

COMOX VALLEY RECREATION GUIDE

FALL 2026



TOWN OF
COMOX
Recreation

2



RECREATION
THE VILLAGE OF
CUMBERLAND

37



Courtenay
Recreation

47



Comox Valley
REGIONAL DISTRICT

110



19 Wing
Comox

137

What's Inside . . .

	2 Comox Recreation comox.ca/rec	Fall registration starts Monday, August 10 at 6 a.m. 
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	47 Courtenay Recreation courtenay.ca/rec	Fall registration starts Monday, August 10 at 7:15 a.m. 
	110 CVRD Sports & Aquatic Centres comoxvalleyrd.ca/rec	Fall registration starts Monday, August 10 at 8 a.m. 
	137 19 Wing Comox cfmws.ca/comox	Fall registration starts Preferred: August 10 at 9 a.m. Open: August 17 at 9 a.m. 

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Next Registration:
Winter Registration starts Monday, November 16

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

*Cover photo by
Master Corporal Pomarenski
Canadian Armed Forces Photo*



Welcome!

Fall is a great time to get back into routines, try something new and make time for recreation.

Courtenay Recreation's fall programs offer opportunities for all ages, interests and abilities. From creative classes and active programs to Pro D day activities, youth leadership courses and seasonal favourites like Halloween, there are many ways to stay connected, learn new skills and have fun this season.

Explore the guide, mark your favourites and register early. We look forward to seeing you this fall.

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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
489 Old Island Highway,
Courtenay, BC V9N 3P5
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
411 Anderton Avenue,
Courtenay, BC V9N 6C6
www.courtenay.ca/filberg

Facility closures:

Labour Day.....**Sept 7**
Truth & Reconciliation....**Sept 30**
Thanksgiving.....**Oct 12**
Remembrance Day.....**Nov 11**
Christmas Day.....**Dec 25**
Boxing Day.....**Dec 26**
New Year's Day.....**Jan 1**



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



Phone: **250-334-8138**
Email: rentals@courtenay.ca
300 Old Island Highway,
Courtenay, BC V9N 3P2

www.courtenay.ca/linc



COZY CORNER Preschool

at the Lewis Centre
Ages 3-5 years

489 Old Island Highway,
Courtenay

250-338-5371
courtenay.ca/cozycorner

A dedicated outdoor
play space focused
on active play.



**Registration for the
2026/2027 school year**
will open in May 2026 and is
ongoing. Classes run from
September until June with the
exception of winter and spring
breaks and all statutory
holidays.



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.

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

Program runs September through June

Spaces
available.
Register now!

Courtenay Cozy Corner



Fall early years drop-in schedule *no drop-ins on stat holidays*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding <i>am times effective Sept 1, pm times effective Sept 15</i>						
8:45-10:45 am	8:45-10:45 am 4:45-6:45 pm	8:45-10:45 am & 4:45-6:45 pm	8:45-10:45 am	8:45-10:45 am	8:45-10:45 am	
Parent and Tot <i>see program description for dates & fees</i>						
	Art Explorers 10-11 am		Family Fun Gym 9-10 am or 10:45 am - 12:15 pm	The Baby Nest 10-11:30 am Bill Moore Lawn Bowling		Morning Playtime 8:45-10 am
Family Gymnastics <i>Sept 19 - Nov 28</i>						
(all ages) 12-1 pm	(all ages) 9:45-10:45 am (7 years & up) 11:45 am-12:45 pm				(6 years & under) 9-10 am or (all ages) 11:15 am-12:15 pm (all ages) 2:45-3:45 pm	
Schedule subject to change. Schedule updates: courtenay.ca/drop-in						

Drop-in programs

Parent and Tot Art Explorers

(1-5 years with adult)

Get creative every week with a brand-new art project! Join us for the whole series or just drop in and give it a try. Drop-in spots are limited!

Tuesdays

#19322 Sept 22 - Oct 27

#19323 Nov 3 - Dec 8

10-11 a.m.

Lewis Craft Room B

\$30/6

\$6/drop-in/family

Winter Break Parent & Tot Open Gym Time

(6 years & under)

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!. **No session Dec 28.**

#19405 Monday - Wednesday

December 21 - 30

10:45 a.m. - 12 p.m.

Lewis MP Hall B

\$3/drop-in

Parent and Tot Morning Playtime

(1-5 years with adult)

Drop in with your caregiver 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.

#19332 Sundays

Oct 4 - Dec 13

8:45-10 a.m.

Lewis MP Hall A

\$3/drop-in



Childminding

(1 month - 11 years)

We offer convenient and affordable childminding services while you are in the facility. A parent or guardian must remain in the building. Childminding is not available on statutory holidays.

Mornings: Sept 1 - Dec 31

Monday - Saturday

8:45-10:45 a.m.

Evenings: Sept 15 - Dec 15

Tuesday & Wednesday

4:45-6:45 p.m.

\$3.50 plus GST

**New
hours!**

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

Sept 24 - Dec 17

Vern Nichols Gym/MP Hall

#19334 **Curious Crawlers**

(birth-18 months)

9-10 a.m.

Free

(space shared with childminding)

#19333 **Tiny Tumblers**

(4 years & under)

Thursdays

10:45 a.m. - 12:15 p.m.

\$3/drop-in/child



Explore together caregiver and child activities

Teeny Weeny Halloweeny

(1 month - 3 years)

It's time to get spooky! Join us for creepy crafts, silly, spooky songs and plenty of ghostly activities with your little one.

#19496 Wednesdays
October 14 - 28
1-2 p.m.
Lewis Craft Room B
\$29/3

Touchpoints Parenting

(All ages)

A six-week parenting program exploring child development. Uncover your own temperament and practical parenting strategies. Through group discussions and hands-on practice, parents will build confidence, strengthen relationships, and gain tools to support one another. This program is provided in partnership with CVCDA and CCRR. Childminding & small snack provided.

#19999 Thursdays
Sept 17 - Oct 22
10:30 a.m. - 12:30 p.m.
Lewis Salish Building
Free

Pint-sized Pottery

(4-6 years with an adult)

Have fun making pottery and lasting memories! Caregiver and child will work together on creative hand-built pottery projects to take home. Parent/guardian participation required. **No class Sept 30 or Nov 11.**

Wednesdays
#19623 Sept 16 - Oct 14
#19652 Oct 28 - Nov 25
4-5 p.m.
Lewis Craft Room B
\$69/4



Santa Baby

(1 month - 3 years)

Celebrate your baby's first holiday season by making memorable keepsakes. Create fun gifts and ornaments to make long lasting memories for your friends and families.

#19497 Wednesdays
December 2 - 16
1-2 p.m.
Lewis Craft Room B
\$29/3

Dance with Me: Intro to Creative Dance

(2-5 years)

Dance, wiggle and move! Caregivers and little ones explore music and movement together in this lively intro to Creative Dance. Adult participation required. **No class Sept 30.**

Instructor: Leigha Wald
Wednesdays

#19313 Sept 23 - Nov 4
\$48/6
#19314 Nov 18 - Dec 16
11-11:30 a.m.
Lewis MP Hall A
\$40/5



The Baby Nest

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. Sessions are geared toward children under 2 years old, siblings are welcome to join.

#19495 Fridays
Oct 30 - Dec 4
10-11:30 a.m.
Bill Moore Lawn
Bowling Building
Free drop-in

Children's Christmas Party

Saturday, December 5

11 a.m. - 1 p.m.

Lewis Centre

Music | photos | crafts | games

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

courtenay.ca/christmas



Courtenay Early Years



Fall Program Registration starts Monday August 10 | [See page 106](#)

Try it! *These dates are free, but registration is required*

Creative Dance (3-5 years) #20013 Sept 16 11:45 a.m. - 12:30 p.m.

Floor Hockey (3-5 years) #20014 Sept 17 3:30-4:15 p.m.

Mini Athletes (3-5 years) #20015 Sept 18 11:30 a.m. - 12:15 p.m.

Soccer Stars (3-5 years) #20016 Sept 19 9:30-10:15 a.m.

Let's Dance! (4-5 years) #19651 Sept 13 11:30 a.m. - 12:15 p.m.

Movement

Mini Athletes

(3-5 years)

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

#19320 Fridays

Sept 25 - Oct 23

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

Lewis Vern Nichols Gym

\$40/5



Sports and games

(3-5 years)

Come play with us! This program focuses on fun. Your child will work on a variety of skills while learning new games and sports each week and making new friends.

#19321 Fridays

Oct 30 - Nov 27

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

Lewis Vern Nichols Gym

\$40/5



Intro to Ballet

(3-5 years)

Explore all the basics of ballet in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance. **No class Oct 12.**

Mondays

#19317 Sept 21 - Oct 19

#19318 Oct 26 - Nov 16

#19319 Nov 23 - Dec 14

1:15-2 p.m.

Lewis MP Hall A

\$48/4



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.

Saturdays

#19330 Sept 26 - Oct 24

#19331 Nov 7 - Dec 5

9:30-10:15 a.m.

Lewis MP Hall

\$40/5



Floor Hockey

(3-5 years)

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

Thursdays

#19804 Sept 24 - Oct 29

#19805 Nov 5 - Dec 10

3:30-4:15 p.m.

Lewis MP Hall

\$48/6



Creative Dance

(3-5 years)

Beginner dance steps are taught through play, imagination, storytelling and great music. The perfect first dance class for your little one. **No class Sept 30.**

Instructor: Leigha Wald

Wednesdays

11:45 a.m. - 12:30 p.m.

#19326 Sept 23 - Nov 4

\$70/6

#19327 Nov 18 - Dec 16

\$59/5

Lewis MP Hall A



Acro

(3-5 years)

Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and for children under five, 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! **No class Oct 12.**

Instructor: Leigha Wald

Mondays

#19324 Sept 21 - Oct 26

#19325 November 2 - 30

10-10:45 a.m.

Lewis Vern Nichols Gym

\$59/5



Look for this symbol throughout Courtenay Recreation pages for programs that incorporate physical literacy.



Let's Dance!

(4-5 years)



This class is a perfect introduction for your child to learn the foundations of various dance styles. By learning basics in ballet, jazz, hip hop, acro and lyrical dance, your child will gain the skills and confidence to build on for years to come. This is a structured class that incorporates imagination, play and creativity.

Instructor: Emma Garrood

#19650 Sundays

Sept 27 - Oct 18

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

Lewis Activity Room

\$48/4

Crafty Kids

(3-5 years)



Designed for active kids in a fun filled environment, your child develops independence, makes new friends, explores art activities, experiments with science, sings songs, reads stories and enjoys games based on a new theme each session.

Saturdays

#19606 Sept 26 - Oct 31

#19607 Nov 7 - Dec 12

11:30 a.m. - 1 p.m.

Lewis Craft Room A

\$70/6

Gymnastics and Crafts

(3-5 years)

Get your creativity flowing as we create and move! In each class, children 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. **No class Oct 12.**

Mondays

#19315 Sept 21 - Oct 26

#19316 November 2 - 30

9-10:30 a.m.

Lewis Craft Room B

& Vern Nichols Gym

\$75/5



Please check receipts for important program information.

In the kitchen

Taste of Fall Cooking

(3-5 years)



Join us for a fun and hands on cooking class designed for preschool aged children! Explore the flavours, smells and colours of the fall season while building confidence in the kitchen. Together we will mix, measure, stir and create simple seasonal recipes inspired by autumn favourites like apples, pumpkins, cinnamon and harvest treats.

#19311 Fridays

Oct 23 - Nov 13

12-1:30 p.m.

Lewis Craft Room A

\$55/4

Kooky Cooking

(3-5 years)

Get started in the kitchen with this fun, interactive class. Children will learn kitchen safety and measuring and mixing ingredients, with plenty of tasting. Our classes are designed to foster a love of cooking.

#19312 Fridays

Sept 18 - Oct 9

12-1:30 p.m.

Lewis Craft Room A

\$55/4

Festive 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 savoury snacks each week, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all five senses, especially taste

#19310 Fridays

Nov 27 - Dec 18

12-1:30 p.m.

Lewis Craft Room A

\$55/4

Children learning kitchen skills at a young age offers numerous developmental benefits, including enhancing fine motor skills, promoting healthy eating habits and fostering creativity and independence.



Courtenay Early Years



Fall Program Registration starts Monday August 10 | See page 106



Intro to Gymnastics

(3-5 years)

Explore the basics of gymnastics through energetic movement and play. Children will practice running, jumping, climbing, swinging, and rolling while learning to move safely, follow instruction, and build confidence working independently or with support from a parent or guardian, as needed. **No class Oct 12.**

Instructor: Sheri Roffey

Mondays

1-2 p.m.

#19546 Sept 21 - Oct 26

#19663 Nov 2 - 30

\$89/5

Lewis Vern Nichols Gym

Tumblebugs

(3-5 years)

Tumblebugs is a fun and energetic gymnastics class for children ages three to five. Through games, obstacle courses, music and beginner gymnastics skills, little athletes will build confidence, coordination, balance, strength and flexibility in a safe and encouraging environment.

Instructor: Sheri Roffey

Tuesdays

10:45-11:45 a.m.

#19547 Sept 22 - Oct 20

#19747 Oct 27 - Nov 24

Lewis Vern Nichols Gym

\$89/5

Kindergym & Trampoline

(3-5 years)

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

Instructor: Sheri Roffey

Tuesdays

1-2 p.m.

#19548 Sept 22 - Oct 20

#19664 Oct 27 - Nov 24

\$89/5

Lewis Vern Nichols Gym

Family Gymnastics

(all ages with adult)

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. **No class Oct 31.**

Saturdays

Sept 19 - Nov 28

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

2:45-3:45 p.m.

#19985 Mondays

Sept 21 - Nov 30

12-1 p.m.

#19544 Tuesdays

Sept 22 - Nov 24

9:45-10:45 a.m.

Lewis Vern Nichols Gym

\$6.50/drop-in

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! **No class Oct 12.**

Instructor: Sheri Roffey

Mondays

11 a.m. - 12 p.m.

#19540 Sept 21 - Oct 26

#19665 Nov 2 - 30

\$89/5

Lewis Vern Nichols Gym

Mighty Movers

(2 years and under 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 parents and caregivers! Get ready to roll into fun. Parent participation required.

Instructor: Sheri Roffey

Tuesdays

9-9:45 a.m.

#19539 Sept 22 - Oct 20

#19666 Oct 27 - Nov 24

\$69/5

Lewis Vern Nichols Gym

Parent & Tot Gymnastics

(6 years & under with adult)

Come run, jump, bounce and laugh with us! Our enthusiastic coaches will supervise this fun and safe play. Limited to 20 spots. **No class Oct 31.**

#19536 Saturdays

Sept 19 - Nov 28

9-10 a.m.

Lewis Vern Nichols Gym

\$6.50/drop-in/child

Birthday parties

Archery Adventure Birthday

(8 years & over)

Celebrate your special day with an unforgettable archery experience! The first hour is packed with fun games, skill-building activities, friendly challenges, and plenty of chances to aim, shoot, and have fun together. Staff guide all activities for a safe, active experience for every skill level. Choose between taking aim at targets with Target Archery or Archery Tag for team-based action packed games. The second hour is in a party room for cake, presents and birthday celebration time. Host parent must be present. Maximum 12 participants; participants must be at least 8 years old in order to use archery equipment safely.

Saturdays starting Sept 19
12-2 p.m.
Lewis MP Hall &
Craft Room B
\$165

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 setup. 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 participants.

Saturdays starting Sept 19
10 a.m. - 12 p.m. **or**
1:30-3:30 p.m.
Lewis Vern Nichols Gym
\$165

Sports and Play Party

(3-15 years)

Get ready for a birthday celebration packed with movement, laughter and fun! Designed for children ages three to 15, the Sports and Play Party can be customized to suit your child's interests. Choose from free play with gym toys and equipment, instructor-led sports and games, or a combination of both. Kids will enjoy an active hour in the gym running, jumping, and playing with friends, followed by an hour in a private party room for cake, presents and birthday celebrations. Host parent must be present. Maximum 12 participants.

Sundays starting Sept 13
1:45-3:45 p.m.
Lewis MP Hall &
Craft Room B
\$145



Courtenay Children



Fall Program Registration starts Monday August 10 | [See page 106](#)



Special interest

Story Book Creations

(K-7 years)

Find yourself in a world of stories and creativity. There will be a new story each week to enjoy with new friends. Let your imagination run wild as we create crafts based on the stories. We'll even come up with our own endings and make new silly stories.

#19605 Saturdays

November 7 - 28

2-3:30 p.m.

Lewis Craft Room A

\$69/4

Star Gazers

(9-11 years)

Come explore the vast depths of space as you play and enjoy exciting space-themed activities. We'll discover star formations, create our own galaxies and so much more. Crafts, experiments, games and friends are all a part of the launch plans for your Star Gazers.

#19602 Saturdays

Sept 26 - Oct 17

2-3:30 p.m.

Lewis Craft Room A

\$69/4

After School

Adventures in Art

(K-7 years)

It's 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!

#19249 Mondays

Oct 19 - Nov 9

4-5 p.m.

Lewis Craft Room B

\$60/4

Learn to Sew:

Tote Bags

(8-13 years)

Learn to make your own custom tote bag. Join us as we explore the basics of sewing and stitching. In this class we will learn to create your own tote bag while we build confidence and understanding of this important life skill. **No class Sept 30.**

Wednesdays

Sept 23 - Oct 28

#19219 3:15-4:45 p.m. **8-10 years**

#19220 5-6:30 p.m. **11-13 years**

Lewis Craft Room A

\$115/5

Home Learner

Pottery Party

(7-9 years)

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

#19218 Thursdays

Sept 24 - Nov 26

1-2:30 p.m.

Lewis Craft Room B

\$249/10

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.

Tuesdays

Sept 22 - Nov 24

#19215 3-4:30 p.m. **7-9 years**

#19216 5-6:30 p.m. **10-12 years**

Lewis Craft Room B

\$249/10

Learn to Sew:

Zipper Shirts

(8-13 years)

Learn to make your own zip up shirt. Join us as we explore the basics of sewing and stitching. In this class we will learn to create your own cozy shirt with a zipper while we build confidence and understanding of this important life skill. **No class Nov 11.**

Wednesdays

Nov 4 - Dec 16

#19221 3:15-4:45 p.m. **8-10 years**

#19222 5-6:30 p.m. **11-13 years**

Lewis Craft Room A

\$138/6

Please check receipts for important program information.

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.

#19248 Fridays

Oct 23 - Nov 20

5:15-6:45 p.m.

Lewis Craft Room A

\$85/5

Chinese Calligraphy Workshop

(7-9 years)

This is a fun way to learn the basics of Chinese calligraphy. Participants will practise simple brush techniques, learn how to write basic Chinese words, and discover the meaning behind this traditional art. The session encourages creativity while helping everyone enjoy and understand Chinese culture through writing and artistic expression.

#19749 Saturdays

Sept 19 - Oct 10

10:30-11:15 a.m.

Lewis Salish Building

\$60/4

Snacky Science

(8-10 years)

Learn the science behind some of your favourite snacks. Find cool ways to cook up tasty treats, dive into delicious chemical reactions and so much more! Scientific delights await in this tasty and fun program.

#19603 Sundays

Nov 22 - Dec 13

1:30-3 p.m.

Lewis Craft Room A

\$69/4

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.

#19224 Thursdays

Sept 24 - Oct 15

3:30-5 p.m.

Lewis Craft Room A

\$69/4

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 as we explore the world of everyday science. From the kitchen to magnets to circuits, it's all part of this wild and fun science-based program!

#19225 Thursdays

Sept 24 - Oct 15

5:30-7 p.m.

Lewis Craft Room A

\$55/4

Piano Lessons

(K-11 years)

Music makes your brain work better! Play your favourite songs in no time. A \$35 book fee is due at the first lesson. Participants need access to a keyboard or piano needed at home.

Instructor: Debbie Ross

Thursdays

Sept 17 - Nov 26

#19618 3:30-4:30 p.m. K-7 years

#19619 4:30-5:30 p.m. 8-11 years

All Keyed Up Studio

\$199/11

Mixed Media Character Design

(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 media.

#19242 Tuesdays

Oct 20 - Nov 10

3:45-5:15 p.m.

Lewis Craft Room A

\$69/4



Courtenay Children





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 flavourful foods with confidence. Challenge your new knowledge with a final recipe where you'll need to have a keen eye to avoid ingredients that could sabotage your dish.

#19237 Thursdays

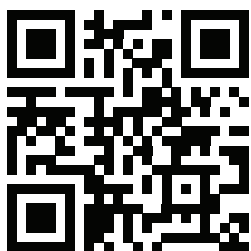
Oct 22 - Nov 12

4-6 p.m.

Lewis Craft Room A

\$119/4

Register online:



Cooks & Crafts

(K-7 years)

Tantalize your taste buds and satisfy your imagination as you create savoury 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.

#19232 Sundays

Sept 20 - Oct 11

1:30-3 p.m.

Lewis Craft Room A

\$85/4

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.

#19226 Fridays

Sept 25 - Oct 16

3:45-5:15 p.m.

Lewis Craft Room A

\$85/4

Delightful Desserts

(9-11 years)

Finally a class where you can have your cake and eat it too. Each week, we will 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.

#19235 Tuesdays

Sept 22 - Oct 13

5-6:30 p.m.

Lewis Craft Room A

\$85/4

Global Cooking

(6-8 years)

Participants will go around the world with their taste buds and learn to create delicious foods from countries all over the globe. Scrumptious dishes await your young traveler as they explore different cultures, spices and ingredients.

#19239 Sundays

Oct 18 - Nov 15

1:30-3 p.m.

Lewis Craft Room A

\$109/5

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.

#19234 Mondays

Sept 21 - Oct 5

3:45-5:15 p.m.

Lewis Craft Room A

\$65/3

K: Children currently attending Kindergarten can register for this program.

Performing arts

Aerial Arts: Basic/Intermediate

(10-18 years)

This is a split level class for students new to aerial fabric, those needing a refresher, and early intermediate students. Focusing on skill and strength, you'll start close to the ground and gain height as your confidence and abilities increase. We will work towards creating acts to present on the last day.

Instructor: 7 Story Circus

#19511 Thursdays

Sept 17 - Nov 26

4-5:30 p.m.

Vern Nichols Gym

\$445.50/11

Aerial Arts: Intermediates

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 on the last day.

No class Sept 30 & Nov 11.

#19512 Wednesdays

Sept 16 - Nov 25

4-5:30 p.m.

Lewis Vern Nichols Gym

\$445.50/11

Aerial Arts: Advanced

(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 on the last day.

Instructor: 7 Story Circus

#19513 Thursdays

Sept 17 - Nov 26

6-7:30 p.m.

Lewis Vern Nichols Gym

\$445.50/11

Community Circus 1

(6-12 years)

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.

No class Oct 2.

Instructor: 7 Story Circus

Fridays

Sept 18 - Nov 13

#19515 4-5 p.m. **6-9 years**

#19516 5-6 p.m. **8-12 years**

Vern Nichols Gym

\$216/8

Acro Basics

(9-11 years)

Increase strength and flexibility as well as overall confidence in all inversions and Acro tricks. From teddy bear stands to headstands and cartwheels, learn to build the foundation needed to take yourself to the next level! **No class Oct 31.**

Instructor: Leigha Wald

Saturdays

#19227 Sept 19 - Oct 17

#19228 Oct 24 - Nov 28

12:15-1:15 p.m.

Lewis Centre Gym

\$75/5

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 their skills.

Instructor: Leigha Wald

Sundays

#19229 Sept 20 - Oct 18

#19230 Oct 25 - Nov 22

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

Vern Nichols Gym

\$75/5

Please check receipts for important program information.

Try it! *These dates are free, but registration is required*

Basketball Skills & Games (8-10 years) #19971 Sept 9 4:30-5:30 p.m.

Multi-Sport (5-9 years) #19981 Sept 12 9:15-10 a.m.

Archery (7 years & over) #19982 Sept 12 10:30-11:30 a.m.

First Tee (8-10 years) #19979 Sept 13 11:30 a.m. - 12:15 p.m.

Flag Football (7-9 years) #19977 Sept 13 9:30-10:15 a.m.

Soccer Kids (5-7 years) #19975 Sept 14 4:30-5:30 p.m.

Floor Hockey (5-7 years) #19973 Sept 17 4:30-5:30 p.m.

Courtenay Children



Gymnastics Showcase

Join us for our first annual Gymnastics Showcase! After a season of building skills and learning routines, families, caregivers and friends are invited to come watch and celebrate the hard work, dedication and progress of our young athletes. On Sunday, November 29, participants will take to the floor to demonstrate the skills they have learned throughout the season. Come cheer them on as they shine and showcase their accomplishments in a fun and supportive environment.

Please note: Participation in the showcase is not included with general registration. Children must be enrolled in the gymnastics program to take part and perform.

Sunday, November 29, 2026



Gymnastics

Boys & Girls Mixed

(5-7 years)

We base our gymnastics around the three F's: Fun, Fitness & Fundamentals. Our experienced and energetic coaches will lead you through a fun-filled warm-up before dividing you 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 Oct 12.**

Sundays
Sept 20 - Nov 29
#19348 10:30-11:30 a.m.
#19349 12:30-1:30 p.m.
\$229/11
#19350 Mondays
Sept 21 - Nov 30
3:30-4:30 p.m.
\$209/10
Vern Nichols Gym

**Register online at
courtenay.ca/reconline
For updates and schedule
changes, go to
courtenay.ca/rec**

Boys & Girls Intermediate

(8 years & over)

After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their skills to the intermediate level. 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 two classes per week to develop and maintain your skill level. **No class Oct 12.**

#19499 Sundays
Sept 20 - Nov 29
2:30-4 p.m.
\$289/11
#19500 Mondays
Sept 21 - Nov 30
5:45-7:15 p.m.
\$264/10
Vern Nichols Gym

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 October 12.**

#19353 Sundays
Sept 20 - Nov 29
1:30-2:30 p.m.
\$229/11
#19354 Mondays
Sept 21 - Nov 30
4:30-5:30 p.m.
\$209/10
Vern Nichols Gym

Boys Gymnastics

(8 years & over)

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment such as the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun. **No class Oct 12.**

#19351 Sundays
Sept 20 - Nov 29
1:30-2:30 p.m.
\$229/11
#19352 Mondays
Sept 21 - Nov 30
4:30-5:30 p.m.
\$209/10
Vern Nichols Gym

Home Learners 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 and building on your skills and abilities. Limited to 20 participants.

#19545 Tuesdays
Sept 22 - Nov 24
11:45 a.m. - 12:45 p.m.
Lewis Vern Nichols Gym
\$6.50/drop-in

Family Night

(all ages with adult)

Kick off your weekend with Friday Family Night at the Lewis Centre! Enjoy free play in our MP Hall packed with games, activities and fun for the whole family. From giant games to hands-on activities, there's something for everyone to enjoy together. Please note: children must remain supervised by a parent or caregiver at all times.

#19640 Friday, Oct 9

Friday, Nov 13

6:30-8:30 p.m.

Lewis MP Hall

\$5/family/drop-in



Family Gymnastics

(all ages with adult)

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. **No class Oct 12 or 31.**

#19543 Saturdays

Sept 19 - Nov 28

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

2:45-3:45 p.m.

#19985 Mondays

Sept 21 - Nov 30

12-1 p.m.

#19544 Tuesdays

Sept 22 - Nov 24

9:45-10:45 a.m.

Lewis Vern Nichols Gym

\$6.50/drop-in



Trampoline

(7-16 years)

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

Instructor: Sheri Roffey

Tuesdays

Sept 22 - Nov 24

#19503 3:30-4:30 p.m. **7-10 years**

#19504 4:30-5:30 p.m. **11-16 years**

Vern Nichols Gym

\$175/10



Multi-Sport

(5-11 years)

Run, jump, throw, and play in this fun six-week multi-sport program! Kids will explore a variety of sports through active games, basic skill-building activities and playful teamwork in a supportive and encouraging environment designed just for young learners.

Saturdays

10:30-11:30 a.m.

#19630 Sept 19 - Oct 24 **5-7 years**

#19631 Nov 7 - Dec 12 **8-11 years**

Lewis MP Hall

\$65/6



Parkour Kidz

(8-10 years)

Parkour is 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

#19356 Sundays

Sept 20 - Nov 22

9:15-10:15 a.m.

Vern Nichols Gym

\$209/10



Flag Football

(7-9 years)

Huddle up and hit the field! This fun and active flag football program for ages 7-9 introduces players to the basics of the game through drills, games and friendly scrimmages. Participants will build skills in passing, catching, teamwork and gameplay while staying active and having fun.

No experience is required!

#16926 Sundays

Sept 20 - Oct 25

10:30-11:30 a.m.

Lewis MP Hall/

Lewis Park

\$65/6



Did you know?

You can check your family schedule or remaining punches, print past receipts and more when you access your online account at

courtenay.ca/reconline



Courtenay Children





Martial arts and sports

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 duelling practice. This class is all about fun, movement and friendly competition. **No class Oct 6 & 13.**

#19485 Tuesdays
Sept 22 - Dec 8
4:45-5:30 p.m.
Filberg Conference Hall
\$110/10

Net Sports for Home Learners

(9-12 years)
Serve, rally and play your way through this fun six-week net sport program for home learners. Spend two weeks each exploring badminton, volleyball, and pickleball. Build skills and confidence through games, drills and friendly play.

#19443 Fridays
Nov 6 - Dec 11
2-3 p.m.
Lewis MP Hall
\$65/6



Intro to Taekwondo

(5-7 years)
If you've never done taekwondo before, this class is for you! Kids take three 30-minute lessons in a small group of up to three students, learning the basics of taekwondo. The program is designed to prepare them for the Tigers or Juniors class. Because it is held during regular class hours, they can watch and see what comes next.

Thursdays
5-5:30 p.m.
#19341 Sept 17 - Oct 1
#19644 Oct 8 - 22
#19645 Oct 29 - Nov 12
#19343 Nov 19 - Dec 3
Native Sons Hall
\$35/3

First Tee

(8-10 years)
Love golf and want to improve your skills or play more? This inclusive, affordable program, led by First Tee-certified staff, teaches golf fundamentals in a fun and supportive environment while building confidence, friendships, life skills and a love for the game.

#19628 Sundays
Nov 8 - Dec 13
10:30-11:30 a.m.
Lewis MP Hall
\$65/6



Taekwondo Tigers

(5-7 years)
Taekwondo is a traditional Korean martial art and Olympic sport. This fun-focused class helps students develop balance, coordination, flexibility, confidence, co-operation, and focus. Kids follow a structured curriculum and learn kicks, hand strikes, blocks, stances, and dynamic footwork. We are a sanctioned member of the BC and Canadian Taekwondo Federations.

#19347 Tuesdays & Thursdays
Sept 10 - Dec 17
3:45-4:30 p.m.
Native Sons Grand Hall
\$362/29

Taekwondo Juniors

(7 years & older)
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.

Tuesdays & Thursdays
Sept 10 - Dec 17
White - Green Stripe 7 years +
#19345 4:40-5:30 p.m.
Blue Stripe & Higher 8 years +
#19342 5:40-6:30 p.m.
Native Sons Grand Hall
\$362/29

Look for this symbol throughout Courtenay Recreation pages for programs that incorporate physical literacy.



Home Learner Multi-Sport

(8-11 years)

Stay active, build confidence and try something new in this six-week multi-sport program for home learners. Participants will explore a net sport, team sport and individual sport through fun games, skill-building activities and social play in a supportive environment.

Thursdays

#19436 Sept 24 - Oct 29

#19437 Nov 5 - Dec 10

1:15-2:15 p.m.

Lewis MP Hall

\$65/6



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 put those skills into play through scrimmages each week. **No class Sept 30 or Nov 11.**

Wednesdays

#19192 Sept 16 - Oct 28

#19193 Nov 4 - Dec 16

4:30-5:30 p.m.

Lewis MP Hall

\$65/6



Kids Archery Tag

(8-10 years)

Duck, dodge and take aim in this action-packed archery adventure. Kids will learn safe archery skills, teamwork and game strategies while playing exciting archery tag challenges and games using foam-tipped arrows. A fun and active program for all skill levels. **No class Nov 20.**

#19445 Fridays

Nov 6 - Dec 18

3:45-4:45 p.m.

Lewis MP Hall

\$89/6



Family Archery

(7 years & over with parent/caregiver)

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.

Saturdays

#19452 Sept 19 - Oct 24

#19453 Nov 7 - Dec 12

2:45-4 p.m.

Lewis MP Hall

\$89/6

Floor Hockey

(5-10 years)

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

Thursdays

#19204 Sept 24 - Oct 29

#19205 Nov 5 - Dec 10

4:30-5:30 p.m. **5-7 years**

#19206 Sept 24 - Oct 29

#19207 Nov 5 - Dec 10

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

Lewis MP Hall

\$65/6



Soccer Kids

(K-10 years)

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

No class Oct 12.

Mondays

#19208 Sept 21 - Nov 2

#19209 Nov 9 - Dec 14

4:30-5:30 p.m. **5-7 years**

#19210 Sept 21 - Nov 2

#19211 Nov 9 - Dec 14

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

Lewis MP Hall

\$65/6



Home Learner Archery

(9-12 years)

Take aim and discover the exciting sport of archery. Learn the fundamentals in a fun, supportive setting while practicing safe shooting techniques. Build confidence, improve your accuracy through games and challenges and enjoy watching your skills grow with every arrow you shoot.

#19442 Fridays

Sept 25 - Oct 30

2-3 p.m.

Lewis MP Hall

\$89/6



Archery for Kids

(7-9 years)

Discover how to use a bow and arrow while building coordination, strength, focus and listening skills. This course helps you grow through fun, hands-on practice and personal challenges. Archery is a great way to stay active and improve both mind and body.

Saturdays

#19448 Sept 19 - Oct 24

#19450 Nov 7 - Dec 12

1:30-2:30 p.m.

Lewis MP Hall

\$89/6



Courtenay Children





Halloween Parade and Party

(11 years and younger)

Saturday, October 31

1-3:30 p.m.

Learn more at courtenay.ca/halloween or follow the City of Courtenay on social media.

courtenay.ca/halloween

School's out

Everything & More Pro-D Camp

(8-10 years)

Why choose one activity when you can do it all? This action-packed camp combines baking, games, crafts, sports and more for a day full of fun and variety. Perfect for spending your day staying active, being creative and trying new things.

#19596 Monday, Sept 21
8:30 a.m. - 4:30 p.m.
Lewis MP Hall
\$49

#19597 Friday, Oct 23
8:30 a.m. - 4:30 p.m.
Lewis Salish Building
\$49

#19598 Thursday, Nov 19
8:30 a.m. - 4:30 p.m.
Lewis Salish Building
\$49

Tween Pro-D

(10-12 years)

Spend your day off school having fun with games and exciting activities. Enjoy time at The LINC in the games room or skatepark. This day is all about staying active, trying new things and having a great time.

#19599 Monday, Sept 21
8:30 a.m. - 4:30 p.m.
Lewis Tsolum Building
\$49

#19600 Friday, Oct 23
8:30 a.m. - 4:30 p.m.
Lewis Tsolum Building
\$49

#19601 Thursday, Nov 19
8:30 a.m. - 4:30 p.m.
Lewis Tsolum Building
\$49

Elf Academy

(K-7 years)

Welcome to Elf Academy, a magical workshop where creativity and holiday spirit come to life! This enchanted camp invites children to become little elves, crafting unique and heartfelt gifts to share with their loved ones. Join us as we create one-of-a-kind crafts sure to spread the joy of the season.

#19560 Thursday, Dec 24
8:30 a.m. - 12 p.m.
Lewis Craft Room B
\$24

Pro-D Party

(K-7 years)

Enjoy your day off school at 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.

#19336 Monday, Sept 21
#19337 Friday, Oct 23
#19338 Thursday, Nov 19
8:30 a.m. - 4:30 p.m.
Lewis Craft Room A
\$49

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. Leisure for Everyone Accessibility Program (LEAP)

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

Learn more at courtenay.ca/recaccess



Winter Fun Camp

(K-7 years)

Winter break is here and days of fun await. Bake something tasty, play exciting games and get creative with cool projects. All this fun happens in one place, and it's almost too good to believe. Come join us for a camp packed with energy, laughter and new experiences.

#19563 Monday - Wednesday
December 21 - 23
\$149/3

#19564 Tuesday & Wednesday
December 29 & 30
\$99/2
8:30 a.m. - 4:30 p.m.
Lewis Craft Room B

Holiday Escapades

(11-13 years)

School's out for winter break, but exciting activities await. Join our fun-loving leaders for a winter camp filled with active games, creative projects and cook up a few tasty delights.

#19567 Monday - Wednesday
December 21 - 23
\$149/3

#19568 Tuesday & Wednesday
December 29 & 30
\$99/2
8:30 a.m. - 4:30 p.m.
Lewis Vern Nichols Gym

NYE Countdown Archery Camp

(8-10 years)

Spend the last of 2026 working on your aim and taking your shot. In this half-day camp you will use your arrows to count down to the new year and try out archery tag.

#19570 Thursday, Dec 31
8:30 a.m. - 3 p.m.
Lewis MP Hall
\$45

Frosty Capers

(8-10 years)

Beat boredom with Frosty Capers, a camp filled with fun creative projects and a few mysteries to be solved. You'll play games, solve challenges and enjoy a few surprise twists along the way.

#19566 Monday - Wednesday
December 21 - 23
\$149/3

#19565 Tuesday & Wednesday
December 29 & 30
\$99/2
8:30 a.m. - 4:30 p.m.
Lewis Craft Room A

New Year's Fun

(K-7 years)

Start your count down to New Year's with Courtenay Recreation and a day filled with fun crafts, exciting games and more.

#19561 Thursday, Dec 31
8:30 a.m. - 3 p.m.
Lewis Craft Room B
\$45

Reindeer Games

(8-10 years)

Welcome to Reindeer Games, a fun-filled workshop bursting with holiday spirit. Create unique crafts, make heartfelt gifts and enjoy silly games with new friends. Join us for a joyful day full of laughter, creativity and festive fun. It's the perfect way to celebrate the season and get into the holiday mood.

#19559 Thursday, Dec 24
8:30 a.m. - 12 p.m.
Lewis Craft Room A
\$24

New Year's Bake-Off

(11-13 years)

Count down to New Year's with baking challenges and tasty creations.

#19562 Thursday, Dec 31
8:30 a.m. - 3 p.m.
Lewis Craft Room A
\$45

Kids Night Out (K-11 years)

Need a break from your parents? (And parents . . . need a break from your kids?) We've got you covered! Join us for a fun-filled Friday night made just for kids-packed with crafts, games, glow sticks, giant gym activities, music, laughs and plenty of silliness with our energetic staff. Wear your pyjamas, bring your dinner or favourite snack and get ready for an awesome night with friends while your parents enjoy a few peaceful hours of quiet. Everybody wins.

#19636 Friday, Oct 16
#19637 Friday, Nov 20
#19638 Friday, Dec 11
#19639 Friday, Dec 18
5-8 p.m.
Lewis Meeting Room
\$20/session



Courtenay Children





Skateboarding

SK8 Like A Girl

(8-11 years)

Grab your friends and hit the skatepark for a night designed just for girls! Whether you're new to skateboarding or looking to level up your skills, this session is all about having fun, supporting one another, and making the skatepark your own. Skateboards and safety equipment are included.

Mondays
4:30-5:30 p.m.

#19583 Oct 26 - Nov 16

#19807 Nov 23 - Dec 14

The LINC Indoor Skatepark
\$60/4

Teen SK8

(12-15 years)

Whether you're stepping on a skateboard for the first time or looking to improve your skills, Teen SK8 offers an inclusive and supportive environment to learn, practise and have fun. Cruise the park, try out ramps and work on new tricks! Skateboards and safety equipment are provided, so all you need to bring is your enthusiasm.

Mondays
5:45-6:45 p.m.

#19585 Oct 26 - Nov 16

#19806 Nov 23 - Dec 14

The LINC Indoor Skatepark
\$60/4

Skateboard FUNdamentals

(8-11 years)

Ready to learn how to skateboard? In this beginner-friendly program we'll cover the basics of balance, pushing, turning, and cruising before progressing to simple tricks and skatepark features. Whether you're brand new to skateboarding or looking to strengthen your skills, this class is the perfect place to get rolling.

Mondays
3:30-4:15 p.m.

#19584 Oct 26 - Nov 16

#19808 Nov 23 - Dec 14

The LINC Indoor Skatepark
\$55/4

Register online at
courtenay.ca/reconline
For updates & schedule
changes, go to
courtenay.ca/rec

Private Lessons

(6-18 years)

Whether you're brand new to skateboarding or looking to refine your skills, private lessons offer personalized instruction tailored to your goals. Work one-on-one with our experienced instructors to build confidence, learn new techniques, and receive expert tips to help you progress at your own pace. From mastering the basics to landing more advanced tricks, these sessions are designed to help you get the most out of your time on the board. Skateboards and safety equipment are included.

Thursdays
4 p.m. or 5 p.m.
starting November 5
The LINC Indoor Skatepark
\$35

Semi-Private Intermediate Skate Skills

(8 years & over)

Ready to take your skateboarding to the next level? These semi-private lessons are designed for intermediate riders who are comfortable with the basics and looking to build confidence on more advanced skills. Learn alongside a friend or small group while receiving personalized coaching. Focus on trick progression, skatepark features, ramp skills, and overall technique in a supportive environment that helps you continue to grow as a skateboarder. Skateboards and safety equipment are included. Maximum three participants per group.

Thursdays
6-7 p.m.
starting November 5
The LINC Indoor Skatepark
\$26/person

Tweens

Stay Safe

(9-13 years)

Is your child ready to start staying home alone? Includes:

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations
- Basic first aid skills

Contracted: On The Go First Aid

#19254 Saturday, Sept 19

#19255 Saturday, Oct 17

#19256 Saturday, Nov 14

#19257 Saturday, Dec 5

9 a.m. - 3 p.m.

Lewis Tsolum Building
\$70

Piano Lessons

(12-15 years)

Play your favourite songs in no time. A \$35 book fee is due at the first lesson. Participants need access to a keyboard or piano at home.

#19620 Thursdays

Sept 17 - Nov 26

5:30-6:30 p.m.

All Keyed Up Studio
\$199/11

Tween Take Over

(9-12 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! **No program Nov 19.**

#19390 Thursdays

Sept 17 - Dec 10

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.

#19402 Mondays

Sept 21 - Oct 5

6-7:30 p.m.

Lewis Craft Room B
\$49/3

Flag Football

(10-12 years)

Get ready to run plays, score touchdowns and have fun on the field! This flag football program for ages 10-12 focuses on skill development, teamwork and game strategy through drills, mini-games and friendly scrimmages. Players will build confidence in passing, catching, defending and overall game-play in an active and supportive environment. All skill levels are welcome!

#16927 Sundays

Sept 20 - Oct 25

11:45 a.m. - 12:45 p.m.

Lewis MP Hall/
Lewis Park
\$65/6



Archery for Tweens

(10-12 years)

You have learned the basics – now it is time to take your archery skills to the next level. Challenge yourself by refining technique and building strength, endurance and stability. You will focus on aim, consistency and precision while practising with a variety of targets. This course helps you improve your performance and grow your confidence.

#19444 Fridays

Sept 25 - Oct 30

3:45-4:45 p.m.

Lewis MP Hall
\$89/6



Tween Archery Tag

(10-12 years)

Get ready to dodge, duck and take aim in this action-packed program for tweens! Players will learn archery tag basics, teamwork, strategy and safe game-play through fun challenges and exciting matches. This class is for beginners and returning players looking for fast-paced fun and friendly competition. **No class Nov 20.**

#19447 Fridays

Nov 6 - Dec 18

5-6 p.m.

Lewis MP Hall
\$89/6



Courtenay Children





Get cooking

Cooking on a Budget: All About Beans

(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 or 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.

#19391 Sunday, Sept 20

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

The LINC Youth Centre

Kitchen

\$19

Perfect Pies

(13-15 years)

Learn the art of pie making in this hands-on crash course. Whether your favourite is apple or peach, you'll not only get the knowledge to create the pie of your dreams, you'll get to eat it too.

#19604 Sunday, Oct 4

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

Lewis Craft Room A

\$19

Cooking on a Budget: Hearty Soups

(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 or 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.

#19393 Sunday, Nov 29

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

The LINC Youth Centre

Kitchen

\$19

Cooking on a Budget: Protein Power

(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 or 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.

#19392 Sunday, Nov 8

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

The LINC Youth Centre

Kitchen

\$19

Cooking on a Budget: Holiday Dinner

(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 or 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.

#19394 Sunday, Dec 13

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

The LINC Youth Centre

Kitchen

\$19

*Check your receipt for
important program
information.*

Get creative

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, cross-body bags, or scrunchies. No experience is needed. Bring a pair of clean jeans to upcycle. All supplies provided.

#19404 Thursdays

Oct 29 - Nov 19

7-8:30 p.m.

Lewis Craft Room A

\$75/4

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.

#19395 Mondays

November 2 - 23

6:30-8 p.m.

Lewis Craft Room A

\$75/4

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.

#19217 Thursdays

Sept 24 - Nov 26

4-5:30 p.m.

Lewis Craft Room B

\$235/10

Chinese Calligraphy Workshop

(10-12 years)

The Calligraphy Workshop is a fun way to learn the basics of Chinese calligraphy. Participants will practise simple brush techniques, learn how to write basic Chinese words and discover the meaning behind this traditional art. The session encourages creativity while helping everyone enjoy and understand Chinese culture through writing and artistic expression.

#19748 Thursdays

Sept 17 - Oct 8

3:45-4:30 p.m.

Lewis Meeting Room

\$60/4

Gnarly Little

Christmas Craft Fair

(9-19 years)

Take part in Courtenay's biggest youth Christmas craft fair and make extra cash this Christmas while showcasing your talents. Painting, photography, jewellery, art cards, crafts, baking and more are all welcome in the 18th annual just-for-youth craft fair!

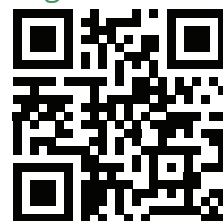
#19501 Saturday, Dec 5

10 a.m. - 2 p.m.

Filberg Conference Hall

\$10/table

Register online:



Gnarly Little Christmas Craft Fair

(9-19 years)

Saturday, December 5

10 a.m. - 2 p.m.

Filberg Conference Hall

\$10/table

courtenay.ca/gnarly



Courtenay Youth



Fall Program Registration starts Monday August 10 | [See page 106](#)

Try it! *These dates are free, but registration is required*

Archery Tag (8-10 years) #19983 Sept 12 12-1 p.m.

Basketball Scrimmages (11-13 years) #19972 Sept 9 5:45-6:45 p.m.

First Tee (11-13 years) #19980 Sept 13 12:30-1:15 p.m.

Flag Football (10-12 years) #19978 Sept 13 10:30-11:15 a.m.

Floor Hockey (8-10 years) #19974 Sept 17 5:45-6:45 p.m.

Soccer Kids (8-10 years) #19976 Sept 14 5:45-6:45 p.m.

Stay active

Basketball Scrimmages

(11-13 years)

Hit the court for exciting basketball scrimmages each week! This program focuses on game-play, teamwork and having fun. Using real game situations, participants will stay active, work together and build skills. Look forward to having fun while staff lead and organize weekly games.

No class Sept 30 or Nov 11.

Wednesdays
5:45-7 p.m.

#19194 Sept 16 - Oct 28

#19195 Nov 4 - Dec 16
Lewis MP Hall
\$65/6



Archery for Youth

(13-15 years)

Whether you're new to archery or looking to refine your skills, this program helps you build confidence, improve accuracy and develop proper technique. Challenge yourself with engaging drills and targets while having fun and progressing at your own pace.

#19446 Fridays

Sept 25 - Oct 30
5-6 p.m.

Lewis MP Hall
\$89/6



Youth Badminton

(13-15 years)

Ready to smash, rally, and dive? This badminton program is perfect for teens looking to learn the game or improve their skills. Sessions include fun drills, footwork, and match play in a supportive environment. Meet new friends, stay active, and build confidence on the court. No experience required.

Tuesdays
4:30-5:30 p.m.

#19632 Sept 22 - Oct 27

#19633 Nov 3 - Dec 8
Lewis MP Hall
\$65/6



Taekwondo Teen/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 recognized Olympic sport. Known for its 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 fourth-dan Black Belt Richard Dobbs.

#19346 Tuesdays & Thursdays

Sept 10 - Dec 17
6:40-7:40 p.m.

Native Sons Hall
\$375/29



First Tee

(11-13 years)

Love golf and want to improve your game while having fun? This inclusive program, delivered by Golf Canada and led by First Tee certified instructors, helps participants build golf skills, confidence and character. Learn new techniques, take on exciting challenges and connect with friends in a supportive environment that encourages growth both on and off the course.

#19629 Sundays

Nov 8 - Dec 13
11:45 a.m. - 12:45 p.m.

Lewis MP Hall
\$65/6



Look for this symbol throughout Courtenay Recreation pages for programs that incorporate physical literacy.



Youth Fitness Orientations

Mandatory as of September 1, 2026 for 13 - 15 year olds. Get started safely in the weight room! Learn the basics, build confidence and get familiar with proper equipment use. Free registration. For more information see page 92.

For Teen Strength Training see page 93.

Drop-in activities

Drop-in Rec Night

(10-12 years)

Hang out with friends, stay active and enjoy a different themed activity night on the first and last Friday of each month! From archery tag and glow sports to team games and special events, each session brings new challenges, fun activities, music and plenty of opportunities to connect and play.

Sept 25: Archery Tag

Oct 2: Dodgeball Showdown

Oct 30: Glow Night

Nov 6: Archery Tag

Nov 27: Obstacle Course Challenge

Dec 4: Glow Night

#19494 Fridays

Sept 25 - Dec 4

6:30-8:30 p.m.

Lewis MP Hall

\$2.50/Drop-in

Register online at
courtenay.ca/reconline
For updates & schedule
changes, go to
courtenay.ca/rec

Youth

Drop-in Gym

(13-16 years)

Dedicated gym time just for youth. Enjoy this open space to play, hang out or play music. Open Monday, Tuesday and Wednesday after school. **No session Sept 30, Oct 12 or Nov 11.**

#19428 Mondays - Wednesdays

Sept 21 - Dec 16

3:15-4:15 p.m.

Lewis MP Hall

Free



Tween Take Over

(9-12 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. **No program Nov 19.**

#19390 Thursdays

Sept 17 - Dec 10

4:30-6 p.m.

Lewis Salish Building

\$5/Drop-in

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 which may include archery tag, skatepark, air hockey, pizza, snacks, and more! Please ensure you have completed and submitted waivers. Bring swim stuff, wear running shoes and bring signed activity waivers required for participation. Drop-off at the Lewis Centre MP Hall at 3:30 p.m. Pick up at CV Aquatic Centre at 10:30 p.m.

#19309 Friday, Nov 20

3:30-10:30 p.m.

Lewis MP Hall

\$15 pre-registration required

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

Or combine themes to make a party all your own!

A parent or caregiver must be present.

Maximum of 12 participants.

Saturdays starting September 12

10:15 a.m. - 12:15 p.m. **or** 12:45-2:45 p.m.

Sundays starting September 13

11:15 a.m. - 1:15 p.m. **or** 1:45-3:45 p.m.

LINC Games Room

\$155





**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



Volunteer Information Night

(12 years & over)

Looking to make a difference in your community? Come learn how you can volunteer with Courtenay Recreation! This informative night will have you ready to jump in on the fun, gain valuable experience and have a positive impact in your community!

Wednesdays

#19647 September 23

#19648 October 14

#19649 November 25

4:30-5:30 p.m.

Lewis Meeting Room

Free

Leadership and certification

Food Safe Level 1

(13 years & over)

Train to become an employable food handler in the service industry. Learn about safe food handling methods and food preparation techniques. Certificates are awarded upon successful completion of the program.

#19502 Saturday, Nov 14

9 a.m. - 4 p.m.

Native Sons

Lower Lodge

\$98

Emergency and Basic First Aid

(14 years & over)

Covers adult, child and infant CPR skills as well as wound care and major bleeding. Equivalent to WorkSafeBC Basic. Certificate is valid for three years. Open to those 14 years or older who are mature enough to cover the required materials.

Contracted: On The Go First Aid

#19801 Saturday, Sept 5

#19802 Sunday, Nov 8

8 a.m. - 4 p.m.

Lewis Tsolum Building

\$150



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.

#19403 Tuesdays

Nov 10 - Dec 1

4-6 p.m.

LINC Multipurpose Room

\$40/4

Babysitter Training

(11-16 years)

The Babysitting course teaches youth essential skills to prevent and respond to emergencies. Learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. You will also learn how to feed, diaper, dress and play with children and babies. This program also gives you the skills to promote yourself as a babysitter to prospective families. Learn to make good decisions, manage complex behaviours, be responsible and demonstrate leadership.

Contracted: On The Go First Aid.

#19250 Sunday, Sept 20

#19251 Sunday, Oct 18

#19252 Sunday, Nov 15

#19253 Sunday, Dec 6

9 a.m. - 4 p.m.

Lewis Meeting Room

\$70

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.

Learn more at courtenay.ca/recaccess



Extreme Rec Night

(11-16 years)

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local recreation centres and participate in activities which may include archery tag, skatepark, air hockey, pizza, snacks and more! Transportation is included from the Lewis Centre. Pick up at the CV Aquatic Centre at 10:30 p.m.

#19309 Friday, Nov 20

3:30-10:30 p.m.

Lewis MP Hall

\$15



Ghoul School

(12-18 years)

Ready to help bring the scares to life? Join Ghoul School, the creative team behind our Haunted House, and learn the secrets of creating an unforgettable experience. From creepy effects to haunted scenes, you'll get hands-on experience building the magic that makes Halloween at The LINC so memorable. Come learn the tricks of the trade, meet fellow fright enthusiasts and help us create another amazing spooky season at The LINC!

Wednesdays

Starting September 16

The LINC Youth Centre

Free

Ghoul School:

Tween Edition

(9-11 years)

Calling all future Halloween creators ages 9-11! Join Tween Ghoul School and discover how our Haunted House comes to life. You'll learn fun spooky tricks, help create creepy decorations and work with a team to build an unforgettable Halloween experience at The LINC. Get ready for a frightfully fun spooky season!

Tuesdays

Starting September 22

The LINC Youth Centre

Free



**Courtenay
Recreation**

The LINC Youth Centre Haunted House

October 23 - 31

Created by local youth

\$2.50/person or \$5/family

½ the Fright Night is geared to our younger ghouls and visitors



Tuesday	Wednesday	Thursday	Friday	Saturday
20 /	21 /	22 /	23 6-9 p.m.	24 6-9 p.m.
27 5-7 p.m.	28 5-8 p.m.	29 5-8 p.m.	30 6-9 p.m.	31 5-7 p.m. <i>½ the fright</i>

courtenay.ca/haunted

Courtenay Youth



Fall Program Registration starts Monday August 10 | [See page 106](#)

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THE LINC Youth Centre

& Skatepark
300 Old Island Highway
Courtenay
250-334-8138
courtenay.ca/linc



@thelincyouthcentre



Fall hours effective September 8

Mondays Session 16+.....7-9 p.m.
(Adult-only skatepark & games room)
Tuesdays.....3-7 p.m.
(Tween night 9-11 years)
Wednesdays.....3-8 p.m.
(12-18 years)
Thursdays.....3-8 p.m.
(12-18 years)
Fridays and Saturdays..... 3-11 p.m.
(12-18 years)
Sundays Family Drop-in.....4-7 p.m.
(all ages with a parent/caregiver)

Fees:

Drop-in

Youth \$2.50 (8-18 years)
Adult \$4 (19+ years)
Family \$5

Memberships/Punch pass

Youth \$25/11 punches
\$15/month
\$80/year
Adult \$40/11 punches
\$20/month

What we offer

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



Follow us on Facebook and
Instagram for current
schedule of events.

Hours are subject to change.

Tween Night

(9-11 years) **New ages!**
We've updated the age range for Tween Drop-In! This program is now open to youth ages 9-11. Tween Drop-In is the perfect spot to connect with friends, play games, get creative and enjoy fun activities in a safe and welcoming environment.

Tuesdays
3-7 p.m.
The LINC Youth Centre
\$2.50/drop-in

Family Drop-In

(all ages with parent/caregiver)
Spend quality time together in a safe, welcoming and family-friendly space. Family Drop-In offers an opportunity to play, relax and enjoy time with your loved ones while meeting other families in the community.

Sundays
starting September 27
4-7 p.m.
\$5/family

Session 16+

(16 years & over)
Looking for a place to skate after hours? This is an exclusive drop-in skate night for ages 16 and up at our indoor skatepark. Helmets, padding and skateboards available to use. Grab your board and join the community for an evening of skating, progression and fun.

Mondays starting Sept 28
7-9 p.m.
\$2.50/youth
\$4/adult



Leisure Buddies

Purpose

This program was created to provide extra support for those with diverse needs to fully participate in recreation programs with the City of Courtenay.

What is the Leisure Buddies Program?

Our Leisure Buddies program sets up your child or youth with one-on-one support in the recreation program of their interest.

What is the process?

- 1) Families will register for the programs of interest.
- 2) Families will notify the Adapted & Inclusive Programming Supervisor that their child requires extra support.
- 3) Families will arrange for an intake.
- 4) During the intake, families will fill out a comprehensive form that goes over the child's strengths, challenges, triggers and strategies to aid in setting the participant up for success in the program.
- 5) Depending on the amount of support/supervision/intervention required (i.e. whether they pose a risk to the safety of self or others in program), their enrollment may be dependent on staffing and further options will be discussed with the Adaptive & Inclusive Programming Supervisor. This may include withdrawal from the program with a prorated refund.

Please Note: Leisure Buddies Services requires a minimum of 2 weeks notice prior to the start of the program to complete the intake process and find an appropriate Leisure Buddy.

If a Leisure Buddy is not available, a parent or guardian is required to stay and provide support for their child.





Special events

Deck the Halls Dance

(16 years & over)

Celebrate the season with a magical afternoon of music, dancing and holiday cheer!

#19387 Friday, December 11
1-2:30 p.m.
Filberg Conference Hall
\$5

Bingo with Santa

Wear your favourite holiday sweater and join us for some festive fun! Enjoy a cheerful game of Bingo with Santa, share in the holiday spirit, and take part in a lively, welcoming celebration filled with laughter, music, and seasonal cheer for all participants.

#19657 Friday, December 18
10-11 a.m.
Lewis MP Hall
\$5

*Adapted Programs
Proudly Sponsored by:*



Halloween Bingo

(18 years & over)

Join us for a spooky and fun-filled Halloween bingo! Enjoy exciting games, prizes, treats, and plenty of Halloween spirit. Participants are encouraged to wear their favourite costumes and come ready for a frightfully good time!

#18839 Thursday, October 29
10:30-11:30 a.m.
Lewis MP Hall
\$5

Halloween Dance

Put on your costume and join us for a Halloween dance full of spooky fun. Enjoy upbeat music while celebrating the season with friends in a lively, welcoming atmosphere made for dancing, laughing and showing off your best Halloween moves.

#19659 Friday, October 30
12:30-2:30 p.m.
Filberg Conference Hall
\$5

Adapted Pumpkin Carving Social

(16 years & over)

Join us for an adapted pumpkin carving social! Enjoy pumpkins, snacks and a welcoming space to connect, carve and celebrate together!

#19613 Thursday, October 22
10-11:30 a.m.
Lewis Craft Room A
\$10

Gingerbread House Social

(16 years & over)

Join us for a sweet afternoon of creativity and holiday fun as we decorate gingerbread houses together! Bring your friends and your holiday spirit!

#19422 Thursday, December 3
10-11:30 a.m.
Lewis Craft Room A
\$10

Turkey Bingo

Gobble up some morning fun at Thanksgiving bingo! Spend an hour playing festive rounds of bingo, socializing with friends, and enjoying a lighthearted celebration of the Thanksgiving season.

#19809 Thursday, October 8
11 a.m. - 12 p.m.
Lewis MP Hall
\$5

Snowflake Bingo

Bundle up for a frosty hour of Snowflake bingo! Enjoy classic bingo with a winter twist, plenty of laughs and a fun way to spend a morning with friends.

#19810 Monday, November 16
11 a.m. - 12 p.m.
Lewis MP Hall B
\$5

Get active

Adapted Chair Fit

(18 years & over)

An upbeat workout class that uses bender balls and a variety of props followed by a gentle cool down with gentle stretching. All ages and abilities welcome.

Instructor: Wendie Matte

Fridays

10:30-11:30 a.m.

#19241 Sept 25 - Oct 30

#19610 Nov 6 - Dec 11

Lewis MP Hall

\$30/6

Adapted Weight Room Orientation

(16 years & over)

New to the weight room or looking for a little extra support getting comfortable with the space? This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level. Maximum two participants.

Fridays

11 a.m. - 12 p.m.

Lewis Wellness Centre

Free

Accessible Strength Training

(16 years & over)

Designed for individuals with limited mobility who want to confidently navigate the weight room and build strength. All mobility devices are welcome. Maximum four participants.

Instructor: Sarah Kendall

Fridays

1:45-3 p.m.

#19692 Sept 25 - Oct 30

\$90/6

#19398 Nov 6 - Dec 18

\$105/7

Lewis Wellness Centre

Diverse Sports

(16 years & over)

You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive environment. **No class Sept 30 or Nov 11.**

Wednesdays

10:30-11:30 a.m.

#19412 Sept 23 - Oct 28

#20017 Nov 18 - Dec 9

Lewis Vern Nichols Gym

\$25/5

Adapted Dance Party

(18 years & over)

Let's get the wild fall 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.

No class Sept 30 or Nov 11.

Instructor: Tammy Jones

Wednesdays

1:10-2 p.m.

#19385 Sept 23 - Nov 4

\$30/6

#19386 Nov 18 - Dec 16

\$25/5

Lewis MP Hall

Adapted Yoga

(16 years & over)

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

Instructor: Susan Obieglo

Tuesdays

1:15-2 p.m.

#19389 Sept 22 - Nov 3

\$35/7

#19397 Nov 10 - Dec 15

\$30/6

Lewis Activity Room

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.

Thursdays

1-2 p.m.

#19244 Sept 24 - Nov 5

\$28/7

#19245 Nov 12 - Dec 17

\$24/6

Lewis Activity Room



Courtenay Adapted Programs





Get creative

Adapted Fall Wreath Workshop

(16 years & over)

Join us for a fun and creative afternoon as we decorate beautiful fall-inspired wreaths together. Create a unique seasonal piece that will make the perfect addition to your front door.

#19572 Friday, September 25
1-2:30 p.m.
Lewis Craft Room B
\$10

Adapted Sewing Club: Beginner

(18 years & over)

New to sewing and ready to learn? Join us each week as we explore the basics of sewing in a fun, project-based class. Build confidence, develop new skills, and create simple sewing projects in a supportive and inclusive environment. **No class Sept 30.**

Wednesdays
12:30-2 p.m.
#19489 Sept 23 - Nov 4
\$59/6
#19490 Nov 18 - Dec 16
\$49/5
Lewis Craft Room A

Adapted Craft Club

(16 years & over)

Explore your creativity through fun, hands-on art projects. Experiment with a variety of crafting techniques and materials while discovering new ways to express yourself. This welcoming program encourages creativity, confidence and connection as you create something uniquely your own.

Tuesdays
1-2:30 p.m.
#19246 Sept 22 - Nov 3
\$42/7
#19388 Nov 10 - Dec 15
\$36/6
Lewis Craft Room A

Adapted Sewing Club: Intermediate

(18 years & over)

This sewing class is a step beyond beginner, 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! **No class Nov 19.**

Thursdays
1-2:30 p.m.
#19492 Sept 17 - Oct 29
\$69/7
#19493 Nov 5 - Dec 17
\$59/6
Lewis Craft Room A

Our Art Cards program is growing into the Creative Hands Collective! This refreshed, inclusive initiative continues to celebrate creativity, connection and self-expression for artists of all abilities. Participants will design and create unique handmade pieces in a supportive setting, with all sales directly supporting the artists who make them.

Creative Hands Collective

(18 years & over)

This inclusive craft program celebrates creativity, connection, and self-expression for artists of all abilities. Participants create unique handmade pieces in a supportive environment, and every purchase directly supports the artists. One hundred percent of proceeds going straight to the creators themselves. **No class Oct 12.**

Mondays
10 a.m. - 12 p.m.
#19233 Sept 21 - Nov 2
#19236 Nov 9 - Dec 14
Lewis Craft Room A
Free

Register online at
courtenay.ca/reconline
For updates & schedule
changes, go to
courtenay.ca/rec

Adapted 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. **No class Oct 12.**

Mondays

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

#19399 Sept 28 - Nov 9

\$48/6

#19401 Nov 16 - Dec 14

\$40/5

LINC Kitchen

Teen Odyssey: Christmas Break

This camp is specifically for teens with support needs and diverse abilities. This is a place where they can get the chance to explore new activities, learn new skills, meet friends and have tons of fun, all while in a supportive environment. Interactive games, crafts, outings and much more!

#19811 Monday - Wednesday

Dec 21 - 23

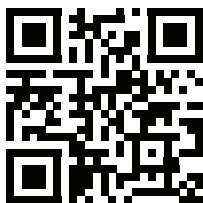
9 a.m. - 4 p.m.

Lewis Tsolum Building

\$75/3

*Registration for
adapted programs
starts Monday,
August 17 at 8:30 a.m.*

Register online:



Adapted Kids Krew

(10-16 years)

An inclusive and welcoming space where kids and youth with diverse abilities can connect, create and have fun together. Through games, crafts, activities and social time, participants build friendships, confidence and community in a supportive and engaging environment.

Sundays

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

#19592 Sept 27 - Oct 25

#19593 Nov 1 - 29

Lewis Craft Room A

\$35/5

Adapted Music & Mingle

(16 years & over)

Get ready to sing loudly, move your body, play instruments and learn some sign language. This joyful adapted sing along is all about fun, music and participation for everyone. **No class Oct 12.**

Instructor: Tammy Jones

Mondays

1:10-2 p.m.

#19339 Sept 21 - Nov 2

#19340 Nov 9 - Dec 14

Lewis Craft Room A

\$27/6

Did you know?

You can check your registrations, how many punches you have left and more when you access your online account at courtenay.ca/reconline





Social time!

Adapted Young Adults Club

(18 years & over)

Let's get social and plan the things you want to do. Activities may include crafts, movies, game nights, dinner out and more! **No class Oct 13.**

Tuesdays
6-8 p.m.

#19238 Sept 22 - Nov 3

#19240 Nov 10 - Dec 15
Evergreen Lounge
Filberg Centre
\$42/6

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.

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

#19223 Sept 22 - Nov 3

\$30/7

#19231 Nov 10 - Dec 15

\$26/6

Lewis Craft Room A

Fall Bowling League

(18 years & over)

Strike up new friendships at our fun bowling leagues on Tuesdays or 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)?!

No class Sept 30 or Nov 11.

#19624 Tuesdays

Sept 22 - Dec 15

#19491 Wednesdays

Sept 23 - Dec 16

3-4 p.m.

Codes Country Lanes

\$5

Financial assistance programs for recreation services

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. Leisure for Everyone Accessibility Program (LEAP)

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

Learn more at courtenay.ca/recaccess



Creative pursuits

Watercolour Practice

(16 years & over)

Watercolour requires some practice and technique to get it right. This is your chance! We will go over layering colour, mixing colour on the painting, the stages of the paper drying and what you can do at each; dry brush techniques and uses of different paper types and surfaces, and properties of the paints such as staining and granulating colours. In all, we will have lots of fun using different effects and techniques in our paintings!

Instructor: Teresa Knight

#19451 Tuesdays

Oct 20 - Nov 17

6-8 p.m.

Filberg Craft Room

\$99/5

How to Draw and

Paint Specific

Aspects of Landscapes

(16 years & over)

Learn to draw and paint specific aspects of landscapes. Each class focuses on a different element, including trees, skies, clouds, still water and waves. Build skills in composition, perspective, colour mixing and brushwork while creating detailed landscape scenes in a supportive environment.

Instructor: Teresa Knight

#19457 Thursdays

Oct 22 - Nov 19

6-8 p.m.

Filberg Craft Room

\$99/5

*Check your receipt for
important program
information.*

All Levels Painting

Studio Time

(16 years & over)

Work in any medium, at any level, with guidance tailored to your goals and creative interests. Get expert advice when you need it and enjoy one-on-one support in a relaxed, welcoming setting. Bring a piece you are working on along with your usual supplies. Teresa creates a fun, encouraging space where you can grow your skills confidently. **No class**

Sept 30 or Nov 11.

Instructor: Teresa Knight

#19461 Wednesdays

Sept 16 - Nov 18

2-4 p.m.

Lewis Tsolum Building

\$149/8

How to Draw and Paint Landscapes

(16 years & over)

We will learn landscape art step by step. Starting with drawing and what makes a good subject. Then mixing colours, layering paints, special effects for grass and water and checking the values. Finally, there working on composition and putting on the final touches.

Instructor: Teresa Knight

#19456 Thursdays

Sept 17 - Oct 15

6-8 p.m.

Filberg Craft Room

\$99/5



Courtenay Adult



Fall Program Registration starts Monday August 10 | [See page 106](#)



Beginner Pottery

(16 years & over)

Build essential skills to create both functional and decorative clay pieces. Learn hand-building techniques, the basics of the potter's wheel, and surface decoration methods through guided projects and self-exploration. Additional studio time will be available for further practice as needed.

#19464 Thursdays
Sept 24 - Nov 26
6:30-8:30 p.m.

#19468 Tuesdays
Sept 22 - Nov 24
7-9 p.m.
Lewis Craft Room B
\$399/10

Pottery Studio Time

(16 years & over)

Open studio time gives participants currently registered in pottery classes additional time to work on projects. **No studio time Sept 30 or Nov 11.**

#19471 Wednesdays
Sept 23 - Nov 25
6-9 p.m.
Lewis Craft Room B
Free with registration in Beginner Pottery

Aromatherapy and Hydrosols 101

Join us for an informative workshop exploring hydrosols. In this class you will experience and participate in a live Hydrosol distillation (floral water). From fresh seasonal plant material to finished product and all that happens in between. Learn set-up, uses, safety, application and take home a sample.

Instructor: Deanna Papineau
#19653 Thursday, September 24
6-8 p.m.
LINC Multipurpose Room
\$55

Beginner Knitting

(16 years & over)

Welcome to knitting! Whether you're a complete beginner or have knitted before, this class is perfect for you. Over four weeks, we'll cover the knit stitch, casting on and off, fixing mistakes and more, all while making a pair or two of fingerless mitts. Material kits are available for purchase.

Instructor: Sarah Thornton
#19462 Thursdays
Oct 15 - Nov 5
6:30-8:30 p.m.
Lewis Salish Building
\$149/4

Aromatherapy and Your Immune System

Join Deanna for an informative aromatherapy class to learn about essential oils and how to assist in boosting your immune system. We will look at plant chemistry and how that interacts with our body systems and create a personal inhaler.

Instructor: Deanna Papineau
#19654 Tuesday, October 20
6-8 p.m.
Lewis Meeting Room
\$55

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2. LEAP

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Special interest

Piano Lessons

(16 years & over)

Music makes your brain work better! Play your favourite songs in no time. Books cost \$35 at the first lesson, with a keyboard or piano needed at home.

Instructor: Debbie Ross

Thursdays

Sept 17 - Nov 26

#19621 1-2 p.m. **Beginner**

#19622 2-3 p.m. **Beyond Beginner**

TBD

\$249/11

Basic Whole Grain Bread Making

(16 years & over)

Learn how to make a basic bread dough step by step. We will use some ancient flours like Kamut, Spelt and Red Fife, making buns and loaves. While the dough is rising, Chef Sonja will show you how to make a gourmet soup.

Instructor: Sonja Limberger

#19550 Saturday, Nov 7

1-5 p.m.

Lawn Bowling Building

\$99

Cuisine from India

(16 years & over)

Learn to make vegetarian recipes from the northern part of India. The menu includes a carrot, green bean and potato subji, palak paneer curry, a mung bean dahl with basmati rice and a cucumber raita. We will enjoy a delicious meal after the lesson so bring your appetite.

Instructor: Sonja Limberger

#19551 Saturday, Oct 3

1:30-4 p.m.

Filberg Upper Kitchen

\$75

Basic Canning and Food Preservation

(16 years & over)

If you've ever wanted to learn the timeless skill of canning, this class is for you. We'll use fresh fruits and vegetables from the harvest season to create delicious canned goods. Get ready for a hands-on experience—bring your apron and a small knife. We'll also make a couple of simple appetizers for snacking. You'll leave with two or three different canned items. Jars are provided.

Instructor: Sonja Limberger

#19552 Saturday, Sept 19

12-3 p.m.

Lewis Craft Room A

\$99

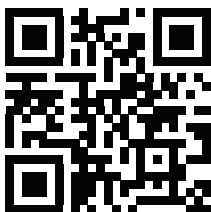
Did you know?

Cooking can enhance mindfulness and emotional regulation, providing a sense of accomplishment and satisfaction. Cooking not only nourishes the body but also enriches the mind and fosters social connections.



Courtenay Adult

Register online:



Fall Program Registration starts Monday August 10 | See page 106



Drumming

African Hand Drumming - Beginners

Discover the fundamentals of West African drumming while learning basic djembe techniques and rhythms. This beginner-friendly class explores rhythm, coordination, and the wellness benefits of drumming, helping participants build confidence with foundational patterns. Participants must bring their own djembe.

Instructor: Dan Shadbolt

#19655 Fridays

Sept 18 - Dec 11

3-4 p.m.

Lewis Meeting Room

\$149/13

Intermediate African Drumming

(16 years & over)

Join our local hand drumming instructor and drum circle facilitator and get into your weekly groove. New rhythms taught every week; opportunities to work on djembe and bass drums. African Drumming is great for the mind, body and spirit. This class is intended for those with previous experience.

Instructor: Monica Hofer

#19440 Fridays

Sept 18 - Dec 11

12-1 p.m.

Native Sons Grand Hall

\$221/13

Beyond Beginners African Drumming

(16 years & over)

Looking to build your drumming skills? This class is perfect for beginners not quite ready for intermediate level. Continue improving technique while learning exciting West African rhythms in a fun, supportive environment. Please contact the instructor if unsure of level. Participants must provide their own djembe.

Instructor: Monica Hofer

#19439 Fridays

Sept 18 - Dec 11

1:30-2:30 p.m.

Native Sons Grand Hall

\$221/13

Drums Alive for Every-Body

(16 years & over)

Try Drums Alive for a fun, energizing activity that combines drumming and movement to the beat. No experience needed, learn at your own pace. Perfect for all fitness levels, whether you prefer a gentle workout, are recovering from injury, or want to build energy. Join Monica and leave smiling inside and out. **No class Oct 12 & Nov 9.**

Instructor: Monica Hofer

#19438 Mondays

Sept 14 - Dec 14

12:15-1:15 p.m.

Native Sons Grand Hall

\$109/12

Introduction to Frame Drumming

(16 years & over)

Answer the call to connect with Earth's elements through the ancient frame drum. Designed for absolute beginners, this class explores basic hand strokes and two playing styles: lap and upright. Discover the drum's cross-cultural roots in ceremony and healing. Participants must bring their own hand-played frame drum.

Instructor: Monica Hofer

#19441 Fridays

Sept 18 - Dec 11

2:45-3:45 p.m.

Native Sons Grand Hall

\$221/13

Register online at
courtenay.ca/reconline
For updates & schedule
changes, go to
courtenay.ca/rec

Sports

Afternoon Badminton

(16 years & over)

Join us for recreational badminton and enjoy a great workout in a fun, social atmosphere. Whether you're new to the game or an experienced player, you'll have the opportunity to meet others, improve your skills and enjoy friendly matches. Racquets and birdies are provided. **No games Sept 30 or Nov 11.**

#19424 Wednesdays & Fridays

Sept 9 - Nov 27

1:15-3:15 p.m.

Lewis Vern Nichols Gym

\$4/drop-in

Evening Badminton

Spend your evening on the court with our recreational badminton drop-in! Enjoy fast-paced rallies, meet new players, and improve your skills through friendly games. Whether you're a beginner or experienced player, all abilities are welcome. Racquets and birdies are provided.

#19656 Tuesdays

Sept 15 - Nov 24

7-9 p.m.

Lewis Vern Nichols Gym

\$4/drop-in

Basketball

(16 years & over)

Hit the court for a fun and flexible basketball experience! Whether you're looking to join a pickup game, shoot around with friends, or get some extra court time, this facilitated drop-in offers something for everyone. Staff help coordinate teams and games, so all you have to do is show up and play. **No games Sept 30 or Nov 11.**

#19425 Wednesdays

Sept 16 - Nov 25

7-8:45 p.m.

Lewis MP Hall

\$4/drop-in

Soccer

(16 years & over)

Enjoy a friendly game of soccer each Monday evening in this adult drop-in program. Players of all abilities are welcome. Staff will assist with team formation, game coordination and officiating as needed, creating a fun, inclusive and organized playing experience. **No drop-in Oct 12.**

#19427 Mondays

Sept 14 - Dec 14

7-8:45 p.m.

Lewis MP Hall

\$4/drop-in

Pickleball

(16 years & over)

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 session Sept 17, 22, 29, Oct 1, 8, 15, 25, 27, 29, Nov 24, 26 or Dec 6.**

#19426 Tuesday, Thursdays

& Sundays

Sept 13 - Dec 15

1:15-3:15 p.m.

Native Sons Grand Hall

\$4/drop-in

Pickleball Drop-in Changes

To improve access and provide more equitable opportunities for participation, Pickleball drop-in registration will now be open one week at a time. Registration for the following week's drop-in sessions will open every Thursday at 9 a.m. and can be completed online, in person or by phone.

Example: Registrations for the week of Sept 13-17 will open Thursday, Sept 10 at 9 a.m.

Adult drop-in sports (16 years & over)

	Sun	Mon	Tues	Wed	Thurs	Fri
Afternoon	Pickleball 12:30-2:30 pm NSH		Pickleball 1:15-3:15 pm NSH	Badminton 1:15-3:15 pm Lewis	Pickleball 1:15-3:15 pm NSH	Badminton 1:15-3:15 pm Lewis
Evening		Soccer 7-8:45 pm Lewis	Basketball 7-8:45 pm Lewis	No Soccer Oct 12 No Pickleball Sept 17, 22, 29, Oct 1, 8, 15, 25, 27, 29, Nov 24, 26 & Dec 6 No Badminton Sept 30 & Nov 11		



Courtenay Adult





Line dance and more!

Beginner Line Dance Party

(16 years & over)

Step into the fun world of line dancing in this beginner-friendly class! Learn basic steps, dance terminology and easy routines while building confidence one step at a time. Dance to a variety of music styles in a fun, social atmosphere. A great workout for both body and mind that will leave you smiling.

No class Oct 12.

Instructor: Darlene Birtwistle

#19477 Mondays

Sept 14 - Nov 30

7-8:15 p.m.

Native Sons Grand Hall

\$99/11

Beyond Beginner Line Dance Boogie

(16 years & over)

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. **No class Oct 10 or Nov 14.**

Instructor: Darlene Birtwistle

#19479 Saturdays

Sept 19 - Nov 28

10:45 a.m. - 12 p.m.

Lewis Activity Room

\$6.75/drop-in

Improver Line Dance Party

Ready to take your line dancing to the next level? This upbeat class is for dancers confident with steps and lingo. Enjoy more challenging moves and choreography set to great music, all in a high-energy, supportive atmosphere that feels like a line dance party.

#19748 Thursdays

Sept 17 - Dec 3

7-8:15 p.m.

Lewis Activity Room

\$108/12

Line Dance - Beginner

(16 years & over)

Kick up your heels and enjoy an afternoon of line dancing. It's a fun and social way to stay active and keep your mind sharp. No partner is needed, and everyone is welcome. Come move to the music, learn easy routines and enjoy a lively atmosphere full of energy and connection. **No class Sept 30 or Nov 11.**

Instructor: Joan Wydenes

#19480 Wednesdays

Sept 9 - Dec 16

1:10-2:10 p.m.

Lewis Activity Room

\$99/13

Line Dance - Intermediate

(16 years & over)

If you've enjoyed the beginner class, it's time to step up to intermediate line dancing. Learn new routines while still dancing to your favourite beginner tracks. This class helps you build on your skills in a fun, upbeat setting. Bring your energy and get ready to move. **No class Sept 22, 29, Oct 27 or Nov 24.**

Instructor: Joan Wydenes

#19481 Tuesdays

Sept 15 - Dec 15

12-1 p.m.

Native Sons Grand Hall

\$75/10

Fun for All!

Line Dance Social

Spend a fun afternoon dancing, connecting, and sharing with others who love line dance as much as you do. This event welcomes dancers of all levels. Pre-register one week in advance.

Instructor: Darlene Birtwistle and Joan Wydenes

#19482 Sunday, Oct 25

#20011 Sunday, Dec 6

1-4 p.m.

Native Sons Grand Hall

\$15

Ballroom and Latin Foundations

(16 years & over)

Discover the joy of partner dancing in this beginner-friendly Ballroom and Latin class. Learn basic steps, timing, posture, and lead-and-follow techniques while exploring dances like Waltz, Foxtrot, cha-cha, Rumba and Swing. Build confidence in a fun, supportive environment. Partners are required. No experience is necessary. **No class Sept 30, Oct 28 or Nov 11.**

Instructor: Jason Kirsch

#19475 Wednesdays

Sept 23 - Nov 18

6-7 p.m.

Native Sons Grand Hall

\$99/6

Latin Line Dance

(16 years & over)

Move, sweat and dance to the rhythms of Latin music in this energetic solo dance class. Learn line dance choreography inspired by Cha Cha, Rumba, Samba and Salsa while improving coordination, musicality and confidence. Enjoy a fun, supportive workout that builds dance skills and fitness. No partner required. **No class Sept 30, Oct 28 or Nov 11.**

Instructor: Jason Kirsch

#19812 Wednesdays

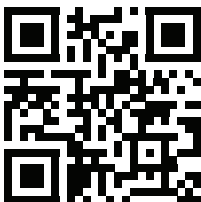
Sept 23 - Nov 18

8-9 p.m.

Native Sons Grand Hall

\$99/6

Register online:



Level 2 Ballroom Workshop Series

(16 years & over)

Take your ballroom dancing to the next level in this weekly workshop series designed for dancers with previous experience. Refine technique, musicality, footwork and lead-and-follow skills while expanding your dance repertoire. Build confidence, improve social dancing abilities and explore new combinations each week. Partners are required. **No class Sept 30, Oct 28 or Nov 11.**

Instructor: Jason Kirsch

#19476 Wednesdays

Sept 23 - Nov 18

7-8 p.m.

Native Sons Grand Hall

\$99/6

Adult Gymnastics

(16 years & over)

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 Oct 12.**

Instructor: Sheri Roffey

Mondays

7:15-8:15 p.m.

#19537 Sept 21 - Oct 26

#19538 November 2 - 30

Lewis Vern Nichols Gym

\$149/5

Check your receipt for important program information.

7 Story Circus Aerial Arts: Mixed Levels (Basics - Advanced)

(16 years & over)

In this mixed level class we will focus on skills, technique, strength, endurance, creative movement and much more. Students will have the option to work towards creating acts together to present. **No class Sept 30 or Nov 11.**

Instructor: 7 Story Circus

#19514 Wednesdays

Sept 16 - Nov 25

6-7:30 p.m.

Lewis Vern Nichols Gym

\$445/11

7 Story Circus Open Training

This is a non-instructional class for experienced aerial silks and circus students. Juggling, partner balance, stilts, handstands and circus flow arts welcome. **No open training Oct 2, 23 or Nov 13. Instructor:** 7 Story Circus

#19987 Fridays

start date TBD

6:15-7:45 p.m.

Lewis Vern Nichols Gym

\$27+gst/drop-in



Courtenay Adult





Martial arts

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 Oct 1 & Dec 10.**

Instructor: Tom Haber

#19292 Thursdays

Sept 24 - Dec 3

12-1 p.m.

Native Sons Lodge
& Dining Room

\$100/10

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.

Instructor: Tom Haber

#19290 Tuesdays

Sept 22 - Dec 15

7-8 p.m.

Lewis MP Hall

\$130/13

Beginner

Evening Tai Chi

(16 years & over)

The slow, fluid movements of Tai Chi reduce tension and stress, improve 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

#19288 Thursdays

Sept 24 - Dec 17

6:45-7:45 p.m.

Lewis Meeting Room

\$130/13

Advanced

Evening Tai Chi

(16 years & over)

The slow, fluid movements of Tai Chi reduce tension and stress, improve 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

#19289 Thursdays

Sept 24 - Dec 17

8-9 p.m.

Lewis Meeting Room

\$130/13

Beginner and

Intermediate Tai Chi

(16 years & over)

The slow, fluid movements of Tai Chi reduce tension and stress, improve 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

#19287 Tuesdays

Sept 22 - Dec 15

3:30-4:30 p.m.

Lewis Meeting Room

\$130/13

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

Woo Kim Taekwondo Teen/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 its 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 fourth-dan Black Belt Richard Dobbs. Program cost works out to \$104 per month.

#19346 Tuesdays & Thursdays
Sept 10 - Dec 17
6:40-7:40 p.m.
Native Sons Grand Hall
\$375/29

Kung Fu - Self Defence

(13 years & over)

Tibetan White Crane Kung Fu for self-defence, health and fitness. Learn practical striking and kicking skills with fast and evasive body movements. Each session includes practice of basic techniques and sequenced movements with application for self-defence. Training is adjusted to individual level and progression. Suitable for beginners or experienced martial artists. **No class Sept 30, Nov 11 or Dec 2.**

Instructor: Tom Haber

#19291 Wednesdays
Sept 23 - Dec 16
7-8:15 p.m.
Native Sons Lodge
& Dining Room
\$132/10

*Check your receipt for
important program
information.*

Historical Fencing (core curriculum)

(13 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 Oct 6 or 13.**

Instructor: Chad Herbert
#19484 Tuesdays
Sept 22 - Dec 8
6:30-8:30 p.m.
Filberg Centre
Conference Hall
\$160/10

Historical Fencing (Intro)

(13 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 Oct 6 or 13.**

Instructor: Chad Herbert
#19483 Tuesdays
Sept 22 - Dec 8
5:30-6:30 p.m.
Filberg Conference Hall
\$110/10

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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.

Learn more at courtenay.ca/recaccess



Courtenay Adult





Lewis Centre Squash courts

Court hours:

Monday to Friday 6 a.m. - 9 p.m., Saturday & Sunday 9 a.m. - 4 p.m.

Availability is subject to change due to maintenance or special events.

courtenay.ca/squash

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+)	\$6.25	\$62.50	\$210	\$300
PWD	\$4.50	\$45	\$189	\$270

Booking Procedures

- All court bookings begin on the hour and are for 60 minutes in duration.
- Book by phone, 250-338-5371, or at the front desk up to two weeks in advance.
- Payment is required at the time of booking.
- Walk-in play is permitted when courts are available.
- All players must check in and pay before playing.
- Bookings will be held for 15 minutes past the start time; unclaimed courts may be released.

Court Use Rules, Guidelines & Cancellations

- Clean, non-marking indoor court shoes are required.
- Play is limited to your booked time - please exit promptly so next group may start on time.
- Food and drinks (including water) are not permitted on courts.
- Respectful behaviour is expected at all times.
- Bookings must be cancelled at least 6 hours in advance to avoid being charged.
- Late cancellations or no-shows may result in the full booking fee being applied.

The Comox Valley Squash Club uses these courts and supports squash in the community. Information at comoxvalleysquash.com

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 or call the Lewis Centre reception, 250-338-5371 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.

Wellness Centre 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

Childminding

We offer convenient, affordable childminding while you're in the facility. A parent or guardian must always remain in the building. No childminding on stat holidays.

Fall childminding hours:

- Monday - Saturday, 8:45-10:45 a.m.
 - Tuesday & Wednesday, 4:45-6:45 p.m.
- \$3.50 *plus GST*





New!
An orientation
is mandatory for
all youth,
ages 13-15 years,
prior to accessing
the Wellness
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.



Scan to find out
about our Wellness
Centre equipment.

Wellness Centre Orientations

Adapted Weight Room Orientation

(16 years & over)

New to the weight room or looking for a little extra support getting comfortable with the space? This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level.

Maximum of two participants.

Fridays

11 a.m. - 12 p.m.

Lewis Wellness Centre

Free

Weight Room Orientation

(16 years & over)

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. Maximum of three participants.

Saturdays & Sundays

1-2 p.m.

Lewis Wellness Centre

Free

Youth Weight Room Orientation

(13-15 years)

This orientation is **mandatory** for all youth ages 13-15 who wish to use the weight room. Participants will be introduced to the safe use of equipment and review weight room guidelines and etiquette. Maximum of three participants. Please contact reception to register or register online.

Mon, Wed or Fri

4-5 p.m.

Free

All our orientations are Free.

Participants must register before attending the session.

Fitness

Grow Strong

(16 years & over)

This class has it all: light cardio spin, functional strength work, and a restorative stretch to improve mobility and relaxation. Designed for all ages and abilities, you'll move at your own pace and leave feeling strong and ready for the day.

Instructor: Wendie Matte

Fridays 
9-10 a.m.

#19406 Sept 25 - Oct 30
\$72/6

#19407 Nov 6 - Dec 18
\$84/7
Lewis Activity Room
Tuesdays 
10:30-11:30 a.m.

#19408 Sept 22 - Oct 27
\$72/6

#19409 Nov 3 - Dec 15
\$84/7
Lewis Activity Room

Advanced Strength

(55 years & over)

This class is 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 Sept 30, Oct 12, Nov 11 or 25.**

Instructor: Steve Thomson
Mondays & Wednesdays
 9-10 a.m.

#19283 Sept 16 - Oct 26
\$120/10

#19284 Nov 2 - Dec 16
\$144/12
Native Sons Grand Hall

Register online at
courtenay.ca/reconline
For updates & schedule
changes, go to
courtenay.ca/rec

Teen Strength Training

(12-15 years)

Designed for youth who want to learn the fundamentals of strength training and develop skills safely. This program focuses on proper technique, functional movement and age-appropriate exercises, helping participants build strength, coordination, and lifelong fitness habits in a supportive environment. **This program is open to youth ages 12+ and includes a Weight Room Orientation (mandatory for youth ages 13-15 to access the weight room).**

Instructor: Kelly Hovid
Tuesdays
4-5 p.m.

#19359 September 8 - 29

#19360 October 6 - 27

#19361 November 3 - 24
\$40/4
Lewis Wellness Centre

Try It!

These dates are Free but registration is required

#19573	Build your Bones (Osteo-Friendly)	Page 99	Mon, Sept 14	1:30-2:30 p.m.
#19574	Yoga Reset	Page 98	Tues, Sept 15	12-1 p.m.
#19575	Strength Flow	Page 98	Wed, Sept 16	6-7 p.m.
#19576	Mobility Drills for Athletes	Page 95	Mon, Sept 14	6:45-7:45 p.m.
#19577	Restorative Yoga	Page 97	Sun, Sept 13	1:30-2:30 p.m.
#19578	Grow Strong	Page 93	Tues, Sept 15	10:30-11:30 a.m.
#19579	Interval Workout	Page 96	Fri, Sept 18	8-8:45 a.m.
#19580	Peak Performance	Page 95	Sun, Sept 13	9-10 a.m.
#19581	Yin Yoga	Page 98	Tues, Sept 15	7:30-8:45 p.m.





TRX Training

(55 years & over)

Suspension training is ideal for older adults, allowing easy modification of body position, stability and support. TRX exercises can be simple and controlled or more dynamic, depending on individual comfort and ability.

No Class Sept 30, Oct 12 or Nov 11.

Instructor: Kim Hamilton

EG Mondays & Wednesdays
10:30-11:30 a.m.

#19369 Sept 9 - Oct 28
\$156/13

#19370 November 2 - 25
\$91/7

Lewis Activity Room

TRX and More

(55 years & over)

This TRX hybrid class blends bodyweight and resistance training for a versatile, full-body workout. Build strength, endurance, coordination, flexibility and core stability with exercises adaptable to all fitness levels.

Instructor: Kim Hamilton

EG Fridays
1:15-2:15 p.m.

#19367 Sept 11 - Oct 30
\$96/8

#19368 November 6 - 27
\$48/4

Lewis Activity Room

Small Group Training

(19 years & over)

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). **No class Nov 11.**

Instructor: Deanna Rempel

Tuesdays
12:15-1:15 p.m.

#19303 October 6 - 27

#19304 November 3 - 24

#19305 December 1 - 15
\$75/3

Wednesdays
7:30-8:30 p.m.

#19306 October 7 - 28
\$100/4

#19307 November 4 - 25

#19308 December 2 - 16
\$75/3

Instructor: Sharon Aul

Saturdays
9-10 a.m.

#19379 October 3 - 31
\$125/5

#19380 November 7 - 28
\$100/4

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 Sept 30, Oct 12 or Nov 11.**

Instructor: Juan Blancas

EG Mondays & Wednesdays
2-3 p.m.

#19268 Sept 9 - Oct 28

#19272 Nov 2 - Dec 16
or
12:30-1:30 p.m.

#19266 Sept 9 - Oct 28

#19267 Nov 2 - Dec 16
\$156/13

EG Tuesdays & Thursdays
12:30-1:30 p.m.

#19273 Sept 8 - Oct 29
\$164/14

#19275 Nov 3 - Dec 17
or
2-3 p.m.

#19274 Sept 8 - Oct 29
\$192/16

#19276 Nov 3 - Dec 17
\$168/14

EG Wednesdays
11 a.m. - 12 p.m.

#19277 Sept 9 - Oct 28
\$84/7

#19278 Nov 4 - Dec 16
\$72/6

EG Fridays
12:30-1:30 p.m.

#19285 Sept 11 - Oct 30
\$96/8

#19286 Nov 6 - Dec 18
\$84/7

Register online at courtenay.ca/reconline
For updates & schedule changes, go to
courtenay.ca/rec

Peak Performance

(16 years & over)

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

9-10 a.m.

#19377 Sept 20 - Oct 25

\$72/6

#19378 Nov 1 - Dec 13

\$84/7

Lewis Activity Room

Please check receipts for important program information.

Mobility Drills for Athletes

(16 years & over)

Build a resilient spine and mobile joints in this yoga-inspired class. Emphasize breath, deep core activation and control to enhance strength, stability and performance while supporting recovery and reducing injury risk. **No class Oct 12.**

Instructor: Andres Arriola

Mondays

6:45-7:45 p.m.

#19375 Sept 21 - Oct 26

\$60/5

#19376 Nov 2 - Dec 14

\$84/7

Lewis Activity Room

NEW

Mums in the Weight Room

(16 years & over)

Drop your little ones off at Child Minding and enjoy a motivating, supportive workout environment. With a maximum of six participants per session, you'll receive personalized guidance to help you make the most of every workout.

Instructor: Wendie Matte

Tuesdays

9-10 a.m.

#19410 Sept 22 - Oct 27

\$72/6

#19411 Nov 3 - Dec 15

\$84/7

Lewis Wellness Centre



Workshops

Keep your Feet Healthy - A workshop to keep you moving

(16 years & over)

Explore common foot problems and learn practical solutions through targeted exercises, mobility work and stretches designed to improve balance, reduce pain, support posture and keep your feet strong, healthy, and functional for everyday movement. You will take home a workbook to help you continue practicing and applying what you have learned during the workshop.

Instructor: Susan Obieglo

#19435 Saturday, Nov 14

1-2:30 p.m.

Lewis Activity Room

\$20

Improve your Posture: A workshop to help you stand straight

(16 years & over)

Learn practical strategies to improve alignment, reduce tension, and build postural strength through targeted exercises and body-awareness techniques. Participants will discover ways to support spinal health, improve balance and mobility, increase body confidence and move more comfortably and efficiently in everyday life. You will take home a workbook to help you continue practicing what you have learned during the workshop.

Instructor: Susan Obieglo

#19434 Saturday, Oct 17

1-3 p.m.

Lewis Activity Room

\$20

Moving through Menopause: A workshop for wellness & strength

(16 years & over)

Learn simple strategies to manage menopause symptoms through movement.

Instructor: Sharon Aul

#19455 Sunday, September 20

11 a.m. - 12 p.m.

Lewis Activity Room

\$10



Courtenay Active Living



Fall Program Registration starts Monday August 10 | See page 106



Interval Workout

(16 years & over)

Expect a dynamic mix of cardio, strength and functional movements alternating with active recovery. Exercises can be modified to suit all fitness levels.

Instructor: Wendie Matte

Fridays

8-8:45 a.m.

#19413 Sept 25 - Oct 30

\$60/6

#19414 Nov 6 - Dec 18

\$70/7

Lewis Activity Room



Strictly Strength for Women

(16 years & over)

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

10:30-11:30 a.m.

#19371 Sept 25 - Oct 30

\$72/6

#19372 Nov 6 - Dec 18

\$84/7

Lewis Activity Room

Dynamic Fusion

(16 years & over)

Combining weightlifting, Pilates, and yoga, this unique class enhances strength, balance, mobility and core stability, providing a comprehensive, full-body workout that is accessible and effective for all fitness levels.

Instructor: Susan Obieglo

Tuesdays

5:45-6:45 p.m.

#19381 Sept 22 - Oct 27

\$72/6

#19382 Nov 3 - Dec 15

\$84/7

Lewis Meeting Room

Family Fitness Fun

(5 years & older with adult)

Working out can also be a family affair! This class is designed for one adult and one child (5-13 yrs old) and will introduce a variety of safe and age-appropriate exercises in a circuit format. Fee includes both participants.

Instructor: Sharon Aul

Sundays

10:15-11 a.m.

Lewis Activity Room

#19594 October 4 - 25

\$60/4

#19595 November 1 - 29

\$75/5



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

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

1. Recreation Access Program

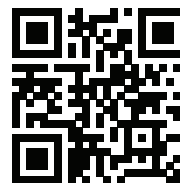
Discounts on programs for City of Courtenay residents who live below Statistics Canada low-income thresholds.

2. Leisure for Everyone Accessibility Program (LEAP)

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

Learn more at courtenay.ca/recaccess

Register online:



Wellness

Restorative Yoga

(16 years & over)

A slow, grounding practice designed to calm the nervous system. Through gentle movements, supported stillness with restorative yoga, and guided meditation with Yoga Nidra (yogic sleep), release tension and restore balance for everyday life.

No class Sept 30 or Nov 11.

Instructor: Andres Arriola

Sundays

1:30-2:30 p.m.

#19364 Sept 20 - Oct 25

\$72/6

#19365 Nov 1 - Dec 13

\$84/7

Lewis Salish Building

Instructor: Kelly Yaskiw

Wednesdays

7-8:15 p.m.

#19362 Sept 23 - Oct 28

\$65/5

#19363 Nov 4 - Dec 16

\$78/6

Lewis Activity Room

Yoga for Men

(16 years & over)

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. **No class Oct 12.**

Instructor: Susan Obieglo

Mondays

7:15-8:30 p.m.

#19383 Sept 21 - Oct 26

\$65/5

#19384 Nov 2 - Dec 14

\$91/7

Lodge & Dining Room

Chair Yoga

(55 years & over)

This class combines seated and standing postures using a chair for support—no floor poses required. Guided by your breath, you will move through gentle sequences and hold postures to build strength, balance, and flexibility in a calm, relaxing atmosphere. No music on Tue, expect music on Thu. **No class Sept 22, 29, Oct 1, 27, or Nov 24.**

Instructor: Emilie Dube

Thursdays

10:30-11:30 a.m.

#19190 Sept 24 - Oct 22

\$48/4

#19271 Nov 5 - Dec 17

\$72/6

Native Sons Grand Hall

Tuesdays

10:30-11:30 a.m.

#19262 Sept 15 - Nov 3

#19263 Nov 10 - Dec 15

\$60/5

Native Sons Grand Hall

Power Yoga

(16 years & over)

An energetic class that alternates between building strength and cultivating flexibility through repetition and creative sequencing. Each practice is different and concludes with a well-deserved savasana for rest and recovery. **No class Sept 30 or Nov 11.**

Instructor: Alana Taylor

Tuesdays

6-7 p.m.

#19186 Sept 29 - Oct 27

\$60/5

#19187 Nov 3 - Dec 15

\$84/7

Lewis Salish Building

Instructor: Wendie Matte

Wednesdays

9-10 a.m.

#19188 Sept 23 - Oct 28

\$60/5

#19189 Nov 4 - Dec 16

\$72/6

Lewis Salish Building

Yoga for Flexibility and Strength

NEW

(16 years & over)

This class has it all. Ease into the practice with poses that support flexibility and suppleness, build strength of mind and body through challenging sequences and finish with a full-body stretch.

Instructor: Alana Taylor

Tuesdays

4:30-5:45 p.m.

#19182 Sept 29 - Oct 27

\$65/5

#19183 Nov 3 - Dec 15

Lewis Salish Building

\$91/7

Yoga Ongoing

(55 years & over)

A progressive class building on students' skills through essential Hatha poses and creative sequencing to keep things fun. Designed to support growth at an individual pace while keeping practice engaging. **No class Oct 23 or Nov 27.**

Instructor: Alana Taylor

Fridays

10-11:30 a.m.

#19184 October 2 - 30

\$60/4

#19185 Nov 6 - Dec 18

\$90/6

Native Sons Grand Hall



Courtenay Active Living





Yin Yoga

(16 years & over)

Join this low-intensity yet challenging Yin practice. Improve mobility and flexibility by targeting deep connective tissues through long, sustained holds, helping release tension and promote a lasting sense of deep relaxation.

Instructor: Susan Obieglo

Tuesdays

7:30-8:45 p.m.

#19295 Sept 22 - Oct 27

\$78/6

#19296 Nov 3 - Dec 15

\$91/7

Lewis Meeting Room

Learn a Yoga Sequence

(16 years & over)

A 6-week series exploring a yoga sequence. Each class repeats the flow while focusing on different elements each week, allowing you to refine key poses, deepen your practices and build confidence through steady repetition.

Instructor: Emilie Dube

Tuesdays

1:15-2:15 p.m.

#19264 Sept 22 - Oct 27

\$72/6

#19265 Nov 3 - Dec 15

\$84/7

Lewis Salish Building



Strength Flow

(16 years & over)

A steady, strength - building class inspired by Yoga and functional movement, emphasizing breath, alignment and core support to build grounded, empowering strength. **No class Sept 30 or Nov 11.**

Instructor: Andres Arriola

Wednesdays

6-7 p.m.

#19373 Sept 23 - Oct 28

\$60/5

#19374 Nov 4 - Dec 16

\$72/6

Lewis Salish Building

Yoga Gentle

(55 years & over)

A Hatha-based practice with simple poses, slow transitions and time to settle into each shape. Emphasis on breath, comfort, and using props to support accessible, adaptable movement for all bodies. **No class Oct 12.**

Instructor: Alana Taylor

Mondays

1:45-3 p.m.

#19180 Sept 28 - Oct 26

\$52/4

#19181 Nov 2 - Dec 14

\$91/7

Native Sons Grand Hall



Pilates & More

(16 years & over)

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

Tuesdays

5-6 p.m.

#19416 Sept 22 - Oct 27

\$72/6

#19417 Nov 3 - Dec 15

\$84/7

Lodge & Dining Room

Introduction to Mat Pilates

(16 years & over)

This beginner-friendly Pilates Mat class builds core strength, flexibility and alignment through mindful, low-impact exercises while teaching essential Pilates principles like breathing and posture.

Instructor: Kim Hamilton

Tuesdays

9-10 a.m.

#19366 Sept 22 - Oct 27

\$72/6

#19396 November 3 - 24

\$48/4

Lodge & Dining Room

Yoga Reset

(16 years & over)

A calming practice blending gentle movement, deep stretching and mindful breath-work.

Instructor: Emilie Dube

Tuesdays

12-1 p.m.

#19357 Sept 22 - Oct 27

\$72/6

#19358 Nov 3 - Dec 15

\$84/7

Lewis Salish Building

Specialized Programs

Regulating your Nervous System

NEW

(16 years & over)

Support your nervous system through simple, targeted exercises and shift into a calmer, more balanced state. Learn how to reduce symptoms of depression, anxiety, fatigue, tension, pain, trauma, ADHD and insomnia while building calm, resilience and balance one class at a time. **No class Nov 11.**

Instructor: Mackenzie Rutherford

#19505 Wednesdays

7:15-8:15 p.m.

Nov 4 - Dec 16

Lewis Salish Building

\$180/6

Accessible Strength Training

NEW

(16 years & over)

Designed for individuals with limited mobility who want to confidently navigate the weight room and build strength. All mobility devices are welcome. Maximum four participants.

Instructor: Sarah Kendall

Fridays

1:45-3 p.m.

#19692 Sept 25 - Oct 30

\$90/6

#19398 Nov 6 - Dec 18

\$105/7

Lewis Wellness Centre

GYROKINESIS®

Method

NEW

(16 years & over)

Gyrokinesis classes awaken one's entire system and bring you into greater balance. Flowing movements paired with mindful breathing stimulate the parasympathetic nervous system, fostering calm, well-being and mental clarity. **No class Oct 12.**

Instructor: Rebecca Halls

#19646 Mondays

5:30-6:45 p.m.

Sept 21 - Oct 26

Lewis Salish Building

\$140/5

Moving through Menopause

NEW

(16 years & over)

This class supports women navigating perimenopause and menopause through targeted exercises that improve strength, mobility, balance and wellbeing. The class also provides practical education about menopause and supportive strategies for managing common symptoms in a welcoming, encouraging environment.

Instructor: Sharon Aul

#19454 Sundays

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

Oct 25 - Nov 29

Lewis Activity Room

\$72/6

FAME

NEW

(55 years & over)

Fitness and Mobility Exercise (FAME) is community program developed by the University of British Columbia for people who have had a stroke or other neurological conditions. Exercises are designed to improve fitness, mobility and strength and are led by specially trained instructors. **No class Sept 30, Oct 12 or Nov 11.**

Instructor: Anne Casey

Mondays & Wednesdays

2:45-3:45 p.m.

#19260 Sept 21 - Oct 28

\$140/10

#19261 Nov 2 - Dec 16

\$182/13

Lewis Activity Room

Check your receipt for important program information..

Minds in Motion

(50 years & over)

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2027 for more info. June 17 class in the Salish Building. **No class Nov 11.**

Instructor: Nancy Victoria

#19300 Wednesdays

1-3 p.m.

Oct 7 - Dec 2

Native Sons Lodge

& Dining Room

\$60/6

Build your Bones (Osteo-Friendly)

(55 years & over)

This class offers targeted, osteo-friendly exercises that improve posture, enhance balance, build bone strength, prevent falls and boost overall energy and confidence. **No class Oct 12.**

Instructor: Anne Casey

Mondays

1:30-2:30 p.m.

#19258 Sept 21 - Oct 26

\$60/5

#19259 Nov 2 - Dec 14

\$84/7

Lewis Activity Room



Courtenay Active Living



Drop-in Fitness

effective August 31 - December 19

	MON	TUES	WED	THURS	FRI	SAT
6 am	Early Bird Fitness	Morning Ride	Start Strong			
9 am	Fit Groove Strength, Stretch & Core Filberg	Rev Up Chair Fit EG Filberg	Zumba w/ Milena	Power Hour Strength, Stretch & Core Native Sons	Chair Fit Filberg EG	Pedal N' Sculpt+ *
10:30am	Find Your Strength Filberg (10:15am) EG Simply Strength Native Sons		Simply Strength Native Sons EG	Dance Fit		
12:05-12:55pm	Monday Motivator	Spin Express Flow Yoga MP Hall	Total Body Zen Reset 12:15-12:45pm Salish Building	Fusion w/ Susan	Kettle Bell & Release	
5 pm		Kettle Bell & Release				
5:30pm	Spin & Strength		Chiseled	Step & Strength	Disco Spin	
6:15pm		Zumba w/ Stacie		No classes on stat holidays Classes are located in the Lewis Centre Activity Room unless otherwise noted.		

Legend

55+ class

Beginner/Intermediate

Intermediate/Challenging

Challenging

+ 75 minute class

* additional fee applies

Childminding available

Youth 13 - 15 must be accompanied by a guardian in fitness classes

Please note: This schedule is subject to change.

Classes may be cancelled due to low attendance.

Please check 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 50.

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

Early Bird Fitness

Monday 6-7 a.m.

A full-body workout combining cardio, strength and balance. All fitness levels are welcome!

Instructor: Jenny Nijhoff

Fit Groove

Monday 9-10 a.m.

A slow burn, yoga inspired, strength and core workout.

Instructor: Andres Arriola

Strength, Stretch & Core

Monday & Thursday 9-10 a.m. **EG**

Begin with a moderate warm-up, followed by strengthening key muscles, and finish with a long stretch. **No class Sept 3, 10, 28, Oct 1, 28, 29 Nov 9 or 26.**

Instructor: Nancy Victoria

Find your Strength

Monday 10:15-11:15 a.m.

Build strength and improve flexibility at your own pace in this supportive all-levels class. **No class Sept 28, Oct 12 & Nov 9.**

Instructor: Nancy Victoria

Monday Motivator

Monday 12:05-12:55 p.m.

Strengthen upper and lower body, core, work on balance and agility while improving heart and lung fitness.

Instructor: Susan Obieglo

Simply Strength

Monday 10:30-11:30 a.m.

Wednesday 10:30-11:30 a.m. **EG**

Build balance, mobility, and strength using varied equipment and functional movements. Must be able to get up and down from the floor. **No class Sept 2, 7, 9, 30, Oct 12, 28, Nov 11 or 25.**

Instructor: Anne Casey

Spin and Strength

Monday 5:30-6:30 p.m.

Get sweaty with a mix of spin and weight training to improve endurance and keep you strong.

Instructor: Sharon Aul

Morning Ride

Tuesday 6-7 a.m.

A motivating spin session that builds endurance, focus and energy for the day ahead.

Instructor: Keara Chichak

Rev Up

Tuesday 9-10 a.m.

A fast-paced interval class blending strength, cardio and dynamic movement to build endurance, power and overall fitness - at your level.

Instructor: Faye Wassmer

Chair Fit

Tuesday & Friday 9-10 a.m. **EG**

A fun, supportive, lower-impact chair-based class! Improve balance, mobility, flexibility and strength.

Instructor: Nancy Victoria

Flow Yoga

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

A Vinyasa style practice that links poses into a fluid sequence.

Instructor: Susan Obieglo

Spin Express

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

Feel the energy as you power through a complete ride, from warm-up to stretch.

Kettle Bell & Release

Tuesday 5:00-6:00 p.m.

Friday 12:05-12:55 p.m.

Build core strength, improve mobility and increase stability with kettlebells. Finish with a guided foam roller stretch for recovery.

Instructor: Nancy Victoria

Zumba w/ Stacie

Tuesday 6:15-7:15 p.m.

Latin-inspired dance fitness including reggaeton, hip-hop, afrobeat, salsa and more.

Instructor: Stacie Cleveland

Start Strong

Wednesday 6-7 a.m.

Kick-start your day with a strength and cardio training! **No class Sept 30 & Nov 11.**

Instructor: Tina Pringle

Zumba w/ Milena

Wednesday 9-10 a.m.

Dance to a vibrant combination of Latin, Bollywood, belly dance, salsa, reggaeton and more for a full-body workout.

Instructor: Milena Spratt

Total Body

Wednesday 12:05-12:55 p.m.

A mix of cardio and strength exercises to boost your overall fitness.

Instructor: Wendie Matte

Zen Reset

Wednesday 12:15-12:45 p.m.

Pause, breathe and reset with this meditation break.

Instructor: Isaac Voerman

Chiseled

Wednesday 5:30-6:30 p.m.

Sculpt and tone your entire body using weights and bodyweight exercises.

Instructor: Nancy Victoria

Power Hour

Thursday 9-10 a.m.

A high-energy class combining strength and cardio to build power and challenge you.

Instructor: Susan Obieglo

DanceFit

Thursday 10:30-11:30 a.m.

This lower intensity dance-style class features easy to follow dance moves and fun, upbeat music. **No class Sept 17, 24, Oct 1 or 8.**

Instructor: Lyla Pettis

Fusion w/ Susan

Thursday 12:05-12:55 p.m.

A total-body class that blends weights and yoga to improve strength, balance, mobility and core stability.

Instructor: Susan Obieglo

Step & Strength

Thursday 5:30-6:30 p.m.

Combines step routines with strength training to boost your overall fitness.

Instructor: Nancy Victoria

Disco Spin

Friday 5:30-6:30 p.m.

A fun, dynamic ride with great music and groovy vibes. Finish your week on a high note!

Instructor: Sharon Aul

Pedal N' Sculpt+

Saturday 9-10:30 a.m.

Blend cycling and endurance training to build stamina, strength and cardiovascular fitness through a dynamic, full-body workout experience.

\$9.75 for 75 min. **No class Dec 5.**

Instructor: Luis Acosta





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

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 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.

Evergreen Club Activities

Active Pursuits

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

Music & Dancing

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

Crafts & Hobbies

- Quilting
- Fabric Arts
- Art Club
- Flower Arts
- Lacemakers
- Camera Club
- Hooks, Needles & Yarns
- Brazilian Embroidery

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
- Rummikub
- Backgammon

Special Interest

- Philosophy Club
- Supper Club
- Bible Study
- Genealogy
- Stamp Club
- Book Club
- Drama Club
- Improv Club
- Coin Club
- Writers' Club

Day Trips

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

Special Events

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



Special Events

Open House

Wednesday, September 23rd, 10:00 am to 2:00 pm
Here is your chance to ask members and EG Staff your questions. We will have interactive displays representing all our activity clubs. There will also be entertainment, games and prizes. This is an event you do not want to miss!

Pub Nights with Live Music

A Pub style evening with beer, cider and wine. Play games, socialize and hit the small dance floor for "pub style" dancing. Pub nights are held once a month on Friday Nights from 7:00pm to 9:30 pm. Check our newsletter for dates.

Square Dance Party

Come and learn to square dance! The Evergreen Club in partnership with the Ocean Waves Square Dance Club present: Square Dance Party. Singles and couples welcome - no partners required and no experience necessary! Come join us August 18th from 3:00 - 4:00 pm.

Halloween Dance Party

Why should the kids have all the fun? Dress up in your spookiest costume and join us for a fun dance party Friday, October 30th from 7:00 pm to 9:30 pm. Prize for best costume!



Comox Valley Concert Band

Join us while the talented Comox Valley Concert Band entertains us on Sunday, December 6th 2:00 pm.

Yuletide Dance

What a great way to get in the Christmas spirit with our Christmas themed dance party! Join us on Friday, December 11th from 7:00 pm to 9:30 pm and wear your holiday best.

New Years Eve Dance Party

Once again, the place to be to ring in the New Year, is the Evergreen Club. Join us on Thursday, December 31st from 7:30 pm to 12:30 am. We will have live music, snacks, beer/wine bar and champagne at midnight. Tickets in advance only!

Check our website for more information: www.evergreenclub.ca

Evergreen Lounge

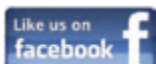


Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Ruebens are offered on Tuesdays, Wednesdays and Fridays. Check our Evergreen Club newsletter to see the specials in advance. You 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 3 two hour shifts a month. If you would like to learn more, we would love to hear from you.



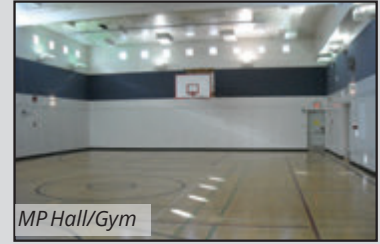
The Evergreen Club at the Florence Filberg Centre



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

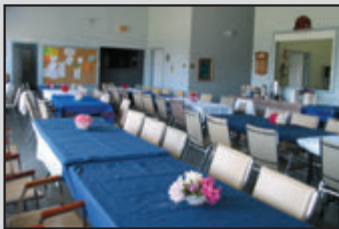
Valley View Park Clubhouse

- 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

View these facilities
on the virtual tour
on our website:
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



Conference Hall

Native Sons Hall

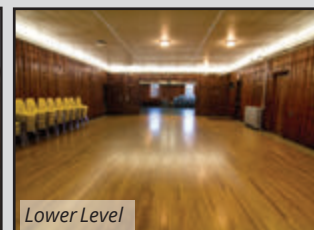
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

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

Take a virtual tour: courtenay.ca/filberg & courtenay.ca/nativesons

Fall registration starts Monday, August 10 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

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 refund will be provided if a program is cancelled.
- A full or prorated refund will be approved for medical reasons with a doctor's note.
- A full refund will be issued for requests received at least five (5) days before the program start date. All requests received after this time are subject to an \$8 administrative fee.
- Prorated refunds shall be calculated based on the date the withdrawal request is received. If the withdrawal request is received on a scheduled class date, that class shall be deemed to have occurred for purposes of the refund calculation and will not be included in the prorated refund.
- All withdrawal and refund requests must be made in person or by phone.
- Refunds will not be approved after a program has ended.
- No refunds will be provided for programs of short duration (one or two days) and workshops.
- Please allow up to three (3) weeks for cheque refunds to be processed.
- Some programs may have different refund policies, including Cozy Corner Preschool.
- All Punch passes, Wellness Centre and Fitness memberships are non-refundable and 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



6th Street Bridge links Simms Park to downtown

Residents and visitors have a new way to experience one of Courtenay's most scenic waterfront destinations. The recently opened 6th Street Active Transportation Bridge officially connects Simms Millennium Park to downtown Courtenay, creating a safer and more accessible route for people walking, cycling and rolling through the city.

The bridge was celebrated with a ribbon-cutting ceremony at the end of June that marked an important milestone for active transportation and community connectivity in Courtenay. Spanning the Courtenay River, the structure links downtown businesses, neighbourhoods and trails directly to the Riverside Park and Courtenay Riverway trail.

Simms Millennium Park is known for its natural beauty, walking paths and peaceful river views.

With the new bridge now in place, residents can move more easily between the downtown core and the park. The connection supports healthy transportation choices, encouraging people to spend more time outdoors and explore local amenities.

The project improves access for commuters, families and visitors alike, providing a continuous route that strengthens connections across the community and enhances the city's growing network of active transportation infrastructure.

More than just a new crossing, the bridge reflects Courtenay's ongoing commitment to creating accessible public spaces, sustainability and a more connected community.



Simms Summer Concerts continue until August 23

Enjoy the rest of summer with FREE concerts at on Sundays at 7 p.m. Bring your own lawnchair or blanket.

August 9 - Blues Jam ~ Wear your blues hat and enjoy the traditional jam, hosted by "The Gentlemen of Leisure."

August 16 - Stealing Dan ~ An ultra-authentic homage to the great pop-jazz band Steely Dan.

August 23 - Time Well Wasted (with food bank drive) ~ A 10-piece horn-driven powerhouse band. Please bring a non-perishable food item or donation (cash, debit or credit card) for the Food Bank Drive.

Thanks to sponsors, the Comox Valley Record, Long and McQuade, and Jet 98.9 FM - Jet Nation.

Concert details: courtenay.ca/simms





COMOX VALLEY ART GALLERY

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

PLEASE VISIT US ONLINE FOR OUR CURRENT
ART EXHIBITIONS + SPECIAL EVENTS  





CV/Arts cultivates a thriving, culturally dynamic Comox Valley through advocacy, partnerships, events, promotion and programming in the arts. Become a member today!

comoxvalleyarts.com



**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 250.338.2430  

Courtenay and District **Museum**
& Paleontology Centre



207 Fourth Street
Courtenay
ph: 250-334-0686
www.courtenaymuseum.ca

Discoveries happen here!
Knowledge and fun for the whole family.
Palaeontology, First Nations and
settlement exhibits.
Year round school
programmes, fossil tours,
yeld 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 or call **250-334-0686**



Official Community Plan and zoning bylaw updates

The City of Courtenay has updated its Official Community Plan (OCP) and zoning bylaw to align with new provincial housing requirements and plan for future growth.

The updated OCP, adopted by Council in May 2026, builds on the vision and priorities established in the 2022 plan while addressing Courtenay's projected growth over the next 20 years. It outlines how Courtenay can accommodate growth while protecting the qualities that make the community a great place to live. It also helps the City plan for the infrastructure, services and amenities needed to support that growth.

Council also adopted Phase 1 of the zoning bylaw update in March 2026. This phase included updates required by provincial legislation, changes to support small-scale, multi-unit housing and improvements to the clarity and usability of the bylaw. The next phase will include a more comprehensive review to modernize the 20-year-old bylaw, improve usability, align it with the updated OCP and support future growth.

Learn more about the OCP and zoning bylaw:

engagecomoxvalley.ca/courtenay-ocp
engagecomoxvalley.ca/courtenay-zoning

Downtown Vitalization Local Area Plan

Work on the Downtown Vitalization Local Area Plan will continue with its third and final phase of development later in 2026.

The plan will identify opportunities to support housing, local businesses, public spaces, transportation connections and community life in one of Courtenay's key growth areas. It will help guide future investment and development in the downtown core.

Learn more about the project, including opportunities to get involved:

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.

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 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.

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.

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: 189sea@cadets.gc.ca or **250-207-2709**
www.sway.cloud.microsoft/9fbvMiVXRlyMX6MZ?ref=Link

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. For more information call **250-338-5371** or **250-338-1000**

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

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 phone **250-334-9294**
comoxvalleykidsport@kidsportcanada.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 Mission Hill/Seal Bay Area
barbkenney18@gmail.com **250-941-8874**



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

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.

courtenay.ca/volunteer

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 or visit habitatnorthisland.com for more info. Come volunteer with us and discover how rewarding it is to build something truly special!



ReStore

Interested in advertising your volunteer opportunities here? Call the Lewis Centre at 250-338-5371 for more information.

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.

comoxvalleysa.ca

comoxvalley.volunteer@salvationarmy.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**.



MARS
WILDLIFE RESCUE CENTRE

The Evergreen Club for Adults 55+

The Evergreen Club is a fantastic club for mature adults who like to stay busy and social! With over 50 clubs we truly have something for everyone! We are able to keep our clubs fees very affordable because of our fantastic volunteers. If you would like to join our community, meet new friends and give back, we would love to hear from you. We happily welcome volunteers of all ages. For more details see our 2 page spread in the Courtenay section of this guide. Questions? Contact caudia@courtenay.ca



Volunteering with Courtenay Recreation

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

No minimum time required.

Check out Volunteer Information Nights to get started. See page 72 for more info.

courtenay.ca/volunteer | 250-338-5371





**2026-27
Registration Dates**
Make Note On Your Calendar!!

Upcoming Programs

SUPER SOCCER SATURDAYS

-Indoor Soccer/ Futsal

- ✓ Registration Opens November 24th 2026
- ✓ Program runs January 2027 to March 2027

Ages U8 to U12/U13+

Spring Valley Youth Soccer League

- ✓ Registration Opens January 5th 2027
- ✓ Program runs week of April 6th to June 5th

Ages U4 to U18



Join our community!!

QUESTIONS?

Email
registar@cvusc.org

1701 Lerwick Ave
Courtenay BC

www.cvusc.org

250-334-0422

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



Comox Valley Curling Centre

Curling is for Everyone! Join a league as a team or single player!

OPEN LEAGUES

Waypoint
Monday Open
Gladstone Friday
Night Fun

Church St. Taphouse
Saturday Social

Medicine Shoppe
Sunday Open

LADIES LEAGUES

Tuesdays & Thursdays

MEN'S LEAGUES

Tuesdays & Thursdays

JUNIOR CURLING

Wednesdays

MIXED LEAGUE

Wednesday Mixed

SENIOR CURLING

50+ SENIOR SOCIAL LEAGUE
Mondays & Wednesdays

COMPETITIVE LEAGUE
Thursdays

TRIPLES

Sunday Afternoons

STICK CURLING

Friday Afternoons



LEARN TO CURL

Two night clinic September 22 & 23

Adult Learn To Curl program, 9 sessions starts September 26

REGISTER ONLINE STARTING SEPTEMBER 1!

LEAGUES BEGIN THE WEEK OF SEPTEMBER 21!



COMOX VALLEY
CURLING CENTRE

COMOX VALLEY CURLING CENTRE
4835 Headquarters Road Courtenay

info@comoxvalleycurling.com

250-334-4712 www.comoxvalleycurling.com

**#SkateWithUs
#PatinezAvecNous**



comoxvalleyskatingclub.ca



**Online registration for the
2026-2027 season opens
September 1**

**Visit our website
for program details!**

CONTACT US AT:

info@comoxvalleyskatingclub.ca



THE BRAZILIAN CULTURAL FOUNDATION

Transformation through culture

**CELEBRATE CULTURE.
IGNITE YOUR SPIRIT.
MOVE WITH BRAZIL!**

**CELEBRATING 17 YEARS
OF BRAZILIAN CULTURE
IN THE COMOX VALLEY!**



-  **EMPOWER YOURSELF** with Afro-Brazilian Martial Arts
-  **INVIGORATE YOURSELF** with Afro-Brazilian Percussion
-  **MOVE** with Afro-Brazilian Dance
-  **VOLUNTEER** for our shows & cultural events
-  **SCHOOL WORKSHOPS**
-  **DEMOS AND CLASSES**

Brazilian culture is vibrant and energized!
Be a part of this growing movement in Comox Valley!
Lots of classes to choose from!
ALL AGES, ALL PEOPLE WELCOME!

 **BCF & AXÉ CAPOEIRA COMOX VALLEY**  **250-898-7918**  **info@capoeiracomox.com**



STRATHCONA NORDIC SKI CLUB

FUN, FITNESS & COMMUNITY ON SNOW

- Youth programs – learn-to-ski, recreation & outdoor adventure (ages 5-18)
- Youth racing – first race to podium
- Masters fitness, skill development & racing
- Year-round – rollerski, run, hike, dryland & adventure
- Home club of 2026 Olympian Anna Wells

A welcoming community for the whole family
Vancouver Island's only Nordic ski club
Volunteer coaches wanted – training & support provided

Registration Opens
October 15th, 2026



strathconanordics.com





COME JOIN US!



big futures start here.

We create safe, supportive spaces where children, youth, and families can learn, grow, connect, and thrive.

From early years care and family support to youth programs and parenting resources, we're here for every stage of the journey.

**opportunity
changes
everything.**

BGC Central Vancouver Island has been supporting children, youth, and families across our communities for over 50 years. We believe every young person deserves the opportunity to reach their full potential.

Early Years care in the **Comox Valley**

We currently have openings in select Early Years programs in the Comox Valley.

Our childcare programs focus on:

- Play-based learning
- Social and emotional development
- Outdoor exploration
- Creative activities
- Safe and inclusive care

Our experienced educators create welcoming spaces where children can build confidence, friendships, and a love of learning.

Parenting Programs & Family Support

Parenting can be rewarding, messy, and everything in between. Our parenting programs are designed to help caregivers feel supported, connected, and empowered.

Programs may include:

- Parent support groups
- Workshops and educational sessions
- Early years family programs
- Resources and referrals
- Opportunities to connect with other parents and caregivers

Whether you're looking for guidance, community, or simply a place to feel understood, we're here to help.



Comox Valley Children's Choirs

~for the love of singing~

Welcoming singers for the 2026-27 season 🎵



★ Our newest addition ★

Pre-K/K - ages 4-5

3:30-4:00pm

Tuesdays in Courtenay OR
Thursdays in Cumberland



Grades 1-3 - ages 6-8

4:00-4:45pm

3 locations to choose from
Tuesdays in Courtenay OR
Wednesdays in Comox OR
Thursdays in Cumberland



Grades 4 and up - ages 9+

4:45-6:00pm

2 locations to choose from
Wednesdays in Comox OR
Thursdays in Cumberland

*Everyone welcome ~ No auditions
Sibling Discounts & Bursaries Available*



Registration is open online through
September 2026 (space permitting)

www.comoxvalleychildrenschoir.com
comoxvalleychildrenschoir@gmail.com

ANNUAL CVCDA CHILDREN'S

2026

TeLeTHON

CELEBRATING 51 YEARS OF COMMUNITY SUPPORT

SUNDAY, NOVEMBER 1
12PM-8PM
SID WILLIAM'S THEATRE

**FREE FAMILY FRIENDLY event with 8
HOURS of on stage entertainment!**

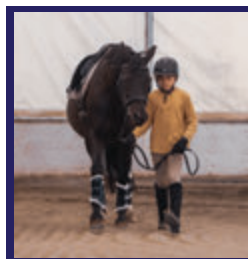
FOR MORE INFORMATION, OR TO MAKE A
DONATION VISIT CVCDA.CA OR
CALL 250-338-4288



Sprout Meadows

Fun, Year-Round Riding in the Comox Valley

Building Strong Foundations Through Quality Horsemanship



Our Philosophy

At Sprout Meadows, we believe great riders are built from the ground up.

Our focus is on developing strong fundamentals, confidence, respect for the horse and a lifelong love of riding.

Whether your goal is recreational riding, competition or simply spending time with horses, every rider begins with the same foundation of safe, quality horsemanship.

- Year-round riding with indoor and outdoor arenas, allowing lessons in all seasons.
- Learn through a grassroots approach focused on safety, confidence, horsemanship and rider development.
- Programs designed for children, youth and adults of all experience levels.
- Small building blocks and strong fundamentals create confident riders and successful partnerships with horses.
- Instruction provided by insured, certified coaches following Equine Canada guidelines.

Year-Round Indoor & Outdoor Riding Rings • Fun for All Seasons!



www.sproutmeadows.com
3583 Dove Creek Rd, Courtenay

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 cypcnpresentations@islandhealth.ca
if you need assistance with registration or
have any questions.

Discoveries Happen Here!

Cultural and Natural History of the Comox Valley

FOSSIL TOURS
EDUCATION PROGRAMMES
COLLECTIONS
ARCHIVES




Courtenay and District **Museum**
a Paleontology Centre

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

BLACK CREEK

FALL FAIR

September 12th 10am - 4pm

Exhibits- Demonstrations- Kids Carnival
Games- Bouncy Castle- Artisan Vendors
Petting Farm- Live Music + More

Black Creek Community Centre
2001 Black Creek Road



BLACK CREEK
community centre



COMOX VALLEY
SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Indoor Soccer | Outdoor Soccer | Ultimate Frisbee
Dodgeball | Indoor Volleyball | Basketball | Floor Hockey



Outdoor Sports deadline is Aug. 31 | Indoor Sports deadline is Sept. 2

Scott @ 250-898-7286 | scott@comoxvalleysports.ca | www.comoxvalleysports.ca

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 Line1-888-494-3888
 - 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 Church250-339-2882
 CV Unitarian Cultural Society.....
 cvukrainianculturalsociety@gmail.com
 Comox Community Baptist250-339-0224
 Comox United Church.....250-339-3966
 Shepherd of the Valley
 Lutheran ELCIC250-334-0616
 St. Peter's Church.....250-941-5388
 Unity Vancouver Island.....
 info@unityvancouverisland.com

Dog Clubs

CV Kennel Club (1990) - Frank250-331-0185
 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.....nirsrhodos.ca

Public Speaking

Triple C Toastmasters
 triplectoastmasters@gmail.com

Other

Beekeepers Association.....cvbclub.com
 Camera Clubcvps.ca
 CV Genealogy Group
 info@cvgenealogygroup.org
 CV Newcomers Club.....CVnewcomers.ca
 Orca Probus Cluborcaprobus.ca
 Taoist Tai Chi Society - Sean250-702-4811
 CV Ukrainian Cultural Society
 - Jeanette250-898-3165

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
 LUV2 Line Dance - Darlene.....
 linedanceluv@gmail.com
 Ocean Waves Square Dance Club
 oceanwavesquaredance@gmail.com
 Scottish Country Dance
 - Heather250-338-9060
 Dolyna Ukrainian Dancers - Karen
 cvdolynadancers@gmail.com
 West Coast Swing Collective.....cwscs.ca

Fairs & Festivals

Cumberlands Victoria Day Celebrations
 cumberlandeventssociety@gmail.com
 CV Exhibition.....250-338-8177
 Filberg Festivalfilbergfestival.com

Health & Wellness

Alcoholics Anonymouscomoxvalleyaa.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 Centre250-331-8502
 CV Stroke Recovery Branch.....250-890-0711
 CV Head Injury Societycvhis.org
 CV Ostomy Support Group.....250-871-4778
 Overeaters Anonymousoa.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 Nursing250-331-8520
 Wheels for Wellness Society.....250-338-0196

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

Service Clubs

Comox Legion - Br.160 - Lauren.....
 comoxlegion.ca
 Courtenay Legion - Branch 17...250-334-4322
 Cumberland Legion - Br. 28250-336-2361
 CV Lions Club250-339-6232
 CV Monarch Lions Club
 e-clubhouse.org/sites/comoxvm
 Elks Club #60250-334-2512
 IODE Laura Gordon Chapter.....
 - Louisa250-338-1162
 Soroptomist Club of Courtenay.....
 soroptomistcourtenay.org

**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

- Iris250-338-5409

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 - Pam250-792-3836

CV Kung Fu Academy250-702-3780

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

.....cvwomensspringsoccer@gmail.com

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

Sports cont.

Other

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

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling Centre250-334-4712

CV Pickleball Assoc.....cvpickleball.ca

CV Road Runnerscvrr.ca

CV Field Hockey.....cvlfha@gmail.com

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

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

Killerwhale/G.P. Vanier Olympic

Weightlifting - Ed.....edifler@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

Courtenay Airpark - Parkrun

.....parkrun.ca/courtenayaairpark

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.....cvcyclub.ca

Comox Valley Paddlers Club.....

.....comoxpaddlers@gmail.com

Other

Coal Hills BMX.....bmxcanda.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

Associationcourtenayfishandgame.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 Arts250-334-2983

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

- Tina250-923-7709

North Island Choral Society.....

.....northislandchoral.ca

Performing Arts Comox Valley (PACV)

- Lynn.....performingartscomoxvalley.ca

Pearl Ellis Gallery250-339-2822

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. Quadra250-339-8211

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

**Call the Lewis Centre at
250-338-5371 to inquire
about adding your listing
to this directory.**

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 or 250-338-3571



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



**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



**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



**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

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COMOX VALLEY RECREATION GUIDE | FALL 2026



TOWN OF COMOX

SEE PAGE 2

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



SEE PAGE 37

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



SEE PAGE 47

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



SEE PAGE 110

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



SEE PAGE 137

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

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