
.....comoxvalleyhortsociety.ca  
N.I. Rhododendron Society.....nirrhodos.ca

### Public Speaking

Triple C Toastmasters  
.....triplectoastmasters@gmail.com

### Other

Beekeepers Association.....cvbclub.com  
Camera Club .....cvps.ca  
CV Genealogy Group .....  
.....info@cvgenealogygroup.org  
CV Newcomers Club.....CVnewcomers.ca  
Orca Probus Club .....orcaprobus.ca  
Taoist Tai Chi Society - Sean .....250-702-4811  
CV Ukrainian Cultural Society  
- Jeanette .....250-898-3165

## Seniors

CV Eldercollege.....250-334-5000 ext 4602  
Comox Valley Senior Support Society  
.....seniorpeercounselling@shaw.ca  
D'Esterre Comox Seniors Centre  
.....comoxseniors.ca  
Evergreen Senior's Club.....evergreenclub.ca  
Seniors Wheels & Care.....  
.....seniorswheelsandcare.com

## Fairs & Festivals

Cumberlands Victoria Day Celebrations  
.....cumberlandleventssociety@gmail.com  
CV Exhibition.....250-338-8177  
Filberg Festival .....filbergfestival.com

## Health & Wellness

Alcoholics Anonymous .....comoxvalleyaa.ca  
AVI Health & Community Services  
.....250-338-7400  
CV Mental Health & Substance use  
.....250-331-8524  
CV Hospice Society (Info. & bereavement  
support).....comoxhospice.com  
CV Nursing Centre .....250-331-8502  
CV Stroke Recovery Branch.....250-890-0711  
CV Head Injury Society .....cvhis.org  
CV Ostomy Support Group.....250-871-4778  
Overeaters Anonymous .....oa.org  
Options for Sexual Health.....250-331-8572  
Red Cross  
(Health Equipment Loans).....250-334-1557  
Take Off Pounds Sensibly (TOPS)  
- Jane.....250-897-9279  
Therapeutic Riding Association.....cvtrs.com  
Public Health Nursing .....250-331-8520  
Wheels for Wellness Society .....250-338-0196

## Service Clubs

Comox Legion - Br.160 - Lauren.....  
.....comoxlegion.ca  
Courtenay Legion - Branch 17...250-334-4322  
Cumberland Legion - Br. 28 .....250-336-2361  
CV Lions Club .....250-339-6232  
CV Monarch Lions Club .....  
.....e-clubhouse.org/sites/comoxvm  
Elks Club #60 .....250-334-2512  
IODE Laura Gordon Chapter.....  
- Louisa .....250-338-1162  
Soroptimist Club of Courtenay.....  
.....soroptimistcourtenay.org

## Dance Groups

Argentine Tango.....250-703-3057  
CV Line Dance - Joan.....250-703-6660  
Line Dance Collective.....250-897-9689  
Line Dancing with Brenda.....250-890-2054  
Ocean Waves Square Dance Club  
.....oceanwavesquaredance@gmail.com  
Scottish Country Dance  
- Heather .....250-338-9060  
Dolyna Ukrainian Dancers - Karen  
.....cvsdolynadancers@gmail.com  
West Coast Swing Collective.....cwcs.ca

**This directory is provided as a community service.  
Groups listed are responsible for updating their own  
information by contacting us at 250-338-5371 with any  
changes. New listings will be added space permitting.**

## Sports

### Adult Leagues

CV Sports & Social Club.....comoxvalleysports.ca

### Aquatics

CV Aquatic Club (Sharks)

.....cvsharksheadcoach@gmail.com

CV Orcas Synchronized Swim Club

.....cvorcas@gmail.com

### Baseball/Softball

CV Minor Baseball.....cvba.ca

CV Minor Softball.....cvba.ca

CV Slo Pitch League - Mike.....250-792-1807

### Basketball

CV Athletic Association (K-12).....cvathletics.ca

CV Youth Basketball Assoc.

- Anthony.....250-898-9973

Wheelchair Basketball - Stephane .....

.....cwssdocs@gmail.com

### Ice Sports

CV Glacier Kings Jr. Hockey

- Iris .....250-338-5409

CV Minor Hockey..simonmorgan360@gmail.com

CV Ringette - Haley.....250-334-6632

CV Skating Club.....comoxvalleyskatingclub@gmail.com

Women's Ice Hockey

Teresa - Breakers.....250-702-1614

### Martial Arts

CV Karate Club - Pam .....250-792-3836

CV Kung Fu Academy .....250-702-3780

Pacific Coast Karate School.....250-335-1079

The Academy of Martial Arts & Fitness.....

.....250-465-9073

### Racquet Sports

CV Tennis Club.....comoxvalleytennis.org

Courtenay Sr. Badminton Club

- Cameron.....250-339-0739

CV Squash Club - Jayson

.....jayson@fuerstenberg.ca

### Skiing/Snowboarding

JumpCamp.....jumpcamp.com

Mt Washington Ski Club .....

John (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol

Tim.....250-334-0609

Strathcona Nordics Cross Country

Angela.....info@strathconanordics.com

Vancouver Island Society for Adaptive

Snowsports.....visasweb.ca

### Soccer

CV Masters - John.....250-897-5598

Women's Soccer .....

.....cvwomensspringssoccer@gmail.com

Youth Soccer - Cheri.....250-334-0422

### Other

Chimo Gymnastics.....info@chimogymnastics.ca

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling Centre .....250-334-4712

CV Pickleball Assoc.....cvpickleball.ca

CV Road Runners .....cvrr.ca

CV Field Hockey.....cvlpha@gmail.com

CV Horseshoe Club - Wayne.....250-207-1555

Island Charity Wrestling - Tim.....250-792-3332

Killerwhale/G.P. Vanier Olympic

Weightlifting - Ed.....edlfjer@icloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.ca

North Island Roller Derby.....nirds.ca

Junior Roller Derby.....stonecoldstellas.com

Rugby- Kicker's Club.....cvkickers@gmail.com

Special Olympics, CV - Randy.....250-897-1828

## Outdoor Groups

### Boating

Canadian Power & Sail Squadron

- Curt .....250-339-1964

Comox Bay Sailing Club.....comoxbaysailingclub.ca

Compass Adventures.....compassadventure.ca

Dragon Boat Society (Blazing Paddles)

- Joanne.....250-334-2450

Dragon Boat Team (Dragon Rider Youth Team)

- Joanne.....probert99@gmail.com

Dragon Boat Team - Hope Afloat (Women

Cancer Survivors) - Gaetane.....250-650-1956

Dragon Boat Team (Dragonflies)

- Colleen.....250-334-3676

Dragon Boat Team (Prevailing Wins)

- Leon.....250-339-5772

Dragon Boat Team (Flying Dragons Ladies)

- Stacey.....comoxflyingdragons@gmail.com

Comox Valley Canoe Racing Club

.....cvcanoeracing.ca

CV Rowing Club.....comoxvalleyrowingclub.ca

Comox Valley Yacht Club.....cvyclub.ca

Comox Valley Paddlers Club.....

.....comoxpaddlers@gmail.com

### Other

Coal Hills BMX.....bmxcanada.org/tracks/1538

Comox District Mountaineering (Hiking)

Club.....comoxhiking.com

CV Disc Golf Club.....cvdiscgolf.com

CV Ground Search & Rescue.....250-334-3211

Comox Golf Club.....comoxgolfclub.ca

Courtenay Fish & Game Protective

Association .....courtenayfishandgame.org

Fanny Bay Salmonid Enhancement Society

.....250-335-1575

WildSpirit - Bruce.....250-338-8431

## Visual/Performing Arts

Comox Community song Circle - Dave.....

.....778-822-1305

Comox Valley Art Gallery.....

.....comoxvalleyartgallery.com

Comox Valley Concert Band.....

.....comoxvalleyconcertband.com

CV Children's Choir

.....comoxvalleychildrenschoir.com

CV Clown Club - Jacqui.....250-650-0582

Courtenay Little Theatre - Gail.....250-334-3494

Comox Valley Arts.....250-334-2983

Co-Val Chorister - Beryl.....250-339-4429

CYMC/ CV Youth Music Centre .....cymc.ca

Fiddlejam - Craig .....250-339-4249

Hello Strings - Helena

.....gohellostrings@gmail.com

Island Voices Chamber Choir

.....islandvoiceschamberchoir.bc.ca

Letz Sing Community Choir

- Tina.....250-923-7709

North Island Choral Society.....

.....northislandchoral.ca

Performing Arts Comox Valley (PACV)

- Lynn.....performingartscomoxvalley.ca

Pearl Ellis Gallery.....250-339-2822

Rainbow Youth Theatre

.....rainbowtheatre.com

Strathcona Symphony Orchestra

.....250-331-0158

Theatreworks - Kim.....250-792-2031

## Youth

### Scouting

Scouting Inquiries - Chris .....250-339-2424

### Cadets

386 Komox Royal Canadian Air Cadet

Squadron.....386komox.com

Army Cadets.....250-339-8211

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade..250-897-1098

### Other

Dragon Boating Youth Team

(Dragon Riders).....cvdragonriders@gmail.com

CV German Language School

.....comoxvalleygls.org

CV Girls Group - Shelby.....250-897-0511

Nature Kids.....comox@naturekidsbc.ca

CV Waldorf School - Maurissa.....250-871-7777

# Advertising Opportunity!



Reach Your Audience in the Community

Ask us how. Spaces are limited.

For more information, prices and to book please contact  
Deanne at [dgendron@courtenay.ca](mailto:dgendron@courtenay.ca) or 250-338-5371





# COMOX VALLEY Financial Assistance Programs for Recreation Services



**The Leisure for Everyone Accessibility Program (LEAP)** provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department. Application forms for all regional financial assistance programs (see below) have been combined into one simple form that you can use to apply for LEAP and your home community's program in a single step. Apply by visiting your local recreation department in person or online or call one of the numbers below.



## **CVRD SPORTS & AQUATIC CENTRES'S LEAP Program** 250-334-9622

All residents of Courtenay, Comox, Cumberland and Areas A, B & C of the CVRD are eligible for the LEAP Program - 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres. Plus each family member receives a \$350 credit that can be used towards the cost of registered CVRD recreation programs.

[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)



## **COMOX RECREATION'S Inclusion Program (TRIP)** 250-339-2255

TRIP financial assistance is awarded to eligible Town of Comox residents and can be used for a 50% discount towards registered, non-contract programs and Fitness Studio memberships. Financial Assistance amount is awarded per person, per calendar year and can be used online, in person or over the phone for registrations and memberships.

[comox.ca/rec](http://comox.ca/rec)



## **COURTENAY RECREATION'S Recreation Access Program** 250-338-5371 250-338-1000

City of Courtenay Residents are eligible for the Recreation Access Program (RAP) - scan cards and program discounts can be used at the Lewis Centre, Florence Filberg Centre, Courtenay Outdoor Pool and LINC Youth Centre. RAP program includes annual scholarship amount to be used towards discounted programs and services, and the LEAP 52 free drop-in card.

[courtenay.ca/rec](http://courtenay.ca/rec)



## **CUMBERLAND RECREATION'S FAIR Program** 250-336-2231

The Financial Assistance in Recreation (FAIR) program gives qualifying Village of Cumberland residents a \$350 credit that can be used toward a 50% discount on registered programs. Credit is valid for the calendar year.

[cumberland.ca/rec](http://cumberland.ca/rec)

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# COMOX VALLEY RECREATION GUIDE | WINTER 2026



**SEE PAGE 2**

**CUMBERLAND RECREATION**  
250-336-2231

The Village of Cumberland is the hub of outdoor recreation in the Comox Valley! Cumberland Recreation provides programs; manages municipal parks, trails and facilities; & supports community events and organizations. Online registration is now available for recreation programs.

[cumberland.ca/rec](http://cumberland.ca/rec)



**SEE PAGE 11**

**COURTENAY RECREATION**  
250-338-5371  
250-338-1000

We offer programs and special events for all ages. Classes include art, music, martial arts, sports, yoga, drumming, dance, and more. Also featured are drop-in fitness, squash & workouts.

Please note schedules and activities are subject to change. Please watch the City of Courtenay website for any updates.

[courtenay.ca/rec](http://courtenay.ca/rec)



**SEE PAGE 72**

**CVRD SPORTS & AQUATIC CENTRES**  
250-334-9622

Swimming, skating, fitness and wellness! We offer drop-in fitness opportunities, registered programs and fun leisure and sports activities throughout the year at the CVRD Sports and Aquatic Centres and the Exhibition Grounds.

[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)



**SEE PAGE 100**

**19 WING COMOX**  
250-339-8211  
ext 252-8315

19 Wing Recreation offers programming for the military community and the residents of the Comox Valley. Services include facility memberships, rentals to community sports organizations and programming for all ages, including swim lessons.

[cfmws.ca/comox](http://cfmws.ca/comox)



**TOWN OF COMOX**

**SEE PAGE 104**

**COMOX RECREATION**  
250-339-2255

Discover your perfect FIT at the Comox Community Centre! Join our fitness classes, explore martial arts, and enjoy our award-winning fitness studio, along with exciting programs for children and families. Register online at

[comox.ca/rec](http://comox.ca/rec)

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