

COMOX VALLEY RECREATION GUIDE

SPRING/
SUMMER
2026

**ONE GUIDE,
two seasons!**
See inside cover for
Spring and Summer
registration dates



2



88



118



122



167

ONE GUIDE, two seasons!

Our Spring & Summer programs are in this **one** guide. This gives you early access to plan your favourite summer activities!

One guide, two separate registration dates!

Here's how to navigate this guide:



Spring & Summer program registration starts Monday March 9

This includes: - both spring & summer programs for adults, fitness & more
- CVRD spring programs

Summer Camp registration starts Monday April 27

Any programs with orange activity codes registration starts on this date

This includes: - summer camps & swim lessons at the Outdoor Pool
- CVRD summer programs

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

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

To view these locations go to:

courtenay.ca/recreation cumberland.ca/rec-guide-locations comox.ca/recguidelocations



TOWN OF COMOX
COMOX RECREATION
250-339-2255
comox.ca/recreation



RECREATION
THE VILLAGE OF
CUMBERLAND
CUMBERLAND
RECREATION
250-336-2231
cumberland.ca/rec



COURTENAY RECREATION
250-338-5371
250-338-1000
courtenay.ca/rec



CVRD SPORTS &
AQUATIC CENTRES
250-334-9622
comoxvalleyrd.ca/rec



19 WING COMOX
250-339-8211
ext.8315
cfmws.ca

What's Inside . . .



2
Courtenay Recreation

Spring & Summer Registration starts
March 9 at 7:15 a.m.
 Summer Daycamp & Pool Registration starts
April 27 at 7:15 a.m.

courtenay.ca/rec



88
CVRD Sports & Aquatic Centres

Spring Registration starts
March 9 at 8 a.m.
 Summer Registration starts
April 27 at 8 a.m.

comoxvalleyrd.ca/rec



118
19 Wing Comox

Spring & Summer Registration starts
 Preferred: **March 9 at 9 a.m.**
 Open: **March 16 at 9 a.m.**

cfmws.ca/comox



122
Comox Recreation

Spring & Summer Registration starts
March 9 at 6 a.m.
 Summer Camp Registration starts
April 27 at 6 a.m.

comox.ca/rec



167
Cumberland Recreation

Spring & Summer Registration starts
March 9 at 7 a.m.
 Summer Camp Registration starts
April 27 at 7 a.m.

cumberland.ca/rec

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

Next Registration:
 Fall Registration starts Monday, August 10

Cover photo by Kim Stallknecht of Kim Stallknecht Photography



Welcome!

As the days grow longer, spring and summer invite us to spend more time outdoors, connecting with neighbours, staying active, and enjoying Courtenay's parks and public spaces. This recreation guide highlights opportunities for all ages to take part in programs and events that support health, creativity, and community connection.

The Simms Summer Concert Series will return this year at the Lewis Park stage while construction is underway at Simms Park, continuing a much-loved tradition of free outdoor music. The City is also planning new park activation programming, Parks Alive!, featuring casual, family-friendly activities such as movement, dance, fitness orientations, and pop-up games. Details can be found on Page 46. Our recreation programs and community events are made possible through the dedication of volunteers. In recognition of National Volunteer Week, we extend our thanks to long-time and behind-the-scenes contributors and invite residents to consider volunteering this summer in camps, events, and seasonal programs.



Courtenay Mayor
Bob Wells

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Legend:



Childminding is offered during these programs



This program incorporates physical literacy



Evergreen Member discounted program



Registration for these programs starts April 27





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



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



Facility closures:

Good Friday.....**April 3**
Easter Monday.....**April 6**
Victoria Day.....**May 18**
Canada Day.....**July 1**
BC Day.....**August 3**



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

See page 82

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!



Drop-in Programs

Parent & Tot Morning PlayTime Sunday

(1-5 years)
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.

#18073 Sundays
April 12 - May 31
8:45-10 a.m.
Lewis MP Hall
\$3/Drop-in

Parent & 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. Hurry, drop-in spots are limited!

Tuesdays
#18030 April 14 - May 5
#18031 May 12 - June 2
10-11 a.m.
\$20/4 per family
\$6/family/drop-in

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
April 9 - May 28
Vern Nichols Gym
#18069 **Curious Crawlers**
(birth-18 months)
9-10 a.m.
FREE
(space shared with childminding)
#18071 **Tiny Tumblers**
(4 years & under)
Thursdays
10:30 a.m. - 12 p.m.
\$3/drop-in/child

Parent & Tot Gymnastics

(6 years & under with adult)
Come run, jump, bounce and laugh with us! Our enthusiastic coaches will supervise this fun play. Limited to 20 spots.

#18070 Saturdays
April 11 - June 13
9-10 a.m.
Vern Nichols Gym
\$6.50/Drop-in

Childminding

(1 month-11 years)
We offer convenient, affordable childminding while you're in the facility. A parent or guardian must always remain in the building. Childminding is not available on stat holidays.

Mornings: April 7 - June 30
Monday - Thursday
8:45-10:30 a.m.
Friday
10:15-11:45 a.m.
Saturday
8:45-10:30 a.m.
Evenings: April 7 - June 17
Tuesdays & Wednesdays
4:45-6:30 p.m.
\$3.15/1 ¾ hours *includes GST*
\$30/10 punch-card
Summer Hours: *effective July 2*
Monday - Friday
8:45-10:30 a.m.

Spring Early Years Drop-in Schedule no drop-ins on stat holidays

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding						
8:45-10:30 a.m.	8:45-10:30 a.m. 4:45-6:30 p.m.	8:45-10:30 a.m. & 4:45-6:30 p.m. (no evenings March 23 - April 4)	8:45-10:30 a.m.	10:15-11:45 a.m.	8:45-10:30 a.m.	
Parent & Tot <small>see program description for dates & fees</small>						
	Art Explorers 10-11 a.m.		Family Fun Gym 9-10 a.m. or 10:30 a.m. -12 p.m.	The Baby Nest 10-11:30 a.m. <small>Bill Moore Lawn Bowling</small>		Morning Play Time 8:45-10 a.m.
Family Gymnastics April 11 - June 16						
(all-ages) 12-1 p.m.	(all-ages) 9:45-10:45 a.m.				(6 yrs & under) 9-10 a.m. or (all-ages) 11:15a.m.-12:15p.m.	
<i>schedule subject to change</i>				<i>schedule updates at courtenay.ca/drop-in</i>		



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

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Special Interest


Budding Bakers

(3-5 years)
Whisk, mix and flip up some fun while you bake a fun treat each week. They'll alternate between sweet and savory snacks each week, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

#18023 Fridays
May 22 - June 19
12-1:30 p.m.
Lewis Craft Room A
\$65/5

Little Chefs Club

(3-5 years)
Discover new recipes and confidence in the kitchen. Preschoolers will learn to prepare yummy and nutritious snacks and treats in a safe environment.

#18945 Wednesdays 
May 6 - June 10
9:30-11 a.m.
Lewis Craft Room A
\$79/6

Kooky Cooking

(3-5 years)
Preschoolers will get started in the kitchen with this fun interactive class. From kitchen safety to measuring and mixing ingredients and of course, lots of eating, our classes are designed to foster a love of cooking.

#18026 Fridays
April 10 - May 8
12-1:30 p.m.
Lewis Craft Room A
\$65/5


The Baby Nest

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

Fridays
April 10 - May 15
10-11:30 a.m.
Bill Moore Lawn Bowling
Free

Mini Art Scientists

(3-5 years)
A fun, hands-on program where preschoolers can explore art and science in an open-ended way. Children will mix, paint, build and try different materials. Each week, your child will bring home something they made, explored or discovered. These items are wonderful keepsakes and can be proudly displayed or used at home.

#18946 Mondays 
April 13 - May 11
1:30-3 p.m.
Lewis Craft Room B
\$59/5

Please check receipts for important program information.

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 who lives below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess

Sports

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

#18034 April 11 - May 9

#18035 May 16 - June 13

9:30-10:15 a.m.

Lewis Outdoor Stage

\$40/5



Sports & Games

(3-5 years)

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

#18037 Fridays

May 22 - June 19

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

Lewis Outdoor Stage

\$40/5



Preschool Floor Hockey

(3-5 years)

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

Thursdays

#18039 April 9 - May 7

#18040 May 14 - June 11

3:30-4:15 p.m.

Lewis MP Hall

\$40/5



Preschool T-Ball

Join us for Preschool T-Ball where little athletes build confidence, coordination and friendship. We focus on simple skills, positive coaching and plenty of encouragement so every child feels like a star!

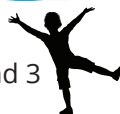
#18943 Sundays

April 12 - May 31

11-11:45 p.m.

Lewis Park Diamond 3

\$59/8



Mini Athletes

(3-5 years)

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

#18027 Fridays

April 10 - May 8

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

Lewis Outdoor Stage

\$40/5



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



Courtenay Recreation

Hop, Wiggle & Giggle Easter Party

(1 - 6 years with adult)

Saturday, April 4

11 a.m. - 1 p.m.

Lewis Outdoor Stage

Free

space is limited, please register in advance

courtenay.ca/easter

- Bunny Crafts
- Bubble dance party
- Parachute play
- Unstructured play
- Springtime search
- An Easter Bunny visit



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

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Movement

Preschool Creative Dance

(3-5 years)
 Beginner dance steps are taught through play, imagination, story telling and great music. The perfect first dance class for your little one! **No class April 22.**

Instructor: Leigha Wald
 Wednesdays

#18079 April 8 - May 13
 \$59/5

#18186 May 20 - June 10
 \$48/4
 11:45 a.m. - 12:30 p.m.
 Lewis MP Hall A

Intro to Ballet

(3-5 years)
 All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and build a foundation for movement through dance.

Instructor: Leigha Wald
 #18075 Mondays

April 13 - May 11
 1:15-2 p.m.
 Lewis MP Hall A
 \$59/5

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 Preschool Creative Dance. Adult participation required. **No class April 22.**

Instructor: Leigha Wald
 Wednesdays

#18074 April 8 - May 13
 \$40/5

#18187 May 20 - June 10
 \$32/4
 11-11:30 a.m.
 Lewis MP Hall A

Gymnastics and Crafts

(3-5 years)
 Get your creativity flowing as we create and move! Each class we will spend time in the gymnastics gym as we run, jump, climb and swing. After gymnastics we will cool our bodies down as we craft up loads of fun!! Bring a snack and water bottle each day.

Mondays

#18044 April 13 - May 11
 \$75/5

#18046 May 25 - June 15
 \$60/4
 9-10:30 a.m.
 Lewis Craft Room B

Preschool Acro

(3-5 years)
 Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and for children under 5, it provides children with a great starting point to increase flexibility, strength and versatility! Have fun playing Acro-based games, taking part in obstacle courses and instructional skill development!

Instructor: Leigha Wald

#18077 Mondays
 April 13 - May 11
 10-10:45 a.m.
 Vern Nichols Gym
 \$59/5

Comox Valley Early Years Family Resource Fair 2026

Thursday April 9, 2026

2-6 p.m.

Florence Filberg Centre

A free event featuring community agencies & fun activities for children aged 0-8 years old. Come connect with local early years organizations and service providers that support the health and wellness of families with young children in our community.



Gymnastics

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 while working independently or with adult support as needed.

No class May 18.

Instructor: Sheri Roffey

Mondays

1-2 p.m.

#18127 April 13 - May 11
Vern Nichols Gym
\$90/5

#19075 May 25 - June 15
Vern Nichols Gym
\$72/4

Family Gymnastics

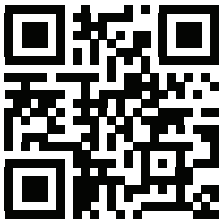
Run, jump swing, bounce and play as you explore the best indoor playground around! Adult participation required. Limited to 20 participants.

#18126 Mondays
12-1 p.m.
April 13 - June 15
Lewis Vern Nichols Gym

#18072 Saturdays
April 11 - June 13
11:15 a.m. - 12:15 p.m.

#18145 Tuesdays
April 7 - June 16
9:45-10:45 a.m.
\$6.50/drop-in

Register online:



Kindergym & Trampoline

(3-5 years)

Get ready for fun as you learn to line up, take turns and stay with your group as we practice movements, play games, run, roll, climb and explore the equipment in our gym! This class could help your child realize their love for gymnastic.

Instructor: Sheri Roffey

Tuesdays

1-2 p.m.

#18148 April 14 - May 12

#19018 May 19 - June 15
Vern Nichols Gym
\$75/5

Mighty Movers

(1-3 years)

Run, jump, land, climb, roll and swing. Our knowledgeable, playful staff will connect you to a lifetime of learning and physical activity as we play games and try out the different gymnastics equipment with our grown-ups! Get ready to roll into fun. Adult participation required.

#18170 Tuesdays
April 14 - May 12
9-9:45 a.m.
Vern Nichols Gym
\$60/5

#19079 Tuesdays
May 19 - June 15
9-9:45 a.m.
Vern Nichols Gym
\$60/5

Ninja Kids

Jump, climb, crawl, and roll in this playful parkour-style class!

Using gymnastics equipment, kids will explore movement, build confidence, and burn energy through fun obstacle courses all while making new friends along the way.

Mondays

11 a.m. - 12 p.m.

#18933 April 13 - May 11
\$90/5

#19074 May 25 - June 15
\$72/4

Vern Nichols Gym



Spring Program Registration starts Monday March 9
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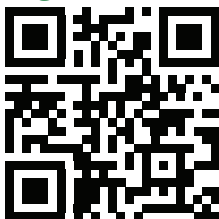
Special Interest

Fantastic Worlds

(6-8 years)
Step into the enchanting realms, creating our own magical lands of elves, faeries and more! Each week participants will explore fantasy worlds, bringing to life creatures and landscapes of their imaginations! We will create dragon's eggs and powerful wands, engage in interactive games and quests and so much more!

#18053 Saturdays
April 11 - May 9
2:15-3:45 p.m.
Lewis Meeting Room
\$85/5

Register online:



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!

#18054 Fridays
May 15 - June 12
5:15-6:45 p.m.
Lewis Craft Room A
\$85/5

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.

#18973 Saturdays
April 18 - May 9
11 a.m. - 12:30 p.m.
Lewis Craft Room B
\$68/4

Science Detectives

(K-7 years)
Young minds embark on thrilling adventures to uncover the mysteries of science! Designed to encourage curious minds of budding scientists, we will dive into exciting experiments and hypotheses! From volcanoes to the stars, every day will be packed with fun!

#18043 Thursdays
April 9 - 30
3:30-5 p.m.
Lewis Craft Room A
\$68/4

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

#18045 Thursdays
April 9 - 30
5:30-7 p.m.
Lewis Craft Room A
\$68/4

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 apart of the launch plans for your Star Gazers.

#18974 Saturdays
May 23 - June 13
12:30-2 p.m.
Lewis Salish Building
\$68/4



Birthday Parties

Archery Adventure Birthday

(7 years & over)

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

Saturdays starting April 11
1:30-2:30 p.m.
MP Hall & Craft Room B
\$155

Gymnastics & Trampoline Birthday

(3-14 years)

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

Saturdays starting April 11
10-11 a.m. **or**
1:30-2:30 p.m.
Vern Nichols Gym
\$155

Karaoke Party

(7-14 years)

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

Fridays starting April 10
5:30-7:30 p.m.
Lewis Meeting Room
\$145 or
Saturdays starting April 18
11:30 a.m. - 1:30 p.m.
Lewis Meeting Room
\$145

Please check receipts for important program information.

Power Play Party

(3-14 years)

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

Sundays starting April 12
10:15-11:15 a.m. **or**
1:45-2:45 p.m.
MP Hall & Craft Room B
\$145





Cooking

Global Cooking

(6-8 years)
Go around the world with your taste buds as you learn to create delicious foods from countries all over the globe! Scrumptious dishes await you, as you explore different cultures, spices and ingredients, young traveler!

#18051 Sundays
May 10 - June 7
1:30-3 p.m.
Lewis Craft Room A
\$105/5

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!

#18038 Fridays
April 10 - May 1
3:45-5:15 p.m.
Lewis Craft Room A
\$84/4

Cooks & Crafts

(K-7 years)
Tantalize your taste buds and satisfy your imagination as you create savory dishes and craft the day away. At the end of the course you will bring home a book of tasty recipes and creative craft creations.

#18049 Sundays
April 12 - May 3
1:30-3 p.m.
Lewis Craft Room A
\$84/4

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.

#18052 Monday
April 13 - May 4
3:45-5:15 p.m.
Lewis Craft Room A
\$84/4

Bakers Ready

(7-9 years)
Bakers get ready! This hands on baking crash course will give you the skills you need to create delicious desserts and flavorful foods with confidence. Challenge your new knowledge with a finale recipe where you'll need to have a keen eye to avoid ingredients that could sabotage your dish.

#18047 Thursdays
May 7 - June 4
4-6 p.m.
Lewis Craft Room A
\$149/5

Delightful Desserts

(9-11 years)
Finally a class where you can have your cake and eat it too! Each week, we'll dive into a new delightful dessert. Participants will learn essential skills like measuring, mixing, and decorating, all while making delicious creations to share with family and friends.

#18050 Tuesdays
April 14 - May 5
5-6:30 p.m.
Lewis Craft Room A
\$84/4

Snacky Science

(8-10 years)
Learn the science behind some of your favourite snacks. Solar power treats, delicious chemical reaction and so much more awaits in this tasty and fun program.

#18972 Sundays
May 3 - 17
11 a.m. - 12:30 p.m.
Lewis Craft Room A
\$63/3

Music & Performing Arts

Aerial Arts: Basic/ Intermediates

(10-18 years)

This is a split level class for students new to aerial fabric, those needing a refresher, and early intermediate students. With a focus on skill and strength, you'll start close to the ground and gain height as your confidence and abilities increase. Each week, we will gain skills and work on creating acts to present in our spring show. Our dress rehearsal and show creation class are when we rehearse together and practice the big group acts. The spring show is our year end show and it's always lots of fun!

Instructor: 7 Story Circus

#18064 Thursdays
April 9 - June 4 or 5
4-5:30 p.m.
Vern Nichols Gym
\$450/12

Aerial Arts: Intermediate

(10-18 years)

This class is for aerialists with previous experience. This class focuses on skill building, technique, strength, endurance, creative movement and much more. We will work towards creating acts to present in our spring show. Our dress rehearsal and show creation class are when classes rehearse together and practice the big group acts. The spring show is our year end show and it's always a lot of fun!

Instructor: 7 Story Circus

#18063 Wednesdays
April 8 - June 4 or 5
4-5:30 p.m.
Vern Nichols Gym
\$450/12

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 in our spring show. Our dress rehearsal and show creation class are when classes rehearse together and practice the big group acts. The spring show is our year end show and it's always a lot of fun!

Instructor: 7 Story Circus

#18060 Thursdays
April 9 - June 4 or 5
6-7:30 p.m.
Vern Nichols Gym
\$450/11

Community Circus 1

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb: aerial fabric. Juggle: scarves, balls, rings and clubs. Spin: staff, poi, diablo, flower-sticks and plates. Balance on: stilts, rola-bola, and partner acrobatics. Play: improvisation and performance games. Be inspired and amazed by your own abilities! Both classes will attend 4-6pm on May 22. **Instructor:** 7 Story Circus

Fridays
April 10 - May 22
#18984 4-5 p.m. (6-9 years)
#18985 5-6 p.m. (8-12 years)
Vern Nichols Gym
\$200/8

Piano Adventures

(K-11 years)

Music Makes your brain work better! Here's your chance to learn your favourite songs. Small group classes study the basics of music, then you can choose more! Books cost \$35 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross

Thursdays
April 9 - June 11
#18085 3:30-4:30 p.m. K-7 years
#18086 4:45-5:45 p.m. 8-11 years
LINC MP Room
\$150/10



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

See page 82



School's Out

Sport-tacular Pro D Day Camp

(8-10 years)
Get ready for a sport-tacular day of action! This Pro D camp is packed with high-energy games, team challenges, and fun competitions that let kids run, jump, throw, and bounce their way through the day. Bring your energy and be ready for fun.

#18078 Friday May 15
8:30 a.m. - 4:30 p.m.
Lewis Salish Building
\$49

Pro D Party

(K-7 years)
Enjoy your day off school at The Lewis Centre with active and creative play. We'll keep you busy with fun games and exciting activities. Get ready to have a blast, make new friends and enjoy a day full of energy and laughter.

#17881 Friday May 15
8:30 a.m. - 4:30 p.m.
Lewis Craft Room A
\$49

Summer Kick Off Camp

(K-7 years)
School's out and summer is on its way! Enjoy your day off school at The Lewis Centre with active and creative play with our awesome camp leaders! There's fun to be had with friends.

#18153 Friday June 26
8:30 a.m. - 4:30 p.m.
Lewis Craft Room A
\$49

School's Out Sports Day

(8-10 years)
School is out and summer is on its way! Let's run, jump and cheer for a day of friendly competition, teamwork and fun. From silly relays and exciting challenges to some of your favourite sports and games, we'll have so much fun, you won't even miss school!

#18154 Friday June 26
8:30 a.m. - 4:30 p.m.
Lewis Salish Building
\$49

Tween Pro D Day

(10-12 years)
Spend your day off school having fun with games and exciting activities. Enjoy time at The LINC playing in the games room and skate park. This day is all about staying active, trying new things and having a great time.

#18081 Friday May 15
8:30 a.m. - 4:30 p.m.
LINC MP Room
\$49

Tween Summer Starter

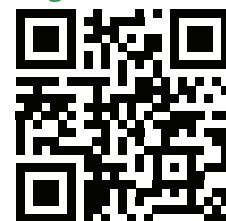
(10-12 years)
Spend your day first of summer break having fun with games and exciting activities. Enjoy time at The LINC playing in the games room and skate park. This day is all about staying active, trying new things and having a great time.

#18155 Friday June 26
8:30 a.m. - 4:30 p.m.
LINC MP Room
\$49



Look for Courtenay Rec Summer Camps starting on page 30. Summer Camp and Outdoor Pool Lesson registration starts on Monday, April 27.

Register online:



Spring Break programs can be found in the Winter CV Recreation Guide or at courtenay.ca/reconline



Creative Pursuits

Homeschool Pottery Party

(7-9 years)

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

#18089 Thursdays
 April 9 - June 11
 1-2:30 p.m.
 Lewis Craft Room B
 \$235/10

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
 April 7 - June 9
#18090 3:-4:30 p.m. **7-9 years**
#18092 5-6:30 p.m. **10-12 years**
 Lewis Craft Room B
 \$235/10

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 mediums.

#18055 Tuesdays
 May 12 - June 2
 3:45-5:15 p.m.
 Lewis Craft Room A
 \$68/4

Learn to Sew: Hoodies

(8-13 years)

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

Wednesdays
 May 13 - June 10
#18106 3:15-4:45 p.m. **8-10 years**
#18109 5-6:30 p.m. **11-13 years**
 Lewis Craft Room A
 \$115/5

Learn to Sew: Pajamas

(8-13 years)

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

Wednesdays
 April 8 - May 6
#18104 3:15-4:45 p.m. **8-10 years**
#18105 5-6:30 p.m. **11-13 years**
 Lewis Craft Room A
 \$115/5

After School Adventures in Art

(K-7 years)

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

#18970 Mondays
 May 25 - June 15
 3:30-4:30 p.m.
 Lewis Craft Room B
 \$60/4

Please check receipts for important program information.



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

See page 82



Martial Arts

Woo Kim Taekwondo Tigers

(5-7 years)

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

#18180 Tuesdays & Thursdays

April 7 - June 18

3:45-4:30 p.m.

Native Sons Grand Hall

\$264/22



Woo Kim Intro to Taekwondo

(5-10 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 9 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors class. **No class May 14.**

#18184 Thursdays

April 9 - May 28

4-4:30 p.m.

Lewis Activity Room

\$91/7



Woo Kim Taekwondo Juniors - White - Green

(8-13 years)

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

#18181 Tuesdays & Thursdays

April 7 - June 18

4:40-5:30 p.m.

Native Sons Grand Hall

\$275/22



Woo Kim Taekwondo Juniors - Blue Stripe - Black

(8-14 years)

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

#18182 Tuesdays & Thursdays

April 7 - June 18

5:40-6:30 p.m.

Native Sons Grand Hall

\$275/22



Historical Fencing for Kids

(9-13 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 April 14, May 12, June 9, July 7 & Aug 4.

Tuesdays

#18410 April 7 - June 23

4:45-5:30 p.m.

Filberg Conference Hall

\$99/9

#18412 June 30 - August 25

4:45-5:30 p.m.

Filberg Conference Hall

\$77/7



Sports

Soccer Kids

(K-10 years)

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

Mondays

April 13 - May 11

#17995 3:30-4:30 p.m. K-7 years

#17997 4:45-5:45 p.m. 8-10 years

May 25 - June 22

#17996 3:30-4:30 p.m. K-7 years

#17998 4:45-5:45 p.m. 8-10 years

Lewis MP Hall

\$55/5



Floor Hockey

(K-10 years)

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

Thursdays

April 9 - May 7

#17990 4:30-5:30 p.m. K-7 years

#17992 5:45-6:45 p.m. 8-10 years

May 14 - June 11

#17991 4:30-5:30 p.m. K-7 years

#17992 5:45-6:45 p.m. 8-10 years

Lewis MP Hall

\$55/5



Kids Archery

(9-11 years)

Learn the history of archery as we cover important skills and safety including proper handling of equipment, rules and techniques to keep you progressing. Learn the proper stance, how to nock an arrow, draw the bowstring, aim and release the arrow. We'll use games and activities to improve your accuracy and strength to improve your skills.

Fridays

2-3 p.m. Home Learners
9-11 years

#17993 April 10 - May 8

#17994 May 15 - June 12

\$75/5

3:15-4:15 p.m. 7-9 years

#17976 April 10 - May 8

\$60/4

#17977 May 15 - June 12

\$75/5

Saturdays

11 a.m. - 12 p.m. 7-9 years

#17937 April 11 - May 9

#17938 May 16 - June 13

\$75/5

12:15-1:15 p.m. 10-12 years

#17974 April 11 - May 9

#17975 May 16 - June 13

\$75/5



Basketball Skills & Games

(8-13 years)

Get a chance to develop your basketball skills and techniques with other kids from the community! You'll learn basic ball handling, passing and shooting skills, plus get the chance to put those skills into play through scrimmages each week.

Wednesdays

#17983 April 8 - May 6 8-10 years

#17984 May 13 - June 10 8-10 years

4:30-5:30 p.m.

#17981 April 8 - May 6 11-13 years

#17982 May 13 - June 10 11-13 years

5:45-6:45 p.m.

Lewis MP Hall

\$55/5



Kidz Baseball

(K-7 years)



Join us for a fun weekly baseball program focused on trying the sport, building skills, and learning the game through drills, games, and teamwork. Perfect for new and returning players looking to play, learn, and have fun.

Sundays

April 12 - May 31

#19056 12-1 p.m. K-7 years

#19057 1:15-2:15 p.m. 7-9 years

location

\$75/8



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



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

See page 82



Gymnastics

Boys & Girls Mixed Gymnastics

(K-7 years)
We base our gymnastics around the 3 F's: Fun, Fitness & Fundamentals. Our experienced and energetic coaches will lead you through a fun-filled warm up before breaking you off into groups to develop your individual skills, increase your strength, flexibility and stamina.

Instructor: Sheri Roffey
Sundays
April 12 - June 14

#18091 10:30-11:30 a.m.

#18096 12:30-1:30 p.m.
Vern Nichols Gym
\$210/10

#18128 Mondays
April 13 - June 15
3:30-4:30 p.m.
Vern Nichols Gym
\$189/9



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



Boys & Girls Intermediate Gymnastics

(8-18 years)
After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their skills in intermediate. We'll continue to build your strength, flexibility and technique as you refine your skills on various apparatuses. Learn routines, build your confidence and keep progressing in this specialized sport!! We recommend 2 classes per week to develop and maintain your skill level.

#18101 Sundays
April 12 - June 14
2:30-4 p.m.
Vern Nichols Gym
\$265/10

#18142 Mondays
April 13 - June 15
5:45-7:15 p.m.
Vern Nichols Gym
\$239/9



Boys Gymnastics

(8-18 years)
Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment like the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun!

#18097 Sundays
April 12 - June 14
1:30-2:30 p.m.
Vern Nichols Gym
\$210/10

#18141 Mondays
April 13 - June 15
4:30-5:30 p.m.
Vern Nichols Gym
\$189/9



Girls Gymnastics

(8-18 years)
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.

#18100 Sundays
April 12 - June 14
1:30-2:30 p.m.
Vern Nichols Gym
\$210/10

#18140 Mondays
April 13 - June 15
4:30-5:30 p.m.
Vern Nichols Gym
\$189/9



Family Gymnastics

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

#18082 Saturdays
April 11 - June 13
2:45-3:45 p.m.
Vern Nichols Gym
\$6.50/drop-in

Acro Explorations

(6-8 years)

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

Instructor: Leigha Wald
Sundays

#18095 April 12 - May 10

#18151 May 17 - June 14

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

Vern Nichols Gym

\$75/5



Homeschool/ Adapted Gymnastics

(7 years & older)

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. Limit 20 spots. Please pay at the office.

#18147 Tuesdays

April 14 - June 16

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

Vern Nichols Gym

\$6.50/drop-in

Did you know . . .

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

courtenay.ca/reconline

Parkour Kidz

(8-10 years)

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

Sundays

#18088 April 12 - May 10

#19073 May 17 - June 14

9:15-10:15 a.m.

Vern Nichols Gym

\$99/5



Trampoline

(8-13 years)

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

Tuesdays

April 14 - June 16

#18149 3:30-4:30 p.m.

#18150 4:30-5:30 p.m.

Vern Nichols Gym

\$175/10



Please check receipts for important program information.





Skateboarding

Skateboard FUNdamentals

(8-11 years)
Build confidence in learning the sport of skateboarding. We'll review the basics to get you cruising and then try a trick or two! This class is geared toward beginner-novice skaters. **No class May 18.**

Mondays
#18171 April 20 - May 11
#19071 May 25 - June 15
3:30-4:15 p.m.
LINC Indoor Skatepark
\$55/4

LINC Family Drop-in

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

Sundays
4-7 p.m.
The LINC Youth Centre
\$5/family

Skateboard Private Lessons

(6-18 years)
Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Free Helmets and pads available.

Thursdays
April 9 - June 18
4-4:45 p.m. **or**
5-5:45 p.m.
LINC Indoor Skatepark
\$30

Check out Teen Sk8 Lessons on page 24

Spring Indoor Skatepark Hours

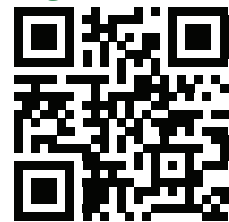
Mondays (16+).....7-9 p.m.
Tuesdays.....3-7 p.m.
Wednesdays (12-18).....3-8 p.m.
Thursdays (12-18).....3-8 p.m.
Fridays & Saturdays.....3-11 p.m.
Children under 8 must be accompanied by an adult

SK8 Like A Girl

(8-11 years)
While the boys are away, the girls will SKATE! Build confidence and have fun learning the basics of skateboarding. Learn to cruise, test the ramps and try a trick or two. Grab your girl friends and get ready to own the skatepark. Why should the boys have all the fun? Skateboards and safety equipment are included. **No class May 18.**

Mondays
#18172 April 20 - May 11
#19072 May 25 - June 15
4:30-5:30 p.m.
LINC Indoor Skatepark
\$55/4

Register online:



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 who lives below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess

Tweens

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!

#18056 Mondays
 May 25 - June 15
 5:45-7:15 p.m.
 Lewis Craft Room B
 \$68/4

Tween Takeover

(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.

#18129 Thursdays
 April 9 - June 11
 4:30-6 p.m.
 Lewis Salish Building
 \$5/night

Tween Drop-in Rec Night

(10-12 years)

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

#18009 Fridays
 April 10 - June 19
 7:15-8:45 p.m.
 Lewis MP Hall
 \$2.50/Drop-in

Home Alone

(10-12 years)

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

#18029 Saturday April 18
#18032 Saturday May 16
#18033 Saturday June 6
 9 a.m. - 12 p.m.
 Lawn Bowling Building
 \$49/1

Tween Nights at The LINC Youth Centre page 27

Babysitter Training

(11-13 years)

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

#18022 Sunday April 19
#18024 Friday May 15
#18025 Sunday June 7
 9 a.m. - 4 p.m.
 Lawn Bowling Building
 \$95

Check out Tween Sport Programs on page 17





Volunteer with Us!

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

National Volunteer Week is

April 19 - 25, 2026

and is a great time to start your volunteering journey!

courtenay.ca/volunteer | 250-338-5371

Special Interest

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.

Instructor: Bobbie Hammersley

#18093 Thursdays

April 9 - June 11

4-5:30 p.m.

Lewis Craft Room B

\$235/10

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.

Instructor: Meredith Murray

#18136 Mondays

April 13 - May 4

6:30-8 p.m.

Lewis Craft Room A

\$75/4

Gnarly Little Spring Craft Fair

(9-19 years)

Build your entrepreneurial skills and register your table now for the in the spring version of the popular Gnarly Little Craft Fair! Showcase your talents in crafts, art, baking, jewelry, photography and more! Part of the our local BC Youth Week Festivities!

#18188 Saturday May 2

11 a.m. - 3 p.m.

Native Sons Grand Hall

\$10

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 needed, just bring a pair of clean jeans to upcycle. All supplies provided.

Instructor: Meredith Murray

#18137 Thursdays

May 28 - June 18

7-8:30 p.m.

Lewis Craft Room A

\$75/4

Piano Exploration

(12-15 years)

Small group classes study the basics of music, then you can choose more! Books cost \$60 at the first lesson. This class is suitable for beginners. A piano or keyboard is recommended for practicing at home.

Instructor: Debbie Ross

#18087 Thursdays

April 9 - June 11

6-7 p.m.

LINC MP Room

\$150/10

Upcycle Sewing: Stuffy Hand Bags

(14-16 years)

Create your own functional statement piece as you learn how to turn a pre-loved stuffed animal into your very own bag. Using a mixture of hand and machine sewing, you'll start and complete your upcycled bag in one day. No prior sewing experience required.

Instructor: Meredith Murray

#18941 Saturday, June 20

12:30-3:30 p.m.

Lewis Craft Room A

\$18/1

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. A must for resumes!

#18231 Saturday June 13
9 a.m. - 4 p.m.
Native Sons Hall
Lower Lodge
\$196

Candle Dipping

(14-16 years)

Try your hand at candle dipping and create a one of a kind work of art. Our enthusiastic instructor will guide you through the process as you dip your vision to life. We'll bring the supplies, you bring the creativity.

Instructor: Meredith Murray
#18939 Friday June 5
4:30-6 p.m.
Lewis Craft Room B
\$12

Bake Wars

(12-14 years)

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

#18042 Mondays
April 13 - May 4
5:30-7 p.m.
LINC Kitchen
\$75/4

Soup-er Sunday

(13-15 years)

Are you a youth who identifies as a "soup person"? Get cozy as we learn to make a delicious soup and bread to pair with it. Customize your soup with a toppings bar to add the finishing touches and elevate the soup experience.

#18938 Sunday May 24
10:30 a.m. - 12:30 p.m.
Lewis Craft Room A
\$15

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!

#18937 Sunday April 26
10:30 a.m. - 12:30 p.m.
Lewis Craft Room A
\$15

Youth Pasta Party

(13-15 years)

Grab your garlic bread and get ready to discover your new favourite way to enjoy a noodle. You'll learn how to make a sauce that will knock your socks off and hand make your own noodles to complete the dish.

#18940 Sunday June 7
10:30 a.m. - 12:30 p.m.
Lewis Craft Room A
\$15

Birthday Parties at The LINC Youth Centre

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

Or combine themes to make a party all your own!

Host parent must be present. Maximum 12 participants.

Saturdays starting April 11

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

Sundays starting April 12

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

LINC Games Room

\$155

\$200 (make & take - slime or tie dye t-shirts)



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

See page 82



Active Pursuits

Archery for Youth

(13-15 years)
Sharpen your aim and boost your confidence! Keep improving your stance, accuracy, and control by challenging yourself with new techniques and targets.

Fridays
#17978 April 10 - May 8
\$60/4
#17980 May 15 - June 12
\$75/5
4:15-5:15 p.m.
Lewis MP Hall

Youth Weight Room Orientation

(13-15 years)
Starting September 1, this free orientation will be 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. Registration is now open, and the orientation can be completed during the Spring/Summer season. Please contact Reception to register. Max. 3 participants.
Starting April 13
Mon, Wed, or Fri 4-5pm FREE

Facilitated Drop-in Sports

(13-16 years) April 18 - June 18, \$2.50/Drop-in

Sunday	Monday	Wednesday	Thursday
Volleyball 11:45 a.m. - 1:15 p.m.	Soccer 5:45-7:15 p.m.	Basketball 7-8:30 p.m.	Floor Hockey 7-8:30 p.m.
<i>No drop-ins on stat holidays</i>			

Teen SK8

(12-15 years)
This teen skate zone offers an inclusive, supportive space to build confidence and learn skateboarding basics. Cruise, try ramps, and test a few tricks while hanging out with others who love the sport. Skateboards and safety equipment are included.

Instructor: Charlie Daigneault
Mondays
5:45-6:45 p.m.
#18172 April 20 - May 11
#19032 May 25 - June 15
LINC Indoor Skatepark
\$49/4

Teen Strength Training

(13-15 years old)
Designed for youths 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.

Instructor: Lataisha Maynard
Tuesdays
4-5 p.m.
#18990 April 7 - 28
#18991 May 5 - 26
\$40/4
#18992 June 2 - 30
\$50/5
#18993 July 7 - 28
#18994 August 4 - 25
\$40/4



Leadership/Certification

Red Cross Emergency First Aid & CPR C

(13 years & over)

Join us for a one-day course covering the ABC's of first aid - airway, breathing and circulation. We'll cover how to deal with obstructed airways, breathing distress and how to control bleeding/wound care. As well, you'll learn one-person CPR, and more. A 3-year certificate will be issued at the end of the course upon successful completion.

#18232 Saturday April 11
8:30 a.m. - 4:30 p.m.
Native Sons Hall
Lower Lodge
\$183

High Five: Principle of Healthy Childhood Development

(14 years & over)

This 4-hour training (plus a lunch break) equips front-line leaders working with children 4 - 12 years (i.e. camp counsellor, coaches, after school staff, swim instructors) with the tools to immediately enhance the quality of the programs they are leading and arms them with the tools to ensure they understand what they need to do to ensure each child's social, emotional and cognitive needs are met.

#18156 Saturday June 13
10 a.m. - 3 p.m.
Lewis Meeting Room
\$95

Please check receipts for important program information.

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.

#18036 Mondays
April 13 - May 4
4-6 p.m.
LINC MP Room
\$40/4

Volunteer Information Night

(12 years & over)

It's National Volunteer Week and we're kicking off the festivities with a celebration! Whether you're a current volunteer or wanting to learn how to get involved, this is for you! Join us as we cover the basics of the volunteer role and celebrate the volunteers who help to strengthen our community!

#18134 Monday, April 20
4-5 p.m.
Lewis Meeting Room
Free

Summer Volunteer Training

(12 years & over)

Looking to brush up on your skills before hopping into summer volunteering? Join our Summer Training Series! Each week we will cover a different aspect of Summer Volunteering. Join us for all or pick your sessions! Get volunteer credits for each session you attend! For more in depth skill building opportunities, please see our "LIT" Programs.

#18130 Wednesday June 3
#18131 Wednesday June 10
#18132 Wednesday June 17
#18133 Wednesday June 24
4-5:30 p.m.
Lewis Squash Gallery
Free



Gnarly Little Spring Craft Fair

Saturday, May 2

11 a.m. - 3 p.m.

Native Sons Hall

\$10/table

Book your table online or by calling Courtenay Recreation. Showcase your talents in arts, crafts, photography, baking and more!

courtenay.ca/gnarly



Youth Week May 1 - 7

Skate & Scoot Competition

(12-18 years)

Drop in and roll out on May 1! Skateboarders and scooter riders of all levels from beginner to pro are invited to compete, show their skills, and hype each other up. Fun, friendly competition across three age categories plus a professional division. Everyone welcome!

Sign-up at The LINC on May 1.

Battle of The Bands

(12-18 years)

On May 1st, turn it up and take the stage! Youth bands are invited to battle it out in this high-energy Battle of the Bands competition. Show off your sound, perform live, and compete against other local bands for bragging rights and prizes. All genres welcome. Whether you're brand new or stage-ready, this is your chance to play loud, connect with other musicians, and rock the crowd. Contact staff at The LINC for more information.

Extreme Rec Night

(11-16 years)

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

#18932 Friday May 1
3:30-10:30 p.m.
Lewis MP Hall
\$10

Stay tuned for more information on **Youth Week** activities including:

- Contests
- Free Drop-ins
- Special activities
- Food
- Prizes
- Fun!



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

1. Recreation Access Program

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

2. LEAP

Regional program open to anyone in the Comox Valley.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess



THE LINC Youth Centre

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



@thelincyouthcentre



SPRING BREAK HOURS

March 21 - April 5 

- Mondays (16+).....7-9 p.m.
- Tuesdays (8-11).....3-7 p.m.
- Wednesdays (12-18),3-8 p.m.
- Thursdays (12-18).....3-8 p.m.
- Fri/Sat (12-18).....1-9 p.m.
- Sundays (family).....4-7 p.m.

**Closed Friday April 3
 & Monday April 6**

Hours are subject to change.

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

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



What we offer

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

SPRING HOURS

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

SUMMER HOURS

- June 26 - September 5
- Tuesdays**.....2-6 p.m.
 (Tween night 8-11 years)
- Wednesdays**.....12-6 p.m.
 (12-18 years)
- Thursdays**.....12-6 p.m.
 (12-18 years)
- Fridays & Saturdays**..... 3-9 p.m.
 (12-18 years)
- Closed stat holidays



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

See page 82





Summer Children & Youth Programs at a GLANCE . . .

	June 29-July 3 WEEK 1 <i>no camp July 1</i>	July 6-10 WEEK 2	July 13-17 WEEK 3	July 20-24 WEEK 4	July 27-31 WEEK 5
Early Years (3 yrs - Pre K) Pages		<ul style="list-style-type: none"> • Mini Movers • Messy Art • Soccer Stars 	<ul style="list-style-type: none"> • Ocean Explorers • Gymnastics • T-Ball 	<ul style="list-style-type: none"> • Summer Scientists • Summer Splash 	<ul style="list-style-type: none"> • Mini Chefs • Sports Stars
<i>Check program pages for full descriptions.</i>					
Children (K - 11 years) Pages 9	<ul style="list-style-type: none"> • Adventure Camp • Chef's Challenge • Culinary World Tour • Discovery • Kids Kayak Camp • Mini World Cup • Parktime • Quest • Ultimate Sports Camp 	<ul style="list-style-type: none"> • Archery Camp • Art & Splash • Cooks & Crafts • Discovery • Game-on! • Kids Kayak Camp • Mt Washington Alpine Camps • Odyssey Jr. • Parktime • Quest • Sk8 Scoot Sport • Soccer • Taekwondo Camp 	<ul style="list-style-type: none"> • Adventure Camp • Art Venture • Baseball • Discovery • Mini World Cup • Mix & Move • Mt. Washington Bike Camp • Parkour • Parktime • Quest • SK8 Scoot Sports 	<ul style="list-style-type: none"> • Archery Camp • Basketball • Camp Wonder Lab • Chef's Challenge • Discovery • Game on! • Girls On the Move • Mt. Washington Bike Camp • Parktime • Quest • Taekwondo Camp 	<ul style="list-style-type: none"> • Adventure Camp • Aerial Silks Camp • Archery Camp • Circus Camp • Discovery • Flour Power • Lego Robotics: Minecraft • Mt. Washington Bike Camp • Parktime • Quest • Summer Stage & Spotlight
<i>Nickel Carnival July 24</i>					
<i>See pages 74 - 76 for Swimming Lessons at the Courtenay & District Memorial Outdoor Pool</i>					
Youth (12 years & over) Pages	<ul style="list-style-type: none"> • Chopped 	<ul style="list-style-type: none"> • All in One Job Prep 	<ul style="list-style-type: none"> • Great Youth Bake Off • Teen Odyssey 	<ul style="list-style-type: none"> • Leaders in Training • Teen Odyssey 	<ul style="list-style-type: none"> • Aerial Silks Camp • Epic Quest D&D
<i>Drop-In at The LINC Youth Centre all summer long. See page 27 for details.</i>					





Summer Registration starts Monday April 27

August 4 - 7 WEEK 6 <i>no camp Aug 3</i>	August 10 - 14 WEEK 7	August 17 - 21 WEEK 8	August 24 - 28 WEEK 9	Aug 31-Sept 4 WEEK 9
<ul style="list-style-type: none"> • Animal Adventures • Hands on Discoveries 	<ul style="list-style-type: none"> • Nature Detectives • Li'l Ninjas • Soccer Stars <p style="text-align: center;"><i>Fall Registration starts August 10th!</i></p>	<ul style="list-style-type: none"> • Create & Play • Space & Dino Discoveries • T-Ball 	<ul style="list-style-type: none"> • Cooking Time • Gymnastics 	
<ul style="list-style-type: none"> • Archery • Discovery • Creative Cooks • Double Oh Science • Game on! • Lego Robotics: Battle Bots • Mt. Washington Alpine Adventure • Parktime • Quest • Sk8 Like a Girl • Taekwondo Camp 	<ul style="list-style-type: none"> • Adventure Camp • Archery Camp • Discovery • Double Oh Science • Kids Kayak Camp • Mini World Cup • Mt. Washington Bike Adventure • Odyssey Jr. • Parktime • Quest • Sk8 Scoot Sports • Soccer Camp • Taste of the Globe 	<ul style="list-style-type: none"> • Adventure Acro • Archery Camp • Baseball Camp • Basketball Camp • Culinary World Adventures • Discovery • Game On! • Kids Kayak Camp • Mt. Washington Bike Adventure • Parktime • Quest • Taekwondo Camp • Volleyball Camp 	<ul style="list-style-type: none"> • Discovery • Gym & Swim • Kitchen Wizards • Lewis Labyrinth • Mt. Washington Bike Adventure • Parktime • Quest • Sk8 School 	<ul style="list-style-type: none"> • Agility Academy • Discovery • Gymnastics & Trampoline Camp • Parktime • Quest • Sk8 Scoot Sports
<p>Courtenay & District Memorial Outdoor Pool Registration starts April 27</p>				
<ul style="list-style-type: none"> • Chopped • Teen Odyssey 	<ul style="list-style-type: none"> • All in One Job Prep • Soccer Camp • Teen Odyssey 	<ul style="list-style-type: none"> • Basketball • Sk8 Tours • Volleyball Camp 	<ul style="list-style-type: none"> • Art Attack & Splash 	





Early Years Mini Camps

Animal Adventures

(3-5 years)
Your child will learn about two, four, six and eight legged animals and insects. Through a variety of animal-themed activities, they will increase their imagination and movement skills. The participants will visit the Barnyard Animals in the park.

#18818 Tuesday - Friday
August 4 - 7
11 a.m. - 1 p.m.
Early Years Room
\$80/4

Mini Chefs

(3-5 years)
Throw on your apron and get ready to mix, stir, measure and enjoy tasty treats and healthy snacks!

#18816 Monday - Friday
July 27 - 31
11 a.m. - 1 p.m.
Early Years Room
\$100/5



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!



Preparing your Young Children for Summer Camp

- Visit or walk by where the camp will take place
- Have your child help decide on the right camp
- Have your child help prepare for the day
- Expect that the first day may be hard
- Reassure your child that they will have fun
- Make sure to say good-bye!

Tips brought to you by Cozy Corner Preschool.
Register now for Fall 2026. See page 4 for details.

Hands on Discoveries

(3-5 years)
Pssst - it's okay to get messy with us! Glop, goop and dab your way through the joys of Magic Mud, painting, shaving cream, and more! Get ready to stretch your imagination. Please wear clothes that can get messy!

#18819 Tuesday - Friday
August 4 - 7
2-4 p.m.
Early Years Room
\$80/4

Messy Art

(3-5 years)
One of the most effective ways in which a child learns is through arts and crafts. In this camp children will learn by involving one or more of their senses, something smelly, something that tastes good or feels interesting in their hands. The fun crafts and active play will stretch your imagination. Please wear clothes that can get messy.

#18811 Monday - Friday
July 6 - 10
2-4 p.m.
Early Years Room
\$100/5

Cooking Time!

(3-5 years)
For the chef in the family. Through fun hands-on cooking, new recipes and games, your child will learn the basics around kitchen safety, cooking and baking skills. Kids measure, mix, chop and create their way through new delicious recipes. They will build confidence and have fun while cooking.

#18165 Monday - Friday
August 24 - 28
11 a.m. - 1 p.m.
Early Years Room
\$100/5





Create & Play Camp!

(3-5 years)

Summer is a time for creating memories, building friendships, and exploring new interests. Our wonderful environment allows us to look & explore Lewis park while opening up our creative minds. Camp includes music, movement and crafts that will ignite our creativity.

#18822 Monday - Friday
August 17 - 21
11 a.m. - 1 p.m.
Early Years Room
\$100/5

Nature

Detectives Camp

(3-5 years)

Get outside and learn about the nature around you! It's time to take curious campers outside to hop on the trails and explore. You'll spend most of your time outside exploring bugs, birds, animals and plants. You will play different games and make nature crafts.

#18820 Monday - Friday
August 10 - 14
11 a.m. - 1 p.m.
Early Years Room
\$100/5

Space & Dino Discoveries

(3-5 years)

Blast off into space and travel back to the age of dinosaurs! Campers will enjoy hands-on crafts, sensory activities, stories and games while exploring rocks, planets and dinosaur fossils. Fun, learning and imagination all in one adventure!

#18823 Monday - Friday
August 17 - 21
2-4 p.m.
Early Years Room
\$100/5

Summer Splash

(3-5 years)

Time to get active, and try a new sport each day. You'll have a blast before hitting the water park to cool off. Bring a snack, water bottle, hat, sunscreen, swim suit, towel and runners each day.

#18815 Monday - Friday
July 20 - 24
2-4 p.m.
Early Years Room
\$100/5



Summer Scientists

(3-5 years)

Let's dive into the world around us and explore how things work. We'll get you thinking as we explore with hands on play and cool experiments, concoctions and chemical reactions.

#18814 Monday - Friday
July 20 - 24
11 a.m. - 1 p.m.
Early Years Room
\$100/5

Ocean Explorers

(3-5 years)

Splish! Splash! Sploosh! Let's dive into the underwater world of sharks, crabs, fish, dolphins and other sea creatures. Through creative games, arts and crafts, and water play, we'll make sure this week you have a whale of a time!

#18812 Monday - Friday
July 13 - 17
11 a.m. - 1 p.m.
Early Years Room
\$100/5

Meet our Early Years Summer Camp Leader, Jasmin!

Our fun and energetic Early Years Summer Leader, Jasmin, brings an ECE background and certification, experience working in early summer camps, and has been a valued team member at Courtenay Recreation throughout the year. Jasmin is committed to creating a safe, engaging and positive summer experience for children. We're excited to have her lead our Early Years summer camps!





Mini Movers

(3-5 years)

Come out and play with us in this active camp as we learn the FUNdamental movement skills like running, jumping, throwing, kicking and catching! Through sports, games and activities we will try out all kinds of sport based play, while promoting a supportive environment.

#18810 Monday - Friday
July 6 - 10
11 a.m. - 1 p.m.
Early Years Room
\$100/5



Sports Stars

(3-5 years)

Come join our super sporty, fun camp leaders and your friends as we burn off some energy at this active Summer camp! You'll try out all different kinds of sports, both indoors and outdoors, practice new skills, play games and learn the basics of teamwork.

#18817 Monday - Friday
July 27 - 31
2-4 p.m.
Early Years Room
\$100/5



Gymnastics Mini Camp

(3-5 years)

Each day your child will spend time running, jumping, climbing, swinging with our knowledgeable, playful, friendly summer staff and gymnastics experts. No day will be the same so come prepared to have fun! Program will begin at Cozy Corner Preschool each day!

#18813 Monday - Friday
July 13 - 17
2-4 p.m.
Early Years Room
\$135/5



#18166 Monday - Friday
August 24 - 28
2-4 p.m.
Early Years Room
\$135/5

Li'l Ninjas

(3-5 years)

Jump, crawl, climb. Your child will move through various obstacle courses learning fundamental movement skills through fun and play.

#18821 Monday - Friday
August 10 - 14
2-4 p.m.
Early Years Room
\$100/5



Little Athletes Power Play Sports



Summer 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!

Monday - Friday
#18834 July 6 - 10
#18836 August 10 - 14
9-10 a.m.
Lewis Outdoor Stage
\$48/5

T-Ball

(3-5 years)

Swing into summer with Preschool T-Ball - perfect for learning the basics. making friends and having fun in the sunshine! Equipment provided.

Monday - Friday
#18843 July 13 - 17
#18844 August 17 - 21
9-10 a.m.
Lewis Ball Diamond 3
\$48/5

Family Gymnastics

(all ages w/an adult)

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

#18979 Monday - Friday
July 13 - 17
August 24 - 28
August 31 - September 4
10:30-11:30 a.m.
Vern Nichols Gym
\$6.50/Drop-in





Daycamps

Parktime

(K-7 years)

Spend your warm summer weeks with us as we make new friends, explore our surroundings, get creative with crafts and stay cool with a variety of water activities. We will go to a local beach and other fun trips around the Comox Valley each week. Participants must have finished kindergarten or be 6 years of age to register.

Monday - Friday

9 a.m. - 4 p.m.

Lewis Park Totem Poles

#18317 July 6 - 10

#18318 July 13 - 17

#18319 July 20 - 24

#18320 July 27 - 31

#18321 August 10 - 14

#18322 August 17 - 21

#18323 August 24 - 28

#18325 August 31 - September 4
\$199/5

Monday, Tuesday,
Thursday & Friday

#18315 June 29 - July 3

Tuesday - Friday

#18316 August 4 - 7

\$160/4

KidsPlay

(K-12 years)

Need a little extra time in camp? KidsPlay is for children attending a registered daycamp program at the Lewis Centre, Lewis Park or LINC. This supervised, unstructured playtime allows for an early drop-off for camps starting at 9am. Pre-registration is required.

#18350 Morning KidsPlay
8-9 a.m.

#18351 Afternoon KidsPlay
4-5 p.m.

Totem Poles

\$5/hour

\$20/5 day week

Discovery

(7-9 years)

Adventures galore! Your summer full of never ending discoveries, excursions and games awaits! Venture to new places on our weekly outings, take a dip in the outdoor pool, explore local beaches and play interactive games that will leave you wanting more.

Monday - Friday

9 a.m. - 4 p.m.

Lewis Park Totem Poles

#18332 July 6 - 10

#18333 July 13 - 17

#18334 July 20 - 24

#18335 July 27 - 31

#18336 August 10 - 14

#18337 August 17 - 21

#18338 August 24 - 28

#18339 August 31 - September 4
\$199/5

Monday, Tuesday,
Thursday & Friday

#18330 June 29 - July 3

Tuesday - Friday

#18331 August 4 - 7

\$160/4

Quest

(9-11 years)

Come along for a summer QUEST! Explore your interests through games, activities, arts & crafts, team-building challenges, out trips and more! Embark on quests that encourage collaboration and problem solving. Whether it's discovering local wildlife, participating in sports, or creating art projects, every child will find something to make their summer special.

Monday - Friday

9 a.m. - 4 p.m.

Lewis Park Totem Poles

#18342 July 6 - 10

#18343 July 13 - 17

#18345 July 27 - 31

#18344 July 20 - 24

#18346 August 10 - 14

#18347 August 17 - 21

#18348 August 24 - 28

#18349 August 31 - September 4
\$199/5

Monday, Tuesday,
Thursday & Friday

#18340 June 29 - July 3

Tuesday - Friday

#18341 August 4 - 7

\$160/4





Specialty Camps

Double-OH-Science Camp

(K-9 years)
Deep within the Lewis Park an elite group of recruits is preparing for top secret missions. The mission should you choose to accept it: learn what it takes to be a spy through science and good old-fashioned sleuthing.

#18803 Monday - Friday
August 10 - 14 (7-9 years)
\$249/5

#18800 Tuesday - Friday
August 4 - 7 (K-7 years)
\$199/4
9 a.m. - 4 p.m.
Lewis Tsolum Building

Art Venture

(K-7 years)
Spend a week immersed in arts, crafts, nature and fun! Let's explore different art materials, tools and techniques as we create cool projects, play games and enjoy summer break.

#18794 Monday - Friday
July 13 - 17
9 a.m. - 4 p.m.
Lewis Salish Building
\$249/5

Flour Power Camp

(K-7 years)
'Mix' things up and 'beat' your summer boredom. This camp will teach you everything you 'knead' to bake up delicious goodies. 'Doughnut' wait to register!

#18795 Monday - Friday
July 27 - 31
9 a.m. - 4 p.m.
Lewis Craft Room A
\$249/5

Mix and Move

(7-9 years)
Mix up your summer as we "beat" summer boredom. From delicious recipes sure to satisfy to art, games and adventure, you'll get a little of all the best parts of summer camp!

#18799 Monday & Tuesday
June 29 & 30
\$99/2

#18805 Monday - Friday
July 13 - 17
\$249/5
9 a.m. - 4 p.m.
Lewis Craft Room A

Camp Wonder Lab

(7-9 years)
Build it, test it, splash it, paint it! This week is packed with creative challenges, outdoor exploration, messy experiments, and imaginative projects that turn everyday curiosity into exciting discoveries with new friends.

#18806 Monday - Friday
July 20 - 24
9 a.m. - 4 p.m.
Lewis Craft Room B
\$249/5

Taste of the Globe

(9-11 years)
Travel around the world with your taste buds! Visit other countries through delicious recipes and explore the culture through hands on activities. We'll build kitchen skills, make friends and have fun all week long!

#18793 Monday - Friday
July 27 - 31
9 a.m. - 4 p.m.
Lewis Craft Room A
\$249/5

Chef's Challenge Camp

(9-11 years)
Welcome to summer camp, Chefs! In this two day cooking camp, you'll explore the basics of the kitchen as you cook up tasty dishes and explore new flavours. Expect curve balls as you solve puzzles and complete challenges to uncover secret ingredients and mystery recipes.

#18799 Thursday & Friday
July 2 & 3
\$99/2

#18988 Monday - Friday
July 20 - 24
\$249/5
9 a.m. - 4 p.m.
Lewis Craft Room A





Culinary World Adventures

(K-7 years)

Tour the world through food! Learn about how to cook tasty dishes and treats from different parts of the world. You'll explore with your mind and your taste buds while learning skills that will help you in the kitchen no matter where in the world you are!

#18956 Monday & Tuesday
June 29 & 30
\$99/2

#18801 Monday - Friday
August 17 - 21
\$249/5
9 a.m. - 4 p.m.
Lewis Craft Room A

Art & Splash

(9-11 years)

Make a splash this summer as we get creative! Messy art projects, creations from nature and art relay races are just some of the fun you'll discover. There will be water games and more to keep the excitement rolling all week long!

#18798 July 6 - 10
9 a.m. - 4 p.m.
Lewis Tsolum Building
\$249/5

Summer Stage & Spotlight

(9-11 years)

Experience the magic of theatre! Join us for a fun-filled week of acting, improvisation, and more! Develop your skills, make new friends, and unleash your creativity in a supportive and engaging environment. Don't miss out on this unforgettable theatrical adventure!

#18797 Monday - Friday
July 20 - 24
9 a.m. - 4 p.m.
Lewis Outdoor Stage
\$249/5

Lewis Labryinth

(K-7 years)

Adventures, exploration, mysteries and challenges await in this special outdoor camp! Spend your week with problem-solving activities, scavenger hunts, exploring nature trails, creating crafts and enjoying summer fun!

#18807 Monday - Friday
August 24 - 28
9 a.m. - 4 p.m.
Lewis Salish Building
\$249/5

Kitchen Wizards

(7-9 years)

Let's cook up some magic before summer ends! Learn how to become a kitchen wizard through cool reactions, transform pantry items to delicious creations and even make deceptive desserts. We'll sprinkle in games and surprises along the way to keep the fun rolling.

#18808 Monday - Friday
August 24 - 28
9 a.m. - 4 p.m.
Lewis Craft Room A
\$249/5

Cooks & Crafts

(K-7 years)

Tantalize your taste buds and satisfy your imagination as you create delicious dishes and craft the day away. You will bring home a book of tasty recipes and creative craft creations. We'll sprinkle in fun outdoor activities and add a dash of friendship.

#18792 Monday - Friday
July 6 - 10
9 a.m. - 4 p.m.
Lewis Craft Room A
\$249/5

Nickel Carnival

(3 - 12 years)

Friday July 24

1:30-3:30 p.m.

12:30-1:30 p.m. Quiet Hour

Lewis Centre

\$3/entry

courtenay.ca/nickel





Sports & More

Basketball Skills & Games Camp

(9-11 years)

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

Monday - Friday

#18842 July 20 - 24

#19019 August 24 - 28

9 a.m. - 12 p.m.

LINC Basketball Court

\$149/5



Summer Kidz Baseball

(K-9 years)

Join us for a fun, week-long baseball camp focused on skill development, drills, games, and teamwork. Perfect for players looking to play, learn, and enjoy the game.

#19025 July 13 - 17 (K-7 years)

#19027 August 17 - 21 (K-7 years)

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

#19026 July 13 - 17 (7-9 years)

#19028 August 17 - 21 (7-9 years)

2-4 p.m.

Lewis Ball Diamond 3

\$99/5



Summer Soccer Kidz

(7-11 years)

Get ready for some soccer fun! Develop dribbling, passing and shooting skills through engaging drills, games, and scrimmages. Stay active, build confidence on the field, and enjoy a fun, skill-building soccer experience.

Monday - Friday

#19021 July 6 - 10 (7-9 years)

#19023 August 10 - 14 (9-11 years)

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

#19022 July 6 - 10 (9-11 years)

2-4 p.m.

Lewis Park Outdoor Stage

\$99/5



Archery Camp

(7-11 years)

Learn the basics of using a bow and arrow while having fun playing lots of games in this camp! Challenge yourself as you develop co-ordination, strength, a sharp eye, listening skills and more. We will take the fun of camp and mix it with specific skill building for a whole day of fun and take a dip in the Outdoor Pool. Don't miss out!

Monday - Friday

#18832 July 6 - 10 (7-9 years)

#18840 July 20 - 24 (9-11 years)

#19017 July 27 - 31 (7-9 years)

#19018 August 10 - 14 (9-11 years)

9 a.m. - 4 p.m.

Lewis MP Hall

\$249/5



Woo Kim Taekwondo Summer Camp

(7-12 years)

Whether you are new to martial arts or a veteran of the club, you are going to love coming to Taekwondo camp! Learn and practice kicking, punching, and self-defense. Parents will love their kids learning about the "Tenets of Taekwondo"; courtesy, integrity, perseverance, self-control, indomitable spirit. We'll include games, sports, crafts, and daily pool time. Bring a swimsuit and a towel each day!

Monday - Friday

#18824 July 6 - 10

#18825 July 20 - 24

#18827 August 17 - 21

\$240/5

Tuesday - Friday

#18826 August 4 - 7

\$190/4

9 a.m. - 4 p.m.

Lewis Salish Building



K: Children currently attending kindergarten can register for this program





Ultimate Sport Camp

(7-9 years)

Get ready for an action-packed two days of play at Ultimate Sports Camp! Participants will try a variety of sports while building skills, confidence, and teamwork. Perfect for active kids who love to move and try it all.

#18954 Monday - Tuesday

June 29 - 30

9 a.m. - 4 p.m.

Lewis Totem Poles

\$99/2



Adventure Camp

(9-11 years)

Summer is here- let's go on an adventure! Each day we will visit special places in nature, try out different activities that could include archery tag, rock climbing, caving, play group games. Each day will be packed with adventure, friends and FUN!

Monday - Friday

#18853 July 13 - 17

#18791 July 27 - 31

#18854 August 10 - 14

9 a.m. - 4 p.m.

Lewis Park Totem Poles

\$315/5

Girls on the Move

(7-9 years)

Grab your friends and get in on the fun with this try-everything recreation camp just for girls! Move, sweat, and build confidence while trying new ways to stay active!

#18875 Monday - Friday

July 20 - 24

9 a.m. - 4 p.m.

Lewis Outdoor Stage

\$225/5



Game On! Multi-Sport Camp

(K-10 years)

Make the most of summer at Bill Moore! The Game On! Multi-Sport Camp is filled with games, sports, and creative activities designed for nonstop fun and movement. Kids will stay active, make memories, and enjoy a full day of exciting summer camp experiences. Come ready to play!

Monday - Friday

#18918 July 6 - 10 (7-9 years)

#19015 July 20 - 24 (K-7 years)

#19016 August 17 - 21 (7-9 years)

\$225/5

Tuesday - Friday

#18919 August 4 - 7 (K-7 years)

\$199/4

9 a.m. - 4 p.m.

Bill Moore Park

Mini World Cup Soccer Camp

(K-7 years)

This fun-filled soccer camp is all about introducing young players to the joy of the game! Through playful drills, games, and activities, kids will learn basic soccer skills while building confidence, staying active, and developing a love of soccer in a positive, welcoming environment.

#18955 Thursday & Friday

July 2 & 3

\$99/2

Monday - Friday

#18847 July 13 - 17

#18848 August 10 - 14

\$225/5

9 a.m. - 4 p.m.

Lewis Totem Poles



Don't forget to bring a snack, water bottle, hat, and sunscreen each day!





Gymnastic & Trampoline Camp

(7-11 years)

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

Monday - Friday
August 31 - September 1

#18981 1-2:30 p.m. (7-9 years)

#18982 2:30-4 p.m. (9-11 years)

Vern Nichols Gym
\$135/5



Agility Academy

(K-7 years)

Combine parkour-style play with gymnastics fundamentals. Through games and obstacle challenges, campers develop agility, strength, and problem-solving skills in an encouraging, age-appropriate setting.

#18980 Monday - Friday
August 21 - September 1
9-10:30 a.m.

Vern Nichols Gym
\$135/5



7 Story Circus: Circus Camp

(6-13 years)

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

#18884 Monday - Thursday

July 27 - 30

1-3 p.m.

Vern Nichols Gym
\$240/4

Camps run by 7 Story Circus require a separate \$25 membership fee, payable to the instructor on the first day.

Adventure Acro

(9-11 years)

Develop our skills in acro in the mornings and spend the afternoons keeping cool with games, special crafts and water activities.

Instructor: Leigha Wald

#18859 Monday - Friday

August 17 - 21

9 a.m. - 4 p.m.

Vern Nichols Gym
\$249/5



7 Story Circus: Aerial Silks Camp

(10-18 years)

The basics workshop is for beginners and for those wanting a refresher. We will start close to the ground and gain height as your strength and confidence increase. The Intermediate/Advanced Class is for those with aerial experience. In both classes will focus on skills, technique, artistic practice, and having fun. Get ready to fly in the air!

Monday - Thursday

July 27 - 30

#18885 10:30 a.m. - 12 p.m. **Beginner**

#18886 9-10:30 a.m. **Intermediate**

Vern Nichols Gym

\$180/4

Gym & Swim Camp

(9-11 years)

Combine your love of gymnastics with summer camp fun! Spend mornings in the gym building skills through coaching, games, and movement. Mid-morning, refuel by making fresh smoothies, then cool off each afternoon with trips to the outdoor pool.

#18857 Monday - Friday

August 24 - 28

9 a.m. - 4 p.m.

Vern Nichols Gym
\$249/5



Parkour Kidz Camp

(7-11 years)

Try out the challenging and fun world of Parkour - the practice of traversing obstacles in a man-made or natural environment. Run, vault, roll and move through the obstacles as you practice and build your skills through different challenges and games.

Monday - Friday

July 13 - 17

#18977 9-10:30 a.m. (7-9 years)

#18978 1-2:30 p.m. (9-11 years)

Vern Nichols Gym

\$135/5





Outdoor Pursuits

Mount Washington Alpine Adventure Camp

(K-12 years)

Our camps are packed with hiking trips, a visit to the Marmot Recovery Centre, games, crafts, and more! Led by experienced camp leaders, adventurers will have an unforgettable week in a safe, supportive environment. Transportation add on available from Lewis Centre, approximately 8:30 a.m. pickup and 4:30 p.m. drop off.

#18928 Monday - Friday
July 6 - 10
\$249/5

#18929 Tuesday - Friday
August 4 - 7
\$249/4
9 a.m. - 4 p.m.
Lewis Park Totem Poles

Kids Kayak Camps

(8-12 years)

Get out on the water this summer! Join us to explore a variety of different paddling experiences including kayaking, canoeing, and stand-up paddle boarding.

Instructor: Comox Valley Kayaks
Monday - Thursday

#18879 July 6 - 9
#18880 July 13 - 16
#18881 August 10 - 13
#18882 August 17 - 20
12-4 p.m.
Location TBD
\$285/4

Register ONLINE at
courtenay.ca/reonline
For updates & schedule
changes, go to
www.courtenay.ca/rec

Mount Washington Bike Adventure Camp

(7-12 years)

These action-packed camps include mountain biking, trail-building, basic bike mechanics, games, and more! Led by experienced camp leaders, riders will enjoy a week of fun and adventure in a safe, supportive environment. Mountain bike & armour gear rentals add on available. Transportation add on available from Lewis Centre, approximately 8:30 a.m. pickup and 4:30 p.m. drop off.

Monday - Friday

#18920 July 6 - 10
#18921 July 13 - 17
#18922 July 20 - 24
#18923 July 27 - 31
#18925 August 10 - 14
#18926 August 17 - 21
#18927 August 24 - 28
9 a.m. - 4 p.m.
Lewis Park Totem Poles
\$279/5

Mount Washington Freeride (Biking) Camp

(7-12 years)

Join us for our four-week mountain bike program. Ride alongside a dedicated instructor each week to enhance your skills and progress in a fun, supervised environment, all while gaining ample trail time.

#18930 Saturdays
August 8 - 29
10 a.m. - 3 p.m.
Mount Washington
\$219/4

 **Registration for Summer Daycamps starts Monday April 27 at 7:15 a.m. Look for the orange barcode!**





Volunteer with Us This Summer!

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

Volunteering Training Sessions required for all camp volunteers.

See page 25 for more information.

courtenay.ca/volunteer



Special Interest

Lego Robotics (WeDo2.0) & Science: Minecraft Edition

(6-10 years)

Chicken Jockey! Join our LITTL-UNIVERSE for LEGO, programming and science! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week, build a Minecraft world! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & more!

Instructor: LITTLUNIVERSE

#19059 Monday - Friday

July 27 - 13

9 a.m. - 4 p.m.

Lewis Craft Room B

\$420/5

Lego Robotics (WeDo2.0) & Science: Battle Bots

(6-9 years)

Robots Engage! Join our LITTL-UNIVERSE for LEGO, programming and science! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week build/program Battlebots! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & more!

Instructor: LITTLUNIVERSE

#19060 Tuesday - Thursday

August 4 - 7

9 a.m. - 4 p.m.

Lewis Craft Room B

\$340/4

Yo-Yo and Kendama Skills Group

(8-15 years)

Youth can spin, catch, and level up their skills in this fun, supportive yo-yo and kendama group. Learn new tricks, take on creative challenges, and progress at your own pace while building focus, confidence, coordination, and friendships. Beginners and experienced players welcome. Equipment provided or bring your own.

Instructor: Jason Kirsch

#19082 Wednesdays

July 8 - August 26

3:30-5:30 p.m.

Lewis Meeting Room

\$149/8

Registered Programs not your thing?

We offer fantastic drop-in options:

Youth @The LINC Youth Centre see page 27

Fitness 16 years & older, see page 70

Sports 16 years & older, see page 53

Register online:



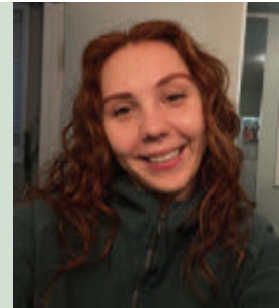


Camp Leaders

Our camp leaders take part in two weeks of pre-summer training and hold certifications in first aid, HIGH FIVE® Principles of Healthy Childhood Development, and more. Many began as campers and volunteers themselves and are excited to pass on Courtenay Recreation camp traditions ensuring every child has a safe, fun, and memorable camp experience.

Summer Camp Coordinator

We're excited to welcome back our Camp Coordinator, Mackenzie Styles, who is returning for her second summer in the role. Having grown from camper to volunteer, leader, and now coordinator, she's passionate about creating fun, welcoming camp experiences where every child feels supported, included, and ready to have an amazing summer. She can be reached at daycampsupervisor@courtenay.ca

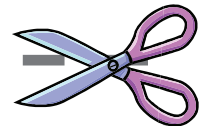


Summer Inclusion Coordinator

We're delighted to welcome back our Summer Inclusion Coordinator, Lexie Mackie, for her second summer in the role. She works with our team year-round in adapted and inclusive programs and is passionate about ensuring participants of all abilities feel supported, included, and set up for an outstanding camp experience. She can be reached at Inclusion.Coordinator@courtenay.ca.



Camp Packing List



Camps run rain or shine.

Here are things to pack in their back pack each day:

- Refillable water bottle
- Comfortable running shoes
- Hat
- Sunglasses
- Raincoat
- Bathing Suit
- Towel
- Lunch and at least two snacks
- Sunscreen

Please arrive with sunscreen applied and bring extra

What to leave at home:

- Nut/peanut products
- Electronic devices
- Money or valuables
- Flip flops

For more information on how to prepare your child for camps, pick-up a parent handbook at The Lewis Centre or find it here:





Skatepark Programs

SK8 Scoot Sports

(7-11 years)
Gear up for a busy week - play sports, skateboard, scooter, and swim your way into spring! Mornings will include visits to The LINC's indoor skatepark where you can get tips and tricks from our leaders, play dodgeball or we'll visit the indoor pool. Each afternoon we'll burn off our energy trying out new and favourite sports!

Monday - Friday
#18861 July 6 - 10 (9-11 years)
#18861 July 13 - 17 (7-9 years)
#18862 August 10 - 14 (7-9 years)
#18863 August 31 - Sept 4 (9-11 yrs)
9 a.m. - 4 p.m.
LINC Outdoor Basketball Court
\$225/5



*Drop-in at The Indoor Skatepark all summer long!
See page 20 for hours.*

*Check out our Sk8 tours
Camp on page 45.*

Summer Sk8 School

(7-11 years)
Do you wish you could kick your skateboard skills up a notch? Don't worry this school will get your wheels spinning! Paired with lots of fun and games, you will be able to develop in the sport of skateboarding as staff help you learn tricks and how to ride the different obstacles at the indoor and outdoor skateparks.

Tuesday - Friday
#19064 July 28 - 31 (7-9 years)
#19065 August 25 - 28 (9-11 years)
9 a.m. - 12 p.m.
LINC Indoor Skatepark & Valley View Outdoor Skatepark
\$125/4



Sk8 Like A Girl

(9-11 years)
It's their time to roll! Build confidence and have a blast learning the basics of skateboarding—cruising, ramps, and a trick or two. Skate with friends in a supportive, hype-filled space and take over the indoor and outdoor skatepark. Skateboards and safety gear included.

#19063 Tuesday - Friday
August 4 - 7
9 a.m. - 4 p.m.
LINC Outdoor Basketball Courts
\$199/4



Private Skateboard Lessons

(6-18 years)
Want to refine your skateboarding or get an edge up on your friends? Are you brand new to the sport and don't know where to start? Take a private lesson with our instructors and get tips and tricks to help keep you progressing. Tuesday/Thursday lessons held at the LINC Indoor Skatepark and Wednesday/Friday lessons are held at Valley View Outdoor Skatepark.

Tuesday (LINC)
July 28 or August 25
Wednesday (Valley View)
July 29 or August 26
Thursday (LINC)
July 30 or August 27
Friday (Valley View)
July 31 or August 28
\$29/lesson



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 who lives below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess





Summer Camp Inclusion

Day Camp Support Options

We strive to create welcoming, inclusive day camp experiences for children with disabilities. If your child requires additional support to participate, please contact Ashley Merlo, the Adapted & Inclusive Program Supervisor, at amerlo@courtenay.ca to discuss the three options below and next steps. We look forward to helping your child join the fun!

Families Providing Their Own Support Worker

Families who plan to bring a personal support worker are asked to notify the Adapted & Inclusive Program Supervisor before the first day of camp. Additional documentation will be required.

Leisure Buddies

A Leisure Buddy is a one-on-one friend who helps participants join in, have fun, and feel included during recreation programs. Whether a child needs support with physical, cognitive, behavioural or developmental challenges, their Leisure buddy is there to encourage them and cheer them on every step of the way! Once a quick intake is completed, your child will be thoughtfully matched with the best possible Leisure Buddy to support their needs and interests.

CYSN MCFD Referral

If you have a referral letter for support from MCFD, please contact our Summer Inclusion Coordinator at Inclusion.Coordinator@courtenay.ca to schedule your intake.

Odyssey Junior

(6-10 years)

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

Monday - Friday
9 a.m. - 3 p.m.

#18829 July 6 - 10
Lewis Craft Room B

#18837 August 10 - 14
The LINC Youth Centre
\$120/5

If you are interested in volunteering to support children and youth with diverse abilities to have an exceptional camp experience go to courtenay.ca/volunteer for more information.

Teen Odyssey

(11-20 years)

Teen Odyssey is back and better than ever! This camp is specifically for teens with support needs and diverse abilities and 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. The Teen Odyssey crew will take part in all sorts of summer activities - interactive games, crafts, beach days, out trips, swimming and much more!

Monday - Friday

#18830 July 13 - 17

#18831 July 20 - 24

#18957 August 17 - 21
\$120/5

#18835 Tuesday - Friday
August 4 - 7

\$100/4

9-3 p.m.

LINC MP Room





Youth Camps

The Great Youth Bake Off

(12-14 years)
Get ready to create and bake! Have you always wanted to bake like the professionals? We'll show you some tips and tricks to get you creating delicious and beautiful treats. Experiment with a variety of sweet and savoury recipes and tools each day. Projects may include cookies, cakes, scones, and more!

#18872 Monday - Friday
July 13 - 17
9 a.m. - 1 p.m.
Lewis Craft Room B
\$199/5

Chopped

(12-14 years)
Test your cooking skills and invent tasty dishes! Each day your team is given a basket of surprise food items that must be incorporated to create a soup, salad, appetizer, entrée or dessert. You will be scored on a variety criteria. Will you be part of the winning team? Prizes included! **No camp July 1.**

#18873 Monday - Friday
June 29 - July 3
#18874 Monday - Friday
August 4 - 7
9 a.m. - 1 p.m.
LINC Youth Centre
\$160/4

Volleyball Camp

(12-14 years)
Set, Volley, Spike! This fun, skill-building volleyball camp introduces players to passing, setting, serving, and spiking in a positive environment. Build confidence, make new friends, and get ready to take your game to the next level.

#19035 Monday - Friday
August 4 - 8
2-4 p.m.
Lewis Park Outdoor Volleyball Courts
\$99/5



Art Attack & Splash

(12-14 years)
Let's dive into your artistic side this summer! Experiment with different paints, pastels and messy art fun each day as you complete cool, independent projects that will get your creative juices flowing.

#18871 Monday - Friday
July 27 - 31
9 a.m. - 4 p.m.
LINC MP Room
\$249/5

Basketball Skills & Games

(12-14 years)
If basketball is your game, this half-day camp is your chance to take it to the next level. Players will focus on sharpening skills like ball handling, passing, shooting, and game awareness, then put them into action through drills, scrimmages, and game-play. It's the perfect mix of skill development, competition, and summer fun.

Monday - Friday
#18841 July 20 - 24
#19020 August 24 - 28
1-4 p.m.
LINC Outdoor
Basketball Court
\$149/5



Summer Soccer

(12-14 yrs)
Get ready for some soccer fun! This week long program focuses on developing dribbling, passing, and shooting skills through engaging drills, games, and scrimmages. Participants will stay active, build confidence on the field, and enjoy a fun, skill-building soccer experience.

#19024 Monday - Friday
August 10 - 14
2-4 p.m.
Lewis Outdoor Stage
\$99/4





Comox Valley Kayak Teen Camp

(13-16 years)

The camp focuses on foundational skills and knowledge, preparing students for short paddling excursions in calm, sheltered waters. By the end, participants will have the confidence to paddle safely in calm conditions. Option to leave this camp with Paddle Canada Basic Sea Kayak Skills certification.

Instructor: Comox Valley Kayaks

#18883 Tuesday - Friday

August 4 - 7

12-4 p.m.

Comox Valley Kayaks

\$295/4

Sk8 Tours

(13-16 years)

Hit the road and explore the skate scene! Youth will hop on the bus with staff to check out skateparks across Central Vancouver Island. Ride new parks, build skills, and connect with other skaters while enjoying road-trip vibes and supervised travel. All abilities welcome - just bring your board, scooter, and a sense of adventure as we roll from park to park.

#19083 Monday - Friday

August 17 - 21

3-7 p.m.

Meet at LINC

Basketball Court

\$149/5

Follow The LINC Youth Centre on Facebook & Instagram to stay up to date on all the fun summer activities for youth.



Leaders in Training

(12-14 years)

Have fun, get involved, gain work experience and build your resume as you become an awesome leader! You'll learn to plan and lead games and help plan the Nickel Carnival! We'll also cover behaviour management, leadership and teamwork. Then as a volunteer in summer camps you can be mentored as you test out your new skills!

#18431 Monday - Friday

July 20 - 24

10 a.m. - 4 p.m.

Lewis Tsolum Building

\$99/5

Epic Quest D&D

(12-14 years)

Enter a world of imagination and adventure in this week-long Dungeons & Dragons camp! The first two days focus on learning the rules, building characters, and mastering gameplay basics. Then, team up for a three-day epic campaign filled with quests, teamwork, problem-solving, and storytelling. Perfect for new and returning players ready to roll the dice and shape their own legendary journey.

#19084 Monday - Friday

August 24 - 28

11 a.m. - 3 p.m.

Lewis Craft Room B

\$149/5

All-in-One Job Training

(13-18 years)

Ready to join the workforce and start earning your own money but not sure where to begin? Build the skills you need to land your next job through hands-on experience in The LINC's concession. Learn customer service, cash and food handling, workplace safety, teamwork, communication, resume writing, and interview skills - all while gaining real-world experience you can add to your resume.

Monday - Friday

#19080 July 6 - 10

LINC Meeting Room

#19081 August 10 - 14

Lewis Tsolum Building

1-4 p.m.

\$99/5

Please check receipts for important program information.





**Courtenay
Recreation**

This summer, Courtenay parks come alive!



Join our Parks Alive crew for free activities that bring neighbours together!

There's something for everyone, right in your local park.

Scan for schedules and up to date information:



- Outdoor Yoga
- Music & Live DJs
- Salsa Dancing
- Kid's Dance Parties
- Skatepark Mentorship programs
- Face Painting
- and more!



Get Active

Adapted Archery

(18 years & over)
Learn the art of archery through step-by-step instruction. Each week we'll review how to draw a bow and shoot arrows so that your coordination, strength, aim and accuracy improve. **No class May 8.**

#17941 Fridays
April 10 - June 12
12:15-1:30 p.m.
Lewis MP Hall
\$50/9

Chair Fit

(18 years & over)
An upbeat workout class that uses bender balls and a variety of props followed by a nice cool down with gentle stretching. All ages & abilities welcome.

Instructor: Wendie Matte
Fridays
#18157 April 10 - May 8
\$25/5
#18158 May 15 - June 19
\$30/6
10:40-11:30 a.m.
Lewis MP Hall

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
#18175 April 9 - May 7
#19033 May 14 - June 11
1:10-2 p.m.
Lewis MP Hall
\$25/5

*Registration for
Adapted Programs
starts Monday, March 16
at 8:30 am*

Adapted Dancercise

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

Instructor: Tammy Jones
Wednesdays
#18102 April 8 - May 13
#18103 May 20 - June 24
1:15-2 p.m.
Lewis MP Hall
\$30/6

Adapted Yoga

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

Instructor: Susan Obieglo
Tuesdays
#18159 April 7 - May 12
#18160 May 19 - June 23
1:15-2 p.m.
Lewis Activity Room
\$30/6

Adapted Diverse Sports

(16 years & over)
You name it: we play it! Come enjoy some adapted sports in a friendly, non-competitive fun way.

Wednesdays
#18162 April 8 - June 17
\$30/6
#19031 May 20 - June 17
\$25/5
10-11:15 a.m.
Vern Nichols Gym

Challenger Baseball

(10 years & over)
Challenger Baseball is an adaptive baseball program specifically designed to empower children, youth and adults living with physical and/or cognitive disabilities. This program is in partnership with the Jays Care Foundation and we greatly appreciate their support in our community.

#18916 Fridays
May 15 - June 26
10-11 a.m.
Lewis Ball Diamond 1
\$15/7





Special Interest

Adapted Mother's Day Bingo

(18 years & over)
 Make Mother's Day extra special with a round of Bingo! A fun and easy way to share smiles, prizes, and appreciation for Mom. Thank you to the Comox Valley Community Foundation for their support that allows us to offer this program for a low cost.
#18917 Friday May 8
 10:30 a.m. - 12 p.m.
 Lewis MP Hall
 \$5

Adapted Karaoke Klub

(16 years & over)
 Welcome to Adapted Karaoke Club! Where every voice counts, every song is a hit, and the only rule is to have fun! Grab the mic, sing it your way, and let's make some noise.
#18983 Mondays
 April 27 - May 11
 12:15-1 p.m.
 Lewis Craft Room B
 \$15/3

Register ONLINE at courtenay.ca/reconline

Adapted Brainy Bunch

(15 years & over)
 An adapted science experiment club where curiosity leads the way! A place to try experiments, ask big questions, and explore science in creative ways.
 Thursdays
#18913 April 9 - May 7
 \$30/5
#18914 May 14 - June 18
 \$36/6
 9:30-11 a.m.
 Lewis Craft Room A

Adapted Salsa Dance Class

(16 years & over)
 This Adapted Beginner Salsa Class is all about having fun, feeling confident, and enjoying the joy of dance. No experience needed. We'll break down the basics at an easy, comfortable pace, with movements adapted for different abilities so everyone can shine.
#18976 Fridays May 22
 9:30-10:30 a.m.
 Vern Nichols Gym
 \$4

Spring Bowling League

(18 years & over)
 Strike up new friendships at our fun bowling leagues on Wednesdays. Get ready for spares, chop-offs, strikes and probably a few gutter balls as you work to improve your bowling game. Who will be the first to get a turkey (3 strikes in a row)?!
#18173 Wednesdays
 April 8 - June 17
 3-4 p.m.
 Codes Country Bowling
 \$5/11

Young Adults Club

(18 years & over)
 Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more!
#18168 Tuesdays
 April 7 - June 16
 6-8 p.m.
 Lewis Meeting Room
 \$45/11

Healing Haven

(18 years & over)
 This group has been curated to enhancing the social fabric of those living with persistent pain and illness. Folks of all ages can come together in solidarity to participate in gentle activities like, art, mindfulness, resource sharing, games nights. Drop in or sign up for the full schedule.
#18161 Wednesdays
 April 8 - June 17
 4:30-6 p.m.
 Lewis Meeting Room
 \$60/11 or
 \$5/Drop-in

All Adapted Programs Proudly Sponsored by:



Art Cards

(18 years & over)
 Let's get creative! Each week we'll work together and make beautiful cards to sell in the community. All proceeds from sales are shared back to the artists.

Mondays
 10 a.m. - 12 p.m.

#17939 April 13 - May 11
 #17940 May 25 - June 22
 Lewis Craft Room A
 Free

Kitchen Crew

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

Mondays

#17973 April 13 - May 4
 \$50/4
 #17985 May 11 - June 22
 \$75/6
 10:30 a.m. - 12 p.m.
 The LINC Kitchen

Adapted Sing-along

(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.

Instructor: Tammy Jones
 Mondays

#18135 April 13 - May 11
 #19030 May 25 - June 22
 1:10-2 p.m.
 Lewis Craft Room A
 \$25/5

For information on Financial Assistance Programs for Recreation Services go to page 192

Espresso-Yourself

(16 years & over)
 Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley. **No session July 21 & August 4.**

Tuesdays

#17971 April 7 - May 12
 #17972 May 19 - June 23
 10:30-11:30 a.m.
 Lewis Craft Room A
 \$30/6

#18851 July 7 - August 25
 9-10 a.m.
 Lewis Tsolum Building
 \$30/6 or
 \$5/Drop-in

Sewing Club: Beginner

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

Wednesdays

#17964 April 8 - May 13
 #17965 May 20 - June 24
 12:30-2 p.m.
 Lewis Craft Room A
 \$55/6

Adapted Craftastic

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

Tuesdays

#18062 April 7 - May 12
 #18094 May 19 - June 23
 1-2:30 p.m.
 Lewis Craft Room A
 \$45/6

Adapted Sewing Club: Intermediate

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

Thursdays

#17969 April 9 - May 14
 #17970 May 21 - June 25
 1-2:30 p.m.
 Lewis Craft Room A
 \$55/6





Adapted Summer Programs

Adapted Petals & Paint Event

(16 years & over)
Get ready to paint, plant & play! Participants will splash some colour onto a flowerpot, then tuck a little plant inside to grow and thrive.

#18959 Monday July 13
10-11:30 a.m.
Lewis Tsolum Building
\$10 *pre-registration required*

Adapted Beach Bash Boogie

(16 years & over)
Grab your flip-flops and bring the energy! The Beach Bash Boogie is a lively summer dance packed with great music, and big smiles.

#18838 Monday July 20
1-2:30 p.m.
Vern Nichols Gym
\$5

Adapted Talent Show & Picnic

(16 years & over)
Have a hidden talent that should be shared? A great singing voice or a magic trick? Sign up to perform and support all of our pals.

#18852 Monday July 27
1-2:30 p.m.
Lewis Outdoor Stage
\$5

Adapted Sunny Days Bingo

(18 years & over)
Grab your sunscreen, hat and sunglasses and get ready for some fun in the sun! Join us for a spirited game of BINGO, a universal favorite that's exciting and easy to play. Prizes for everyone!

#18839 Monday August 17
10-11:30 a.m.
Lewis Outdoor Stage
\$5

Adapted Ice Cream Sundae Social

(16 years & over)
Build it. Top it. Love it. Our Make-It-Yourself Ice Cream Sundae Social is serving up sweet treats, endless toppings, and good vibes. Pre-registration required.

#18971 Monday August 31
1-2 p.m.
Lewis Craft Room A
\$5

Odyssey Junior

(6-10 years)
This camp is specifically for children with support needs and diverse abilities, where we craft and play in a supportive environment. The Odyssey Junior crew will take part in all sorts of summer activities - interactive games, crafts, swimming and much more!

Monday - Friday
9 a.m. - 3 p.m.
#18829 July 6 - 10
Lewis Craft Room B
#18837 August 10 - 14
LINC Multipurpose Room
\$120/5

Teen Odyssey

(11-20 years)
Teen Odyssey is back and better than ever! This camp is specifically for teens with support needs and diverse abilities and 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. The Teen Odyssey crew will take part in all sorts of summer activities - interactive games, crafts, beach days, out trips, swimming and much more!

Monday - Friday
9-3 p.m.
LINC MP Room
#18830 July 13 - 17
#18831 July 20 - 24
#18957 August 17 - 21
\$120/5
#18835 Tuesday - Friday
August 4 - 7
\$100/4

*Registration for Summer Adapted Programs
starts Monday April 27
at 7:15 a.m.*

Creative Pursuits

Beginner Pottery

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

Instructor: Bobbie Hammersley

#18066 Tuesdays
April 7 - June 9

#18059 Thursdays
April 9 - June 11
6:30-8:30 p.m.
Lewis Craft Room B
\$399/10

Painting Nature

Celebrate our local landscape while learning to paint the natural world. Explore essential painting techniques and materials, then practice capturing water, skies, trees, flowers, sunsets, and dramatic weather. A creative, skill-building class inspired by the beauty around us.

Instructor: Teresa Knight

Tuesdays
Watercolour
#18119 April 14 - May 19

Oil & Acrylic
#18118 May 26 - June 30
6-8 p.m.
Filberg Craft Room
\$114/6

Beginner Knitting

Welcome to knitting! Whether you're a complete beginner or have knitted before, this class is perfect for you. Over 4 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

#18404 Thursdays
April 9 - 30
6:30-8:30 p.m.
Lewis Meeting Room
\$149/4

Learn to Draw & Paint

Learn to draw and paint figures or animals with confidence. Explore proportion, movement, anatomy, colour, texture, and expression while bringing life and personality to your work. Guided instruction makes it approachable, creative, and fun for all skill levels.

Instructor: Teresa Knight

Thursdays
#19000 April 16 - May 21 **Animals**
#18113 May 28 - July 2 **People**
6-8 p.m.
Filberg Craft Room
\$114/6

Drums Alive for Every Body

Drumming and movement combine for a fun, upbeat workout set to energizing music. No experience needed. Move at your own pace, gentle or powerful, and leave feeling strong, energized, and smiling inside and out.

#18111 Mondays
April 13 - June 22
12:15-1:15 p.m.
Native Sons Grand Hall
\$90/10

Plein Air Painting

Let's paint outdoors! Each session includes an easy-to-follow demo on key plein air skills such as composition, light, atmosphere, and capturing the landscape using oils or acrylics. Participants should be comfortable walking short distances to find inspiring views.

Instructor: Teresa Knight

#18120 Thursdays **Oil & Acrylic**
July 9 - August 13

#19807 Tuesdays **Watercolour**
July 7 - August 11
10:30 a.m. - 12 p.m.
Native Sons Dining Room
\$114/6

Did you know . . .

You can check on your registrations and more when you access your online account at

courtenay.ca/reconline





Special Interest

Thai Vegetarian

Explore the aromatic flavours of Thailand while preparing traditional dishes with vegetarian substitutions. Learn to make Thai curry from scratch, Pad Thai noodles, and a rich peanut sauce. Recipes are provided, and you'll enjoy a shared meal at the end.

Instructor: Sonja Limberger
#19001 Saturday April 11
 1:30-4:30 p.m.
 Filberg Upper Kitchen
 \$95

Lebanese Vegetarian

Discover sumptuous Middle Eastern flavours with Chef Sonja. Learn to make falafels from scratch, along with baba ganouj, tahini sauce, lentil lemon hummus, and quinoa tabouli. Bring your appetite and enjoy a shared meal.

Instructor: Sonja Limberger
#19004 Wednesday April 29
 6-9 p.m.
 Filberg Upper Kitchen
 \$95

Gourmet

Meatless Meal

Eating less meat benefits your health and the environment. In this hands-on class, prepare a meatless meal including an appetizer, leek and feta filo pie, sweet and spicy quinoa cabbage apple salad, and vegan chocolate mousse. Enjoy a shared meal.

Instructor: Sonja Limberger
#19006 Saturday May 2
 1-4:30 p.m.
 Lewis Tsolum Building
 \$95

Refreshing

Summer Recipes

Cool down with Chef Sonja's refreshing recipes for hot summer days. Learn to prepare raw tomato soup, pumpkin pâté sushi rolls, sunny almond spread, and a raw dessert pie. This partially hands-on class includes a shared meal.

Instructor: Sonja Limberger
#19007 Saturday May 9
 1:30-4 p.m.
 Lewis Tsolum Building
 \$95

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

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 in our spring show. Our dress rehearsal and show creation class are when classes rehearse together and practice the big group acts. The spring show is our year end show and it's always a lot of fun.

Instructor: 7 Story Circus
#18058 Wednesdays
 April 8 - June 3
 6-7:30 p.m.
 Vern Nichols Gym
 \$450/12

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.

Instructor: 7 Story Circus
#19062 Fridays
 April 10 - May 15
 6:15-7:45 p.m.
 Vern Nichols Gym
 \$25+gst/drop-in

Mother's Day Aromatherapy

Make & Take and explore the wonderful world of Aromatherapy with Deanna Papineau RA, a local registered aromatherapist. We will create an aromatic spray to bring joy. Topics include essential oil safety, chemistry, blending, creating and fun.

Instructor: Deanna Papineau
#18403 Thursday May 7
 6-8 p.m.
 Lewis Tsolum Building
 \$49



Sports

Basketball

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

#18006 Tuesdays
 April 7 - June 23
 7-8:45 p.m.
 Lewis Vern Nichols Gym
 \$4/Drop-in

Pickleball

Join our drop-in Pickleball program for all skill levels! Enjoy fun, social play while improving your game in a welcoming environment. Just bring your paddle and enthusiasm for this fast-growing, easy-to-learn sport! **No session April 14, 16, May 12, 14, June 7 & 30.**

#18007 Tuesdays & Thursdays
 April 5 - September 3
 1:15-3:15 p.m.
 Sundays
 April 5 - June 21
 12:30-2:30 p.m.
 Native Sons Grand Hall
 \$4/Drop-in

Badminton

Drop-in and get some exercise at our recreational badminton. Meet new players and improve your game in this fast-paced group sport! Please check online for changes in location and cancellations. Some games may be in the Lewis MP Hall during summer months. **No session July 29, August 19 & 21.**

Wednesdays & Fridays
 April 8 - September 2
 1:15-3:15 p.m.
 Lewis Vern Nichols Gym
 \$4/Drop-in

Adult Gymnastics

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

Instructor: Sheri Roffey

Mondays
#18143 April 13 - May 11 **#18144** May 25 - June 15
 7:15-8:15 p.m. 7:15-8:15 p.m.
 Vern Nichols Gym Vern Nichols Gym
 \$149/5 \$119/4

Soccer

Join our Monday night kick-around for a fun, casual soccer experience! Enjoy playing the sport you love with no commitment required. All skill levels are welcome—come and play! **No class May 18.**

#18008 Mondays
 April 13 - June 22
 7-8:45 p.m.
 Lewis MP Hall
 \$4/Drop-in

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 May 18 No Pickleball March 12, 14, April 14, 16 & June 7 No Badminton July 29 & August 28		



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

See page 82



Music

Beginner's Blues Guitar

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

#18406 Tuesdays

April 7 - May 12

7:15-8:30 p.m.

Lewis Salish Building

\$89/6

Adult Piano

Music makes your brain work better! In these small-group classes, learn music basics, play favourite songs, and build skills over time. The first book costs \$35. A piano or keyboard is recommended for practice at home. **Instructor:** Debbie Ross

Thursdays

April 9 - June 11

Beginners

#18083 1-2 p.m.

Beyond Beginners

#18084 2:15-3:15 p.m.

LINC MP Room

\$198/10

Beginner Blues Harmonica

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

Instructor: Larry Ayre

#18405 Tuesdays

April 7 - May 12

6-7 p.m.

Lewis Salish Building

\$89/6

Introduction to Frame Drumming

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. **No class April 17, May 15 & 22.**

Instructor: Monica Hofer

#19008 Fridays

April 10 - June 19

2:45-3:45 p.m.

Native Sons Grand Hall

\$136/8

Beyond Beginners African Drumming

Ready to build on your beginner drumming skills? This class bridges beginner and intermediate levels, focusing on improving technique while learning fun and dynamic West African rhythms. Get into the groove in a supportive, energetic setting. Participants must bring their own djembe. **No class April 17, May 15 & 22.**

Instructor: Monica Hofer

#18108 Fridays

April 10 - June 19

1:30-2:30 p.m.

Native Grand Hall

\$136/8

Intermediate African Drumming

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. Great for the mind, body and spirit! This class is intended for those with previous experience. **No class April 17, May 15 & 22.**

Instructor: Monica Hofer

#18110 Fridays

April 10 - June 19

12-1 p.m.

Native Sons Grand Hall

\$136/8



Dance

Beginner Line Dance Party

Step into the fun world of line dancing with this beginner-friendly class. Learn basic steps and lingo while building confidence one dance at a time. Enjoy easy, upbeat routines set to a wide variety of music—it's not just country anymore! Life's too short not to dance.

Instructor: Darlene Birtwistle
#18121 Mondays
 April 13 - May 11
 7-8 p.m.
 Native Sons Grand Hall
 \$35/5

Improve Line Dance Party

Ready to take your line dancing to the next level? This upbeat class is for dancers comfortable with basic 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.

Instructor: Darlene Birtwistle
#18122 Thursdays
 April 9 - May 14
 7-8:15 p.m.
 Native Sons Lower Level
 \$55/6

Line Dance - Beginner

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

Instructor: Joan Wydenes
 Wednesdays
#18114 April 8 - June 24
 \$84/12
#18115 July 8 - 29
 \$28/4
 1:15-2:15 p.m.
 Lewis Activity Room

Latin Rumba & Cha Cha

Slow down and move together in this 6-week Cha Cha and Rumba series at Sweatshop Social. Explore playful rhythms and smooth, expressive movement while building musicality and confidence. Each week builds gently in a supportive, inclusive space. Partner required. Dance for connection, not perfection.

No class May 13.
Instructor: Jason Kirsch
#18413 Wednesdays
 April 22 - June 3
 6-7:30 p.m.
 Native Sons Grand Hall
 \$99/6

Line Dance - Intermediate

If you've been enjoying the beginner class it's time to boot, scoot, and boogie your way on up to the intermediate class. This class will focus on learning new dances while still enjoying the favorites from the beginner class. No partners required. **No class April 14 & May 12.**

Instructor: Joan Wydenes
 Tuesdays
 12-1 p.m.
#18116 April 7 - June 23
 \$69/10
#18117 July 7 - 28
 \$28/4
 Native Sons Grand Hall

Swing, Hustle & Disco

Enjoy a welcoming, social dance class blending swing, hustle, and disco rhythms. Build skills week by week in a supportive, inclusive space with partner rotation. Perfect for getting moving, meeting people, and having fun! Partner required. **No class May 13.**

Instructor: Jason Kirsch
#18414 Wednesdays
 April 22 - June 3
 7:30-9 p.m.
 Native Sons Grand Hall
 \$99/6

Beyond Beginner Line Dance Boogie

This drop-in class is for dancers who want more energy and challenge than a beginner class offers. You should feel comfortable with basic steps and a quicker pace. Dance to lively music, try fun new moves, and enjoy a great workout. Start your Saturday with a boost of energy, rhythm, and community. **No class April 25.**

Instructor: Darlene Birtwistle
#18123 Saturdays
 April 11 - May 9
 10:45 a.m. - 12 p.m.
 Lewis Activity Room
 \$6.75/Drop-in





Martial Arts

Beginner Tai Chi

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

Instructor: Albert Balbon

#18000 Tuesdays

April 7 - June 16

3:30-4:30 p.m.

Lewis Activity Room

\$110/11

Beginner

Evening Tai Chi

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

Instructor: Albert Balbon

#18001 Thursdays

April 9 - June 18

6:45-7:45 p.m.

Lewis Activity Room

\$110/11

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.

Instructor: Tom Haber

#18002 Thursdays

April 9 - June 18

12-1 p.m.

Native Sons Lodge

& Dining Room

\$110/11

Advanced

Evening Tai Chi

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

Instructor: Albert Balbon

#17999 Thursdays

April 9 - June 18

8-9 p.m.

Lewis Activity Room

\$110/11

Historical Fencing (Intro)

(11 years & over)

Join us in restoring this medieval martial art. Learn and drill basic footwork, cuts, thrusts, grappling and slow, free-play. This is a great introduction to HEMA (Historical European Martial Arts) and a great way to prepare for joining your local historical fencing club! **No class April 14, May 12, June 9, July 7 & August 4.**

Instructor: Chad Herbert

Tuesdays

#18409 April 7 - June 23

\$99/9

#18411 June 30 - August 25

\$77/7

5:30-6:30 p.m.

Filberg Conference Hall

Historical Fencing (core curriculum)

(11 years & over)

The Core Curriculum is designed to take you from the Intro program to competitive HEMA fencer, long-term. Expect to work on building coordination, focus, and fitness, with opportunities to spar with Padded, Synthetic, and Steel. Expect to sweat during solo and partner drills. **No class April 14, May 12, June 9, July 7 & August 4.**

Instructor: Chad Herbert

Tuesdays

#18407 April 7 - June 23

\$144/9

#18408 June 30 - August 25

6:30-8:30 p.m.

Filberg Conference Hall

\$112/7

*Did you know?
You can register on March 9
for your favourite Spring &
Summer programs.*

Kung Fu

(13 years & over)

Tibetan White Crane Kung Fu develops whole body fitness through a set of controlled movements and sequences. This fast-paced class provides an introduction to Kung Fu and is suitable for those looking to build agility, learn self-defense and improve overall well-being. Each session will consist of a warmup, practice of basic movements, and training adjusted to individual level and progression.

Instructor: Tom Haber

#18003 Wednesdays

April 8 - June 17

7:-8:15 p.m.

Native Sons Lodge
& Dining Room

\$132/11

Self-Defence Basics:

3 Class Series

(13 years & over)

Learn practical, beginner-friendly self-defence skills in this three-part series. Each class covers simple, effective techniques to help you stay safe, increase awareness, and respond confidently in real-world situations. No experience needed—just come ready to move, learn, and leave feeling more empowered.

Instructor: Tom Haber

#18426 Sundays

April 12 - 26

11 a.m. - 1 p.m.

Lewis Activity Room

\$55/3

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

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

#18004 Tuesdays

April 7 - June 16

7-8 p.m.

Lewis Multipurpose

\$110/11

Woo Kim Taekwondo Teen/Adult

(13 years & over)

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

#18183 Tuesdays & Thursdays

April 7 - June 18

6:40-7:40 p.m.

Native Sons Grand Hall

\$286/22

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 who lives below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess



Outdoor Pursuits



Women on the Water: Intro

This four-session course is perfect for beginners or anyone looking to build confidence on the water! Learn essential kayaking strokes, practice rescues, and gain trip-planning basics like navigation, weather, and tidal charts, all in a supportive and encouraging environment.

Instructor: Comox Valley Kayaks
Wednesdays

#18396 May 6 - 27

#18399 June 3 - 24

5:30 - 8:30 p.m.

Comox Valley Kayaks

& Comox Lake

\$160/4

Virtual Trip Planning for Canoe Routes

Join canoe instructor Juliane Bell for a comprehensive virtual session on planning your trip! Learn what to expect, essential equipment to pack, and key skills to prepare for the journey. The session wraps up with a Q&A, so bring your questions!

Instructor: Comox Valley Kayaks

Sayward Canoe Route

#18395 Tuesday May 5

Powell Forest Canoe Route

#18394 Tuesday May 12

6-8 p.m.

Virtual

\$17

Women on the Water: Next Steps

After taking the intro class, this four-session course is perfect for paddlers who have their basic skills and want to build real confidence on the water! Refine your strokes and rescue techniques. Level up your trip-planning with navigation, weather interpretation, tidal charts, and route-planning strategies, all in a supportive and encouraging environment.

Instructor: Comox Valley Kayaks
Thursdays

#18397 May 7 - 28

#18398 June 4 - 25

5:30-8:30 p.m.

Comox Valley Kayaks

& Comox Lake

\$192/4

Women on the Water: Confidence Building

After your lessons, make the most of your new skills with an optional Women on the Water Day Trip, a relaxed, confidence-building adventure designed just for course participants. Explore a beautiful local coastline, practice your strokes in real-world conditions, and enjoy a supportive day on the water with fellow paddlers.

Instructor: Comox Valley Kayaks

#18401 Tuesday July 14

Royston Wrecks

6-8:30 p.m.

Comox Marina

\$50

#18400 Tuesday July 7

Little Mexico

5:30-8:30 p.m.

Comox Valley Kayaks

\$50

Canoe Skills on the Sayward Route

Learn canoe skills on the Sayward Canoe Route! We will cover stroke improvement, efficient paddling, safe capsizing recovery, portaging and trip planning for the Sayward route. This course is perfect for beginners or those looking to brush up their skills. Paddlers can register solo. No accommodations provided.

Instructor: Comox Valley Kayaks

#18352 Saturday & Sunday

June 6 - 7

10 a.m. - 4 p.m.

Morton Lake

Provincial Park

\$180/2

Register online:



Please check receipts for important program information.

Sea Kayak Level 1 - Paddle Canada

This course begins with an evening of theory, followed by two full days on the water. It builds on Basic Skills. Focus areas include re-entry techniques, navigation, route planning, weather interpretation, and selecting appropriate gear. By the end, participants will feel confident paddling in calm water for a full day.

Instructor: Comox Valley Kayaks
 Friday, 5:30-8:30 p.m. &
 Saturday & Sunday
 8:30 a.m. - 4:30 p.m.

#18369 July 10 - 12

#18371 July 24 - 26

Comox Valley Kayaks
 \$350/3

Sea Kayak Level 2 Skills - Paddle Canada

This 5-day course is designed for paddlers interested in more challenge. Includes re-entry skills both solo & assisted. Theory covers navigation, risk assessment, weather, tides, currents and more. Stroke development builds to rough water conditions. Including forward, turning, sweeps, braces & draws. Pre-requisite: Paddle Canada level 1 skills or equivalent.

Instructor: Comox Valley Kayaks

#18391 Wednesday - Sunday

August 19 - 23

8 a.m. - 4 p.m.

Location TBD

\$595/5

Visit www.cvkayaks.com
 or contact Comox Valley
 Kayaks for additional
 information on
 programs

Kayak Rescues

In this lesson we learn how to fall out of our boat and help each other get back in. The skills taught are wet exits and tandem rescues, and if there's time we play with types of solo rescues.

Instructor: Comox Valley Kayaks

#18987 Friday June 26

#18986 Friday July 3

6-7:30 p.m.

Courtenay Memorial
 Outdoor Pool

\$98

Kayak Confidence Building

Make the most of your new skills with a confidence-building adventure with the safety of a guide. After taking a lesson with us, this is the perfect next step. Practice your strokes in real-world conditions, and enjoy a supportive day on the water with fellow paddlers.

Instructor: Comox Valley Kayaks

Little Mexico

#18356 Tuesday June 9

Royston Wrecks

#18357 Tuesday June 16

6-8:30 p.m.

Comox Marina

\$55

Kayak Senior's Tour Tuesday

(60 years & over)

Join us for a relaxed kayaking experience designed for seniors! During this session, your instructor will teach you the basic kayaking skills needed to feel confident on the water. After a short lesson, you'll enjoy a leisurely paddle. All equipment is provided. No experience necessary.

Instructor: Comox Valley Kayaks

#18392 Tuesday May 12

5-7:30 p.m.

#18393 Tuesday May 26

2-4:30 p.m.

Comox Valley Kayaks

\$78

*Please note:
 Refunds for courses offered
 by Comox Valley Kayaks will
 not be issued if withdrawing
 7 days or less before the
 course start date.*



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.

Small Group Training

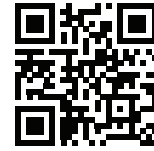
Perfect for anyone who enjoys extra support and motivation! Small Group Training offers personalized programming in a supportive group setting, guided by a certified trainer to help you stay accountable and reach your goals (max. 4 participants). *Registration is for one full series per selected dates and time.*

Options include:

- **Saturdays starting April 11**
9-10 a.m. (3 options)
- **Tuesdays starting April 7**
12:15-1:15 p.m. (5 options)
- \$75/3 sessions
- \$100/4 sessions
- \$125/5 sessions



Lewis Centre Wellness Centre



Scan to find out about our Wellness Centre equipment.

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.

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.

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

Spring childminding hours:

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



See page 5 for summer childminding hours, July 2 - August 31

Wellness Centre Fees

(includes GST)

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

Youth Weightroom Orientation



(13-15 years old)

Starting September 1, 2026, youth between 13 - 15 years are **required** to complete a free Weightroom orientation at no cost. See page 64 for more information and to schedule an orientation.



Strength Training

(16 years & over)

Build strength, improve balance, and feel more confident in this supportive class. Enjoy personalized workouts with varied equipment and expert guidance. Suitable for all fitness levels in a fun, encouraging environment. Call or visit online at courtenay.ca/reconline for specific course start and end dates.

Instructor: Juan Blancas

Spring Sessions starting from April 8

Mondays & Wednesdays
12:30-1:30 p.m.

Two sessions available

Tuesdays & Thursdays
12:30-1:30 p.m. **or** 2-3 p.m.

Two options available

Wednesdays, 11 a.m. - 2 p.m.

Two session options available

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

Wellness Centre

EG \$96/8
\$120/10
\$132/11
\$144/12
\$168/14

Summer Sessions starting from July 6

Mondays & Wednesdays
12:30-1:30 p.m.

Two sessions available

Tuesdays & Thursdays
12:30-1:30 p.m. **or** 2-3 p.m.

two options available

Wednesdays, 11 a.m. - 2 p.m.

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

Wellness Centre

EG \$48/4
\$84/7
\$60/5
\$96/8

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

Advanced Strength

(55 years & over)

This popular intermediate-level class is the next step up from Simply Strength. Designed to enhance overall conditioning, it focuses on balance, agility, and core strengthening while integrating health and wellness education for a well-rounded fitness experience. **No class April 15, May 13 & 18.**

Instructor: Steve Thomson

EG Mondays & Wednesdays
9-10 a.m.

#18233 April 8 - May 20
\$120/11

#18234 May 25 - June 29
\$132/12

#18235 July 6 - 29

#18236 August 5 - 31
\$96/8

Native Sons Grand Hall

Fundamentals of Powerlifting

(16 years & over)

Discover powerlifting while mastering, squat, bench and deadlift. Gain strength, improve technique and challenge yourself in a safe, supportive setting. This is a 90 min. class with a max. of 6 participants.

Instructor: Lataisha Maynard

Tuesdays

6:30-8 p.m.

#18245 April 7 - May 19
\$132/7

#18246 May 26 - June 30
\$132/6

#18247 July 7 - 28

#18248 August 4 - 25
\$88/4

Lewis Wellness Centre

Strictly Strength for Women

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

Instructor: Nancy Victoria

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

#18291 April 10 - May 15

#18292 May 22 - June 26
Lewis Activity Room
\$72/6

#18934 July 3 - 31
\$60/5

#18935 August 7 - 28
\$48/4

Lewis Activity Room





Teen Strength Training

(13-16 years old)
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.

Instructor: Lataisha Maynard
Tuesdays
4-5 p.m.

#18990 April 7 - 28

\$40/4

#18991 May 5 - 26

\$40/4

#18992 June 2 - 30

\$50/5

#18993 July 7 - 28

\$40/4

#18994 August 4 - 25

\$40/4

Wellness Centre



Weight Room Orientation

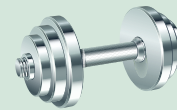
(16 years & over)
New to the weight room or need a refresher? This session will guide you through the basics of strength training, safe equipment use and proper weight room etiquette. Max. 3 participants. Call reception to register.

Saturdays or Sundays

1-2 p.m.

\$20

Youth Weight Room Orientation



(13-15 years)

Starting September 1, this free orientation will be 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. Registration is now open, and the orientation can be completed during the Spring/Summer season. Please contact reception to register. Maximum 3 participants.

Mondays, Wednesdays or Fridays

4-5 p.m.

FREE

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.

Lewis Activity Room

#18239 April 12 - May 17

\$72/6

#18240 May 24 - June 28

\$72/6

#18242 July 5 - 26

\$48/4

#18241 August 2 - 30

\$60/5

Did you know that on Fridays from 10:30 a.m. - 1:30 p.m., our Wellness Centre has an attendant available to show you our adaptive equipment?

Dynamic Fusion

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.
Lewis MP Hall

#18243 April 7 - May 12

#18244 May 19 - June 23
\$72/6

#18905 August 4 - 25
\$48/4

Sit and Stay Fit

Join this weekly seated class to stay active and strong. Gentle on your body, it focuses on building strength, improving posture, and keeping you moving. Ideal for anyone seeking a lower-intensity, seated workout—perfect for hot summer days.

Instructor: Anne Casey

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

NEW

#18867 July 7 - 28

#18868 August 4 - 25
Native Sons Hall
\$48/4

Grow Strong

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.

NEW

Lewis Activity Room

#18313 April 10 - May 15
\$72/6

#18314 May 29 - June 26
\$60/5

Workshops

Stay Mobile: A Workshop to Keep You Moving

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

Instructor: Sharon Aul

#19053 Sunday June 7
1-3 p.m.
Lewis Activity Room
\$10

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

Stay on your feet: A Workshop about balance and what it really means.

Join Corinne Dibert, the founder of Balance Booster™, to discuss and explore what it truly means to work on your balance and stay mobile and active through the different phases of aging. This workshop is designed for those who can sit and stand independently but are beginning to experience mobility concerns. Wear comfortable clothing and be ready to try a few exercises.

Instructor: Corinne Dibert

#18999 Sunday June 21
1-3 p.m.
Activity Room
\$10





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.

#18297 April 10 - May 15

#18298 May 22 - June 26
\$72/6

#18897 July 3 - 31
\$60/5

#18898 August 7 - 28
\$48/4

Lewis Activity Room

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 May 18.

Instructor: Kim Hamilton

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

#18293 April 8 - May 20
\$144/12

#18294 May 27 - June 29
\$120/10

#18893 July 6 - 29

#18894 August 5 - 31
\$96/8

Lewis Activity Room

TRX for Power

Develop explosive strength with TRX suspension training. Dynamic full-body movements will boost your athletic performance—perfect for anyone looking to build endurance and power.

Mondays
6:45-7:45 p.m.

Lewis Activity Room

#18299 April 13 - May 11
\$72/5

#18869 July 6 - 27

#18870 August 10 - 31
\$48/4

NEW

Steady Spin

This slow-paced indoor cycling class helps increase leg strength and cardiovascular fitness in a safe, supportive environment. Perfect for building endurance and boosting confidence on the bike.

Instructor: Wendy Matte

Fridays
8-8:45 a.m.

#18995 April 10 - May 15

#18996 May 22 - June 26
Wellness Centre
\$72/6

NEW

Spin for Beginners

Learn the basics of spin to help you build confidence for more advanced classes.

Instructor: Nova Marie

Wednesdays
12:05-12:50 p.m.

#19002 May 6 - 27

#19003 June 3 - 24
Activity Room
\$40/4

NEW

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 who lives below Statistics Canada low income thresholds.

Provides 52 free admissions to drop-in activities.

Apply for 2026 today! More info at courtenay.ca/recaccess

Did you know?

All of our staff are certified by fitness governing bodies.



Wellness

Introduction to Mat Pilates

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. **No class April 14 & May 12.**

- Instructor:** Kim Hamilton
Tuesdays
9-10 a.m.
Native Sons Grand Hall
- #18295 April 7 - May 19
\$60/5
- #18296 May 26 - June 30
\$72/6
- #18895 July 7 - 28
- #18896 August 4 - 25
\$48/4

Build your Bones (Osteo-Friendly)

(16 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.

- Instructor:** Anne Casey
Mondays
1:30-2:30 p.m. **NEW**
- #18311 April 13 - May 11
\$60/5
- #18312 May 25 - June 29
\$72/6
- #18865 July 6 - 27
- #18866 August 10 - 31
\$48/4
Lewis Activity Room

Vinyasa Yoga

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

- Instructor:** Emilie Dube
Fridays
- #18249 April 10 - May 8
- #18250 May 22 - June 19
10:30-11:30 a.m.
Lewis Salish Building
\$60/5

Pilates & More

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

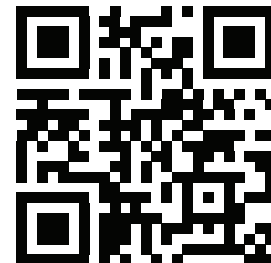
- Instructor:** Suzy Williamson
Tuesdays
5-6 p.m.
Native Sons Lodge & Dining Room
- #18251 April 14 - May 19
\$72/6
- #18252 May 26 - June 23
\$60/5

Yoga - Gentle

(55 years & over)
This class consists of mostly floor poses with slow, calming movements. Focused on stretching and easy strengthening, it is an ideal session for those with limited mobility, with slower transitions to and from the floor, or anyone seeking a mellow, restorative practice.

- Instructor:** Sharon Jutila
EG Mondays
1:45-3 p.m.
Native Sons Grand Hall
- #18301 April 13 - May 11
\$65/5
- #18302 May 25 - June 22
- #18902 August 10 - 31
\$52/4

Register online:





Restorative Yoga

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.

Instructor: Nova Marie
Sundays
1:30-2:30 p.m. **NEW**
Lewis Salish Building

- #18947 April 12 - May 17
- #18948 May 24 - June 28
\$72/6
- #18949 July 5 - 26
- #18950 August 9 - 30
\$48/4

Instructor: Kelly Yaskiw
Wednesdays
7-8:15 p.m.

- #18309 April 8 - May 13
- #18309 May 20 - June 24
\$78/6

*Did you know?
You can register on March 9
for your favourite Spring &
Summer programs.*

Yoga - Joint Series

This sequence of gentle postures enhance joint mobility and breath awareness. Each adaptable pose - whether on hands and knees, seated, or standing - is explored slowly, allowing variations for all abilities. The Joint Freeing Series supports flexibility, balance, and mindful movement for everyone. **No class April 16 & May 14.**

Instructor: Sharon Jutila
EG Thursdays
10:15-11:45 a.m.
#18303 April 9 - May 21
#18304 May 28 - June 25
\$75/5
#18903 August 6 - 27
\$60/4
Native Sons Grand Hall

Yoga for a Healthy Spine

A gentle exploration of spinal movement focusing on mindful strengthening, mobility, and breath. This class builds stability and postural awareness while supporting healthy movement patterns and long-term back care. **Instructor:** Nova Marie

Mondays
6:15-7:15 p.m. **NEW**
#18780 April 13 - May 11
\$60/5
#18781 May 25 - June 29
\$72/6
#18909 July 6 - 27
#18910 August 10 - 31
\$48/4

Yoga for Men

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

Instructor: Susan Obieglo
Mondays
#18305 April 13 - May 11
\$65/5
#18306 May 25 - June 29
\$78/6
7:15-8:30 p.m.
Lodge & Dining Room

Strength Flow

A steady, strength-building class inspired by mat Pilates and functional movement, emphasizing breath, alignment, and core support to build grounded, empowering strength.

Instructor: Nova Marie
Wednesdays **NEW**
6-7 p.m.
Lewis Salish Building
#18327 April 8 - May 13
#18328 May 20 - June 24
\$72/6
#18900 July 8 - 29
#18901 August 5 - 26
\$48/4



Chair Yoga

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. Expect some music on Thu. Sit and Stay Fit (p. 65) will replace this class on Tuesdays during the Summer. **No class April 14, May 12 & June 30.**

Instructor: Emilie Dube

EG Tuesdays
10:30-11:30 a.m.
Native Sons Hall

#18355 April 7 - May 19
\$60/5

#18358 May 26 - June 30
\$72/6

EG Thursdays
2:30-3:30 p.m.
Lewis Activity Room

#18251 April 9 - May 14

#18252 May 28 - June 25
\$72/6

Yoga - Ongoing

(55 years & over)

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

Instructor: Sharon Jutila

EG Fridays
10-11:30 a.m.

#18307 April 10 - May 22
\$60/7

#18308 May 29 - June 26
\$75/5

#18904 August 7 - 28
\$60/4

Native Sons Grand Hall

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) 746-2017 for more info. May 20 class in Lewis Salish Building. **No class July 1.**

Instructor: Nancy Victoria
Wednesdays

1-3 p.m.
Native Sons Lodge
& Dining Room

#18324 April 22 - May 20
\$50/5

#18326 June 17 - July 29
\$60/6

Breathing and Movement

A quiet, grounding yoga practice combining breath and movement. Flowing, guided movements support calm, clarity, and connection with yourself. The pace is unhurried, allowing you to notice sensation, settle into the present, and start the day centered. **No class April 17 & May 15.**

Instructor: Nova Marie
Fridays
8-9 a.m.

#18889 April 10 - May 22
\$84/7

#18890 May 29 - June 26
\$60/5

#18891 July 3 - 31
\$60/5

#18892 August 7 - 28
\$48/4



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



Drop-in Fitness

effective April 5 - June 30

effective April 5 - August 30

	MON	TUES	WED	THURS	FRI	SAT
Morning	6 am	Early Bird Fitness	Morning Ride	Start Strong		Early Bird Fitness
	9 am	Fitgroove (8:45am) Strength, Stretch & Core Filberg	Rev Up Chair Fit Filberg	Zumba w/ Milena 	BootCamp Blast Strength, Stretch & Core Filberg	Chair Fit Filberg
Mid-day	10:30am	Find Your Strength Filberg (10:15am) Simply Strength Native Sons		Simply Strength Native Sons (Upper)	DanceFit	
Evening	12:05-12:55pm	Monday Motivator	Spin Express Flow Yoga MP Hall		Fusion w/ Susan Zen Reset Salish Building	Kettle Bell & Release Yoga Reset Salish Building
	3:45pm	Yoga Sculpt		Yoga Sculpt		Legend Spring only ends June 30 Spring & Summer ends Aug. 30 55+ class Beginner/Intermediate Intermediate/Challenging Challenging + 75 minute class ++ 90 minute class
	5:30pm	Zumba Toning	20/20/20 5:00pm	Chiseled	Power Spin & Core	
	6:15pm		Zumba w/ Stacie			
	7:30pm		Yin Yoga w/ Susan+			

No classes on stat holidays

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

Childminding is offered during these programs

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

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 5.

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

Fitgroove

Mondays 8:45-9:45 a.m.

Cardio, strength, and rhythm-based movements come together for a fun, full-body workout.

Instructor: Nova Marie

Strength, Stretch & Core EG

Mondays & Thursdays 9-10 a.m.

Begin with a moderate warm-up, followed by strengthening key muscles, and finish with a long stretch.

Instructor: Nancy Victoria

Find Your Strength EG

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

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

Instructor: Nancy Victoria

Simply Strength EG

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

Build balance, mobility, and strength using varied equipment and functional movements. Must be able to get up and down from the floor.

Instructor: Anne Casey

Monday Motivator

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

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

Instructor: Susan Obieglo

Yoga Sculpt

Mondays & Wednesdays 3:45-4:45 p.m.

A dynamic blend of Vinyasa yoga and strength training with light weights. Finish with a soothing stretch.

Instructor: Wendie Matte

Zumba Toning

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

High-energy cardio meets Latin-inspired dance with toning sticks or light dumbbells.

Instructor: Milena Spratt

Morning Ride

Tuesdays, 6-7 a.m.

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

Instructor: Kearce Che

Chair Fit EG

Tuesdays & Fridays 9-10 a.m.

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

Instructor: Nancy Victoria

Rev Up

Tuesdays 9-10 a.m.

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

Instructor: Deanna Rempel

Spin Express

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

This class blends high-energy music with a full ride: warm-up, cardio, cool-down, and stretch.

Instructor: Fiona McQuillan

Flow Yoga

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

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

Instructor: Susan Obieglo

20/20/20

Tuesdays 5-6 p.m.

20 minutes of spin, 20 minutes of strength, and 20 minutes of core and stability training.

Instructor: Nancy Victoria

Zumba w/ Stacie

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

Latin-inspired dance fitness including Reggaeton, Hip Hop, Afrobeat, Salsa, and more.

Instructor: Stacie Cleveland

Yin Yoga w/ Susan

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

Long holds improve flexibility, mobility, and relaxation for body and mind. Please dress warmly in layers.

Instructor: Susan Obieglo

Start Strong

Wednesdays 6-7 a.m.

Kick-start your day with strength and cardio training. Build muscle, boost endurance.

Instructor: Jenny Nijhoff

Zumba w/ Milena

Wednesdays 9-10 a.m.

This dance class blends Latin, Bollywood, Belly Dance, Salsa, Reggaeton and more for full-body workout.

Instructor: Milena Spratt

Chiseled

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

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

Instructor: Nancy Victoria

BootCamp Blast

Thursdays 9-10 a.m.

A high-energy workout combining equipment and body-weight exercises.

Instructor: SteveThompson

DanceFit

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

This lower intensity dance-style class features easy to follow dance moves and fun, upbeat music.

Instructor: Lyla Pettis

Zen Reset

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

Pause, breathe, and reset with this meditation break. Recharge your mind and body, leaving refreshed.

Instructor: Isaac Voerman

Fusion w/ Susan

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

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

Instructor: Susan Obieglo

Power, Spin & Core

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

Built endurance and burn calories with high-energy cycling, then strengthen your core to improve stability.

Instructor: Nancy Victoria

Early Bird Fitness

Mondays & Fridays 6-7 a.m.

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

Instructor: Tina Pringle

Kettle Bell & Release

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

Target your core, build strength and improve mobility using Kettle Bells. End with a satisfying stretch.

Instructor: Nancy Victoria

Yoga Reset

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

A calming practice blending gentle movement, deep stretching, and mindful breathwork.

Instructor: Émilie Dubé

Pedal N' Sculpt+

Saturdays 9-10:30 a.m.

This 75-minute session combines cycling, strength, and core exercises for a full-body workout that leaves you ready to take on the weekend. Cost of this class is \$9.75.

Instructor: Luis Acosta



No classes on stat holidays





Courtenay & District Memorial

Outdoor Pool

Lewis Park, Courtenay

Free Admission
for all public swims



Pool Open June 1 - August 28

- 30 metre pool
- Open Swim
- Adapted Swim
- Lane Swim
- AquaFit
- Swim Lessons
- Pool Rentals
- Pool lift for easy access in and out of the water 400lb /181.5 kg lifting capacity

Special Pool Hours

Canada Day
Wednesday July 1
Open Swim
12-5 p.m.

BC Day
Monday August 3
Open Swim
12-5 p.m.

Pool Rentals

Plan a special occasion for a birthday, family reunion, staff party, summer picnic outtrip, kayak, scuba or other program rentals. See page 134 for details.

School Rentals

Bring your school to the pool during the month of June.
10-11:00 a.m.
11 a.m. - 12 p.m.
12-1 p.m.
1-2 p.m.
Call 250-338-5371 to book!

June 13 & 14,
Saturday & Sunday
Pool **CLOSED** for swim meet

Children under 7 years old must be within arms reach of a responsible guardian (16+) at all times. One guardian can supervise up to 3 children.



City of Courtenay

Courtenay Rotary Water Park - Opens May 17

Open daily
10 a.m. - 7 p.m.





Public Swim Schedule

June 1 - 28 *Closed June 13 & 14 for Swim Meet*

Free Admission

Open Swim, Family Swim,
Adapted Swim, Lane Swim, Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (3) 7:30-9:30 a.m.	Lane Swim (6) 7:30-9:30 a.m.	Lane Swim (3) 7:30-9:30 a.m.	Lane Swim (6) 7:30-9:30 a.m.	Lane Swim (3) 7:30-9:30 a.m.		Family Swim 10 a.m. - 12 p.m.
AquaFit 8:45-9:30 a.m.		AquaFit 8:45-9:30 a.m.		AquaFit 8:45-9:30 a.m.	Lane Swim (4) 12-1:15 p.m.	Lane Swim (4) 12-1:15 p.m.
Open Swim 2-4:30 p.m.	Open Swim 2-4:30 p.m.	Open Swim 2-4:30 p.m.	Open Swim 2-4:30 p.m.	Open Swim 2-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.
Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Rentals 5-8 p.m.	Rentals 5-8 p.m.

June 29 - August 9*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.		Family Swim 10 a.m. - 12 p.m.
Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (4) 12-1:15 p.m.	Lane Swim (4) 12-1:15 p.m.
AquaFit 12:15-1 p.m.	*Adapted Swim 12-1:15 p.m.	AquaFit 12:15-1 p.m.	*Adapted Swim 12-1:15 p.m.	AquaFit 12:15-1 p.m.		
Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.
Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Rentals 5-8 p.m.	Rentals 5-8 p.m.

August 10 - 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.	Lane Swim (6) 6-7:30 a.m.		Family Swim 10 a.m. - 12 p.m.
Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (3) 12-1:15 p.m.	Lane Swim (4) 12-1:15 p.m.	Lane Swim (4) 12-1:15 p.m.
AquaFit 12:15-1 p.m.	*Adapted Swim 12-1:15 p.m.	AquaFit 12:15-1 p.m.	*Adapted Swim 12-1:15 p.m.	AquaFit 12:15-1 p.m.		
Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.	Open Swim 1:30-4:30 p.m.
Rentals 5-7 p.m.	Rentals 5-7 p.m.	Rentals 5-7 p.m.	Rentals 5-7 p.m.	Rentals 5-7 p.m.	Rentals 5-8 p.m.	Rentals 5-8 p.m.
Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.	Open & Lane Swim (2) 7:30-9 p.m.		

Stat Holidays

July 1 & August 3

Open Swim
12-5 p.m.

Lane (#) - # indicates minimum lanes available

Open Swim - recreation swim for all ages

Family Swim - recreation swim for families

***Adapted Swim** - recreation/therapy swim for all abilities in 1/2 of the pool





Summer Swimming Lessons

Courtenay & District Memorial Outdoor Pool Summer Lessons				
Level	Session 1 June 29 - July 10 <i>9 classes - no class July 1</i>	Session 2 July 13 - 24 <i>10 classes</i>	Session 3 July 27 - Aug 7 <i>9 classes - no class Aug 3</i>	Session 4 August 10 - 21 <i>10 classes</i>
Parent & Tot <small>Jellyfish, Goldfish & Seahorse</small>	9-9:30 a.m. #18435	11-11:30 a.m. #18436	9-9:30 a.m. #18437	11-11:30 a.m. #18438
Preschool 1 <small>Octopus</small>	9:30-10 a.m. #18439	9:30-10 a.m. #18442	9:30-10 a.m. #18445	9:30-10 a.m. #18447
	10-10:30 a.m. #18440	11-11:30 a.m. #18443	10-10:30 a.m. #18444	10:30-11 a.m. #18448
	11-11:30 a.m. #18441		10:30-11 a.m. #18446	
Preschool 2 <small>Crab</small>	9-9:30 a.m. #18459	9-9:30 a.m. #18453	9-9:30 a.m. #18449	9-9:30 a.m. #18457
	10-10:30 a.m. #18456	9:30-10 a.m. #18452	9:30-10 a.m. #18451	10-10:30 a.m. #18458
	11-11:30 a.m. #18455	10:30-11 a.m. #18454	10:30-11 a.m. #18450	
Preschool 3 <small>Orca</small>	9-9:30 a.m. #18460	9-9:30 a.m. #18463	10-10:30 a.m. #18464	9:30-10 a.m. #18467
	10:30-11 a.m. #18461	9:30-10 a.m. #18462	11-11:30 a.m. #18465	11-11:30 a.m. #18468
Preschool 4/5 <small>Sea lion/Narwhal</small>	9:30-10 a.m. #18469	10-10:30 a.m. #18470	9-9:30 a.m. #18785	9-9:30 a.m. #18786
	11-11:30 a.m. #18472		11-11:30 a.m. #18471	10-10:30 a.m. #18473
Swimmer 1	9-9:30 a.m. #18705	9-9:30 a.m. #18787	9-9:30 a.m. #18710	9-9:30 a.m. #18720
	9:30-10 a.m. #18717	9:30-10 a.m. #18716	9:30-10 a.m. #18718	9:30-10 a.m. #18721
	10-10:30 a.m. #18712	10-10:30 a.m. #18711	10-10:30 a.m. #18709	10-10:30 a.m. #18722
	10-10:30 a.m. #18725	10:30-11 a.m. #18707	10:30-11 a.m. #18708	10:30-11 a.m. #18719
	10:30-11 a.m. #18706	11-11:30 a.m. #18714	11-11:30 a.m. #18715	11-11:30 a.m. #18723
	11-11:30 a.m. #18713			
Swimmer 2	9:30-10 a.m. #18724	9-9:30 a.m. #18727	9-9:30 a.m. #18737	9-9:30 a.m. #18738
	10-10:30 a.m. #18725	9:30-10 a.m. #18728	9:30-10 a.m. #18729	9:30-10 a.m. #18741
	10:30-11 a.m. #18726	10-10:30 a.m. #18731	10-10:30 a.m. #18732	10-10:30 a.m. #18739
	11-11:30 a.m. #18733	10:30-11 a.m. #18736	10:30-11 a.m. #18730	10:30-11 a.m. #18740
		11-11:30 a.m. #18734	11-11:30 a.m. #18735	
Swimmer 3	9:30-10 a.m. #18751	9-9:30 a.m. #18755	10-10:30 a.m. #18745	9-9:30 a.m. #18756
	10-10:30 a.m. #18747	9:30-10 a.m. #18752	10:30-11 a.m. #18749	9:30-10 a.m. #18753
	10:30-11 a.m. #18748	10-10:30 a.m. #18746	11-11:30 a.m. #18744	9:30-10 a.m. #18757
		10:30-11 a.m. #18750		10-10:30 a.m. #18758
			10:30-11 a.m. #18759	
Swimmer 4	9-9:30 a.m. #18761	9-9:30 a.m. #18760	9-9:30 a.m. #18763	9-9:30 a.m. #18766
	10:30-11 a.m. #18764	10-10:30 a.m. #18762	9:30-10 a.m. #18765	9:30-10 a.m. #18767
			11-11:30 a.m. #18768	
Swimmer 5	10-10:45 a.m. #18769	10:45-11:30 a.m. #18770	10-10:45 a.m. #18771	10:45-11:30 a.m. #18772
Swimmer 6	10:45-11:30 a.m. #18775	10-10:45 a.m. #18774	10:45-11:30 a.m. #18773	10-10:45 a.m. #18776
Swimmer 7,8,9	9-10 a.m. #18777	11 a.m. - 12 p.m. #18778		11 a.m. - 12 p.m. #18779
Private Lessons	<i>See page 77 for information on Private Swim Lessons</i>			
Fees	9 classes	10 classes	9 classes	10 classes
Parent & Tot	\$72	\$80	\$72	\$80
Preschool				
Swimmer 1 - 4	\$67.50	\$75	\$67.50	\$75
Swimmer 5 - 6	\$94.50	\$105	\$94.50	\$105
Swimmer 7/8/9	\$108	\$120	\$108	\$120





Program Level Requirements and Equivalency



Level	Previously in Red Cross	Preschool Requirements
Parent & Tot 1 Jellyfish	Starfish	is 4 to 12 months old and ready to learn to enjoy the water with parent.
Parent & Tot 2 Goldfish	Duck	is 12 to 24 months old and ready to learn to enjoy the water with parent.
Parent & Tot 3 Seahorse	Sea Turtle	is 2 to 3 years old and ready to learn to enjoy the water with parent.
Preschool 1 Octopus	Sea Otter	is 3 to 5 years and just starting out on their own.
Preschool 2 Crab	Salamander	Can get in and out and jump into chest-deep water assisted; float & glide on front & back; blow bubbles & get face wet.
Preschool 3 Orca	Sunfish	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back.
Preschool 4 Sea Lion	Crocodile	Can jump into deep water, return & exit, sideways entry, tread water 10 seconds, wearing PFD. Open eyes underwater, recover object from bottom in chest deep water.
Preschool 5 Narwhal	Whale	Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.



Swim for Life is a complete learn-to-swim program that offers programs for parent & tots, preschoolers and school aged children. Easy to follow and progress through, Swim for Life leads seamlessly into the Lifesaving Society's lifesaving and lifeguard training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Important Swim Lesson Information:

- Please ensure you shower prior to entering the water
- If you/your child gets cold easily you may want to wait until just before the start of the lesson to get wet
- Be aware that multiple lessons take place at the same time so the pool will be busy
- We recommend that if you have questions about your child's lessons, please wait until the lesson is over to ask



Program Level Requirements and Equivalency

Level	Previously in Red Cross	Requirements
Swimmer 1	Kids Level 1	Is 5 to 12 years and just starting out.
Swimmer 2	Kids Level 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float kick and glide on front and back.
Swimmer 3	Kids Level 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10m on front and back.
Swimmer 4	Kids Level 4 Kids Level 5	Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swimmer 5	Kids Level 6	Can complete the Canadian Swim to Survive Standard; Roll - Tread (1 min.) - Swim (50m); dive; swim underwater; 15m ship kick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swimmer 6	Kids Level 7	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; spring 25m interval training 4 x 50m.
Swimmer 7 Rookie Patrol	Kids Level 8	Can do stride entries and compact jumps; legs only surface support for 45 sec.; spring 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout.
Swimmer 8 Ranger Patrol	Kids Level 9	Preferred successful completion - Swimmer 7/Rookie Patrol
Swimmer 9 Star Patrol	Kids Level 10	Preferred successful completion - Swimmer 8/Star Patrol



Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level





Adapted Swim

(all ages)
Join in on the fun in this swim for all ages and abilities! The lift is available for anyone needing support to get into the water. Adapted aid workers are free to swim with their participants. Adapted Swim occurs in half the pool and runs the same time as lane swim.

Tuesdays & Thursdays
June 29 - August 28
12-1:15 p.m.
Free

Aquafit

(16 years & over)
Make a splash with this deep water energizer. Invigorating cardio workouts designed to get you moving while improving your posture, balance & flexibility. Instructors will vary throughout the week.

Mondays, Wednesdays
& Fridays
June 1 - 28
8:45-9:30 a.m.
June 29 - August 28
12:15-1 p.m.
Free

Private Swim Lessons

(3 years & over)
Let one of our qualified swim instructors provide you with some one-on-one instruction. A great way to learn to swim or get that extra help you need to move on to the next level.

Monday - Friday
starting June 29
9-9:30 a.m.
9:30-10 a.m.
10-10:30 a.m.
10:30-11 a.m.
11-11:30 a.m.
11:30 a.m. - 12 p.m.
\$36/1

Family Swim

(all ages)
Are you looking for something to do with your family while it's hot out? Or perhaps you are new to the community and looking for things to do outside in the Summer? Join us at the Outdoor Pool with your family for this swim exclusively for you!

Sundays
June 1 - August 28
10 a.m. - 12 p.m.
Free


See page 73 for pool schedules

Private Pool Rentals

1 - 49 swimmers \$125/hour
50 - 99 swimmers \$145.25/hour
100 - 150 swimmers \$176/hour
Minimum one hour rental.
Rental availability:

June 1 - August 9
Saturday & Sunday
5-8 p.m.

August 10 - 28
Monday - Friday
5-7 p.m.
Saturday & Sunday
5-8 p.m.

 **Registration for Swim Lessons starts Monday April 27 at 7:15 a.m.**

Pooch-A-Poolooza!

Annual Dog Swim

Saturday, August 29

11 a.m. - 1 p.m.

\$5 admission

The outdoor pool is going to the dogs! Join us on our last day for fun in the sun with your favourite pooch. Dogs must be friendly and have proof of vaccinations to attend.

courtenay.ca/pooch





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

Sports & Fitness

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

Music & Dancing

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

Crafts & Hobbies

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

Cards & Games

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

Day Trips

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

Special Interest

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

Special Events

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

Special Events

Friday Night Dances featuring live bands

Typically, the 2nd and 4th Friday of the month.
Confirm dates in the Evergreen newsletter.
Tickets at the Florence Filberg Centre Rotary Hall door.

Drama Club Spring Production - But It's Cerulean Blue

Sunday, April 26th and Monday April 27th 1:30 pm
A Light-Hearted Comedy
Conference Hall, Tickets at the Florence Filberg Centre Reception or at the door.

Comox Valley Concert Band

Sunday, May 10th 1:00 pm
Come enjoy this big band sound
Tickets at the Florence Filberg Centre Reception or at the door.

Spring Ball with the Social Dance Club

Saturday, May 30th 7:00 pm
Dance the night away at this elegant event
Tickets at Florence Filberg Centre Reception or at the door.

Check our website for more information:

www.evergreenclub.ca



Canada Day Tea Dance

Wednesday, July 1st 2:00 pm
Free Community Event.
Dance, treats and community spirit!
Native Sons Hall

Pub Nights with Live Music

A Pub style evening with beer, cider and wine.
Games, socialize and a small dance floor.
Friday, April 10th, May 1st, June 5th

Evergreen Lounge

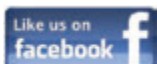


Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Rubens are offered on Tuesdays, Wednesdays and Fridays. Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen meal for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to have a game of cards. Everyone is welcome. Members can borrow a book, DVD or puzzle from our lending library.

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

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



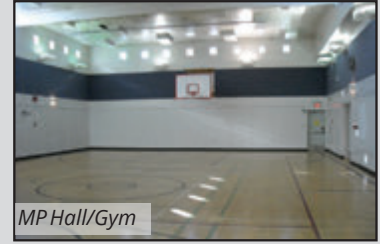
The Evergreen Club at the Florence Filberg Centre



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



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

Email: rentals@courtenay.ca

Bill Moore Park Lawn Bowling Bldg

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



**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



Rotary Hall



Conference Hall

Native Sons Hall

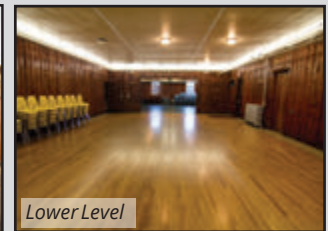
This is the largest free span log building in Canada. Built in 1928 as Courtenay's original Recreation Centre, it has hosted numerous weddings, dances, concerts, and community events. The Native Sons Hall is located in downtown Courtenay at 360 Cliffe Avenue.

Event and meeting rooms:

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

Features:

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



Lower Level



Upper Level

Call the Florence Filberg Centre at 250-338-1000

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

Fax: 250-338-0303 Email: rentals@courtenay.ca

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



Spring registration starts Monday, March 9 at 7:15 a.m.
 Summer registration starts Monday, April 27 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.

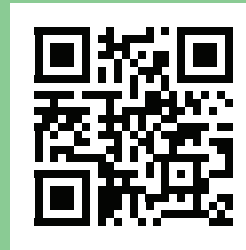
2 By Phone
 250-338-5371 or 250-338-1000.
 Use your Visa or Mastercard.

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

OPT IN!

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

Create your customer account now to be prepared to register online
 Visit our 'How To' video at courtenay.ca/reconline



Enjoy Courtenay Parks

Park	Location	Amenities	Acres
Bear James	Robert Lang Drive		2.91
Bill Moore	23rd St. & Kilpatrick		14.73
Cooper	England off 14th St.		0.68
Dogwood	Dogwood & Kilpatrick		5.7
Galloway	1084 Galloway Cr.		0.32
Harmston	Harmston & 6th		2.9
Hawk Glen	Hawk Drive		1.5
Hobson	10th St. East & Hobson		2.2
Hurford Hill	Back Road		25.0
Idiens	Idiens Way/Suffolk Cres.		2.4
Krebs	Krebs Crescent		0.84
Knights of Columbus	Tunner Drive		1.0
Lerwick Nature	Lerwick Road		7.64
Lewis	Old Island Highway		17.39
Malcom Morrison	Embleton Cres.		1.2
Maple	18th St. & Grieve		0.64
Martin	20th St. & Choquette		3.65
Millard Nature	South Island Hwy		13.76
Mission	2345 Mission Rd.		2.37
Monarch	Monarch Drive		0.57
Morrison	Arden Road		32.0
Pinegrove	5th St. East & Lerwick		4.77
Puntledge	First Street		10.05
Riverside	Anderton Avenue		1.5
Rotary Sky	Cliffe Ave & Mansfield Dr.		
Sandwick	Muir Road		6.52
Simms Millennium	Old Island Hwy		9.0
Sunrise Rotary	Dingwall & McIntyre		2.43
Standard	Cliffe & 14th St.		2.76
Sussex	1760 Sussex Dr.		0.58
The Ridge	Southwalk Dr.		
Trumpeter Glen	10th St. East & Chaster		0.35
Valley View	Lerwick Road		10.5
Walbran	2304 Walbran Dr.		0.68
Woodcote	17th & Cumberland		3.75

- Baseball Diamonds
- Basketball
- Community Centre
- Horseshoe Pitch
- Kayak/Canoe Dock
- Lawn Bowling
- Marina
- Meeting Rooms
- Nature Park
- Outdoor Workout Facility
- Parking
- Playground
- Picnic Area
- Showers
- Skateboarding
- Soccer/Football Fields
- Softball Diamond
- Street/Roller Hockey
- Water Park
- Swimming/Wading Pool
- Swings
- Tennis
- Trails
- Volleyball Courts
- Washroom





McPhee Meadows Park Open

The City of Courtenay is proud to celebrate the opening of McPhee Meadows Park, a new community space that blends natural beauty, history, and stewardship. The City is especially excited and honoured to take on the care and long-term maintenance of the historic apple orchard located within the park.

City staff met with Lorrie McPhee to help compile a list of the many apple varieties found in the orchard. Trees originally planted by her grandfather using seedlings and grafts taken from the Old Orchard. Lorrie shared heartfelt stories of growing up alongside the orchard and of how she and her father continued to care for and preserve her grandfather’s legacy over the years.

The orchard includes three pear trees as well as a diverse mix of apple varieties grown for both cider and fresh eating. These include familiar apples such as Granny Smith, Ambrosia, and Gravenstein, alongside lesser-known heritage varieties like Bramley’s Seedling, Kidd’s Orange Red, and Winter Banana.

The family history and wide range of fruit trees add to the richness and heritage value of the site.

McPhee Meadows Park stands as a place where community, history, and landscape come together for future generations to enjoy.

For more information about McPhee Meadows Park visit courtenay.ca/mcphee-meadows





The Rotary Water Park at Lewis Park re-opens on Saturday, May 16th!

The waterpark is open from 10:00 am to 7:00 pm daily throughout the summer. *Please note that hours are subject to change.*

A colourful and safe rubber surface installed in 2021 is made from recycled tires. This work was partially funded by a grant from Tire Stewardship BC.

See **page 72** for more information on the outdoor pool at Lewis Park.

Call the Lewis Centre for further information at 250-338-5371.

Simms Summer Concerts are coming

Enjoy FREE concerts with local and regional performers on Sundays throughout the summer.

All concerts start at 7:00 p.m. and last one to two hours.

Due to construction at Simms Park, 2026 concerts will take place at the **Lewis Park stage** (behind the Outdoor Pool) at 489 Old Island Highway.

Please bring your own lawn chair or blanket.

Check in mid-May for a complete schedule of performers at courtenay.ca/simms



Mile of Flowers Happening Soon

Volunteers needed for community planting event!

Come out and join the biggest planting event in Courtenay! The Mile of Flowers is marking 58 years of filling Cliffe Avenue boulevards with colourful blooms on Tuesday, May 26.

The Plant-in starts at 5 p.m. and goes until around 7 p.m. Volunteers from the community are invited to fill the garden beds on both sides of Cliffe Avenue from 8th to 21st Streets with summer flowers provided by the City of Courtenay. Refreshments will be available.

No prior experience is required, just pick an open spot, and start planting. Participants are asked to bring garden gloves and a trowel or spoon for digging.





CVAG
VISION • ART • CULTURE

COMOX VALLEY ART GALLERY
580 DUNCAN AVENUE COURTENAY BC V9N 2M7
250.338.6211 | COMOXVALLEYARTGALLERY.COM

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

SUMMER 2026

MUSIC & ARTS MINI FEST

PULSE
ON THE PLAZA



JUNE 26
JULY 24
AUGUST 28



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 zoom school programmes, fossil tours, field trips, lectures and gift shop.

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

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





OCP and Zoning Bylaw updates

Since Courtenay adopted its last OCP in 2022, Courtenay is growing faster than expected. Starting in 2025, the City has been reviewing Courtenay's OCP to ensure it aligns with provincial housing legislation introduced in 2023, including requirements to meet housing needs, regular five-year planning cycles and community engagement. Provincial rules require cities to review their Housing Needs Reports, OCPs and zoning bylaws every five years. This makes sure housing is planned for in a way that's affordable, diverse and sustainable, supported by ongoing community engagement. The overall vision, goals and four "cardinal directions" from the 2022 OCP remain the foundation for this review and update: reconciliation, climate action, equity and community well-being.

The City thanks all who participated in the community engagement whether that was through the dedicated engagement webpage, one of the virtual info sessions or workshops, survey, engagement with information booths at community events, or in person open house. The Zoning Bylaw, now almost 20 years old, will also be modernized to better reflect Courtenay's current and future growth. The Zoning Bylaw

update will occur over two phases with house-keeping amendments to improve interpretation and use of the Zoning Bylaw in early 2026, and a full update of all zones to align with the updated OCP beginning later in the year.

Next steps

The updated OCP and Zoning Bylaw housekeeping amendments will be presented to council in early 2026. Both bylaw updates will include a public hearing.

Learn more

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

Downtown Vitalization Local Area Plan

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

This plan will provide more detailed direction for one of Courtenay's key growth centres. The City thanks the hundreds of people who participated in the visioning for the Downtown in 2025. The process will continue into 2026.

Learn more

engagecomoxvalley.ca/courtenay-downtown-plan



Volunteer Opportunities

Courtenay Recreation

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

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

www.courtenay.ca/rec

Call 250-338-5371



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!



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

Volunteer with Us This Summer!

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

Volunteering Training Sessions required for all camp volunteers. See page 25 for more information.

courtenay.ca/volunteer | 250-338-5371



The Salvation Army

Volunteer with us today!

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

Call Andrea to volunteer (250) 338-5133

because, Everyone Needs An Army.

www.comoxvalleysa.ca

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.



The Evergreen Club for Adults 55+

The Evergreen Club is a fantastic club for mature adults who like to stay busy and social! With 47 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



Low Cost Recreation

LEAP - Leisure for Everyone Accessibility Program

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

City of Courtenay Recreation Access Program

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

Town of Comox TRIP

(Town of Comox Recreation Inclusion Program) Low cost recreation opportunities are available for Comox residents on limited income. Application forms are available at comox.ca/accessible-rec 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.

189 Port Augusta Sea Cadets

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

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

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

New Discoveries Parent & Child Learning Centre

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

Prenatal Classes

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

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

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**





**Courtenay
Recreation**



Courtenay Recreation's
**Nickel
Carnival**

(3 - 12 years)

Friday July 24

1:30 - 3:30 pm

12:30 - 1:30 pm Quiet Hour

Lewis Centre

489 Old Island Highway

\$3/entry

- Face painting
 - Carnival games
 - Contests
 - Prizes
 - Candy guess
- and more!

courtenay.ca/nickel

Volunteers needed! | 250-338-5371

LEARN TO BMX RACE



ALL AGES
WELCOME



FOLLOW US
ON
FACEBOOK
AND
INSTAGRAM

SEASON STARTS
IN APRIL

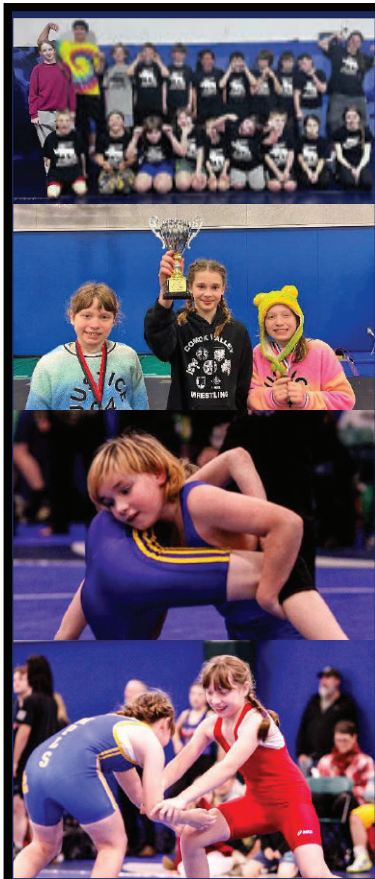
COAL HILLS BMX

Practice - Mondays
5:30 (1/2 track) 6:15 (full track)

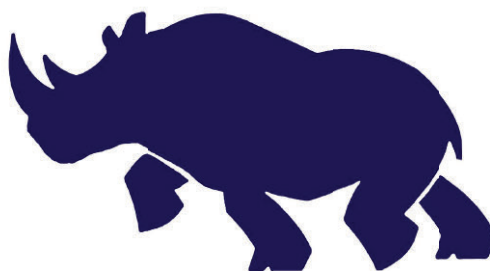
REGISTER DURING
PRACTICE NIGHTS

We have loaner helmets and bikes but come with long pants, long sleeve shirts, closed toed shoes

2815 Dunsmuir Ave, Cumberland
coalhillsbmx1@gmail.com



2026 RHINO SUMMER CAMP: JULY 20-24, 2026
 Registration will open March 1, 2026



TEAM RHINO
WRESTLING

YOUTH WRESTLING IN THE COMOX VALLEY

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

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

Classes run all year with summer camp options.

www.RhinoWrestling.ca



COMOX VALLEY
 SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Beach Volleyball | Slo Pitch | Soccer

Ultimate Frisbee | Flag Football | Indoor Volleyball

Indoor Soccer | Basketball | Floor Hockey | Dodgeball

Spring deadline is March 25 | Summer deadline is June 3

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



BE YOUR OWN CAPTAIN!

Sailing for **kids, teens, and adults** of **all experience levels**, whether **recreational or competitive**. Enjoy boat access, lessons for beginners through advanced sailors, and a welcoming community located at the **Comox Marina**.



ENROLL NOW  comoxbaysailingassociation.ca  (604) 990-7034



COMOX VALLEY

Baseball Association

2026 Spring Season runs April - June

**Co-ed Baseball:
For players born
2008 - 2022**

**Girls Softball:
For players born
2011 - 2018**



Registration Began January 2026
2026 Summer & Fall Ball Opportunities
COMING SOON!

For registration details, please visit our website
at www.cvba.ca or email registrar@cvba.ca

Join the fastest growing tennis community in the Comox Valley!

- Year-round ladder play
- Drop-in nights
- Ball machine
- Seasonal singles and doubles leagues
- Access to skills clinics and certified instructors
- Low membership fees
- Year-round social events
- Clubhouse access

ALL SKILL LEVELS WELCOME!

COMOX VALLEY

TENNIS CLUB

comoxvalleytennis.org

4R's Education Centre (Soc.)

McPhee Avenue, Courtenay, BC

*A happy place
to learn!*



4R's

(K - 12)

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

Opening Doors for Learning



Little R's Pre-school

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



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

Discoveries Happen Here!

Cultural and Natural History
of the Comox Valley

FOSSIL TOURS
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Courtenay
and District

Museum
x Palaeontology Centre

Book a Tour!
250-334-0686

www.courtenaymuseum.ca
207 Fourth Street, Courtenay, BC V9N 1G7

CV KIDS
playhouse

KIDS SPRING BREAK CAMP



Our camps include: Play structure play, games,
nature walks, crafts/activities and more!

30TH MARCH - 2ND APRIL
9AM - 3PM

WEEK OR DAY RATES AVAILABLE



Blue Devils

SUMMER SWIM CLUB

It's a great way to get yit
and have fun.

Programs for swimmers aged yve & up.

Registration opens March 2026



For more information,
please contact
comoxvalleybluedevels@gmail.com
www.bluedevelswim.ca

Courtenay Lawn Bowling

Season opens
mid April and
runs until end
of September



Place: Bill Moore Park,
Kilpatrick Ave. & 23rd St.

Membership: \$175 for unlimited access

A sport for all ages. Come give it a try!

For more info call 250-338-8222
Visit our website www.courtenaylbc.com

Comox Valley

United Soccer



Registration for 2026 Spring/Summer Comox Valley United Soccer Club Programming!

Spring Valley Youth Soccer League:
Ages U4 to U15
Registration CLOSES March 18, 2026

United Development Program:
Ages U8 to U13- Registration OPENS March 9, 2026. Program runs April 13 to June 8. Cost \$125

United Performance Program:
Ages U14 to U18- Registration OPENS March 9, 2026. Program details to follow. Cost \$150

Summit Summer Program:
Ages U8 to U18 - Registration OPENS May 26, 2026. Program runs July 14 to August 13. Cost \$120


Mark your calendar for Fall Valley Youth Soccer -
Registration OPENS June 6, 2026.
Program starts September 1, 2026.

Please visit our website at www.cvusc.org
for more program information or email
info@cvusc.org / 250-334-0422

Quarantones Male Chorus

PRESENTS

Brothers in Song



CUMBERLAND WEIRD CHURCH - 22nd - 7:30pm
COMOX COMOX UNITED - 23rd - 2:30pm
QUADRA ISLAND COMMUNITY HALL - 24th - 2:30pm


MAY 22, 23, 24 | 2026
TICKETS: ONLINE & AT THE DOOR
U13 - FREE

ENTRY \$25

www.quarantonesensemble.com

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




bgc Central Vancouver Island
 Ladysmith | Nanaimo | Lantzville
 Parksville | Comox Valley

early years + out of school care
 Our programs offer play-based care that support children's physical, social, and emotional development. We provide convenient pickup and drop-off from local schools, along with engaging Pro-D day and holiday camp options.

parenting programs
 Find support, increase your confidence, and learn new skills for parenting your teen and pre-teen in our professionally facilitated support networks for parents and caregivers. For more info, contact parentingprograms@bgcvi.com



bgcvi.com
 @bandclubofcvi @bgcvi
 opportunity changes everything.



INSPIRING AWARENESS OF STRATHCONA PROVINCIAL PARK THROUGH, APPRECIATION AND STEWARDSHIP OF THE NATURAL WORLD THROUGH RESEARCH, EDUCATION AND PARTICIPATION.



VISITOR CENTRES OPEN
JUNE - THANKSGIVING
7 DAYS/WEEK



GUIDED WALKS AND HIKES
WITH NATURALISTS ON WEEKENDS



ACCESSIBILITY - WHEELCHAIRS AND TRAILRIDER



CONTACT US:
STRATHCONAPARK.ORG
STRATHCONAWILDERNESS@GMAIL.COM

THE ORANGE TREE SERVICE

Tree Removal, Pruning,
Hedge Trimming, Stump
Grinding, Yard Clearance,
Emergency Tree Services

250 207 6764

VISIT OUR WEBSITE



FREE ESTIMATES
ISA CERTIFIED ARBORISTS
DANGER TREE ASSESSORS
10% Seniors Discount





Sprout Meadows



Ride, Learn, Grow Year-Round at Sprout Meadows



**Spring Break and Summer Camps now booking.
Check out our website for our 2026 dates!**



At Sprout Meadows, we offer more than riding lessons — we build confidence, horsemanship, and a lifelong love of horses. With two indoor and two outdoor arenas, our riders enjoy consistent, year-round programming in a welcoming and professional setting with certified, insured coaches with up to date criminal record checks.

- Equine Canada-aligned lesson programs
- Insured, certified coaches

Riders ages 4yrs + and ALL levels welcome, We have coaches suitable for all levels.

Come see what makes Sprout Meadows a favourite in the Comox Valley.



**www.sproutmeadows.com
3583 Dove Creek Rd, Courtenay**



Mile of Flowers Plant-In

Tuesday, May 26
Starting at 5 p.m.

Join hundreds of volunteers for Courtenay's annual Mile of Flowers Plant-In. A local tradition since 1967.

Free barbecue

Join us at Standard Park (located at Cliffe Avenue and 14th Street) for a free barbecue courtesy of Courtenay Rotary and the City of Courtenay.

No prior experience is required, just pick an open spot, and start planting.

What to bring

- Gloves and trowel
- Drinking Water
- Community Spirit

Where to plant

Anywhere along the sidewalk garden beds on Cliffe Avenue.

courtenay.ca/mileofflowers

Double Brothers Experience performing in 2025, photo Kim Stalknecht



Simms Summer Concert Series at Lewis Park

Sundays at 7 p.m.

Enjoy great local and regional performers throughout the summer!

Due to construction at Simms Park, 2026 concerts will take place at the Lewis Park stage (behind the outdoor pool).

Check for concert information updates at
courtenay.ca/simms



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

Seniors

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

Fairs & Festivals

Cumberlands Victoria Day Celebrations
.....cumberlanceventssociety@gmail.com
CV Exhibition250-338-8177
Filberg Festivalfilbergfestival.com

Health & Wellness

Alcoholics Anonymous comoxvalleyaa.ca
AVI Health & Community Services
.....250-338-7400
CV Mental Health & Substance use
.....250-331-8524
CV Hospice Society (Info. & bereavement
support)..... comoxhospice.com
CV Nursing 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

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

Dance Groups

Argentine Tango.....250-703-3057
CV Line Dance - Joan.....250-703-6660
Line Dance Collective.....250-897-9689
Line Dancing with Brenda.....250-890-2054
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukrainian Dancers - Karen
.....cvdolynadancers@gmail.com
West Coast Swing Collective.....cwcs.ca

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

Sports

Adult Leagues

CV Sports & Social Club...comoxvalleysports.ca

Aquatics

CV Aquatic Club (Sharks)

.....cvsharksheadcoach@gmail.com

CV Orcas Synchronized Swim Club

.....cvorcas@gmail.com

Baseball/Softball

CV Minor Baseball.....cvba.ca

CV Minor Softball.....cvba.ca

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

Basketball

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

CV Youth Basketball Assoc.

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

Wheelchair Basketball - Stephane

.....cwssdocs@gmail.com

Ice Sports

CV Glacier Kings Jr. Hockey

- 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

.....cwwomensspringsoccer@gmail.com

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

Other

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

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling 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.....edfjer@icloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.ca

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

Junior Roller Derby.....stonecoldstellas.com

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

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

Outdoor Groups

Boating

Canadian Power & Sail Squadron

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

Comox Bay Sailing Club..comoxbaysailingclub.ca

Compass Adventures.....compassadventure.ca

Dragon Boat Society (Blazing Paddles)

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

Dragon Boat Team (Dragon Rider Youth Team)

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

Dragon Boat Team - Hope Afloat (Women

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

Dragon Boat Team (Dragonflies)

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

Dragon Boat Team (Prevailing Wins)

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

Dragon Boat Team (Flying Dragons Ladies)

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

Comox Valley Canoe Racing Club

.....cvcanoeracing.ca

CV Rowing Club.....comoxvalleyrowingclub.ca

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

Comox Valley Paddlers Club.....

.....comoxpaddlers@gmail.com

Other

Coal Hills BMX.....bmxcanada.org/tracks/1538

Comox District Mountaineering (Hiking)

Club.....comoxhiking.com

CV Disc Golf Club.....cvdiscgolf.com

CV Ground Search & Rescue.....250-334-3211

Comox Golf Club.....comoxgolfclub.ca

Courtenay Fish & Game Protective

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 Arts.....250-334-2983

Co-Val Chorister - Beryl.....250-339-4429

CYMC/CV Youth Music Centrecymc.ca

Fiddlejam - Craig250-339-4249

Hello Strings - Helena

.....gohellostrings@gmail.com

Island Voices Chamber Choir

.....islandvoiceschamberchoir.bc.ca

Letz Sing Community Choir

- Tina.....250-923-7709

North Island Choral Society.....

.....northislandchoral.ca

Performing Arts Comox Valley (PACV)

- Lynn.....performingartscomoxvalley.ca

Pearl Ellis Gallery.....250-339-2822

Rainbow Youth Theatre

.....rainbowtheatre.com

Strathcona Symphony Orchestra

.....250-331-0158

Theatreworks - Kim.....250-792-2031

Youth

Scouting

Scouting Inquiries - Chris250-339-2424

Cadets

386 Komox Royal Canadian Air Cadet

Squadron.....386komox.com

Army Cadets.....250-339-8211

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade..250-897-1098

Other

Dragon Boating Youth Team

(Dragon Riders).....cvdragonriders@gmail.com

CV German Language School

.....comoxvalleygls.org

CV Girls Group - Shelby.....250-897-0511

Nature Kids.....comox@naturekidsbc.ca

CV Waldorf School - Maurissa.....250-871-7777

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

follow us     



**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

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**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

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**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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City of
Courtenay



City of Courtenay
**Canada Day
Celebration**
June 30 & July 1

Free Family Fun

Kick off the celebration with the Night Before Concert on June 30. Then join us on July 1 for a full day of Canada Day excitement.

Enjoy live music and entertainment, a downtown parade and a lively Kids' Zone.

Be part of the fun!

The Canada Day Organizing Committee is looking for:

- **Volunteers**
- **Food Vendors**
- **Sponsors**
- **Performers**
- **Community Booths**

Get involved and help make Canada Day unforgettable!

Information & Schedules: courtenay.ca/canadaday | 250-338-5371 | 250-338-1000

COMOX VALLEY | SPRING/SUMMER RECREATION GUIDE | 2 0 2 6



SEE PAGE 2

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 88

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 118

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



TOWN OF COMOX

SEE PAGE 122

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 167

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

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