

What's Inside . . .

	2 Comox Recreation	Fall Registration starts Monday, August 11 at 6 a.m. comox.ca/rec	
	36 Cumberland Recreation	Fall Registration starts Monday, August 11 at 7 a.m. cumberland.ca/rec	
	44 Courtenay Recreation	Fall Registration starts Monday, August 11 at 7:15 a.m. courtenay.ca/rec	
	107 CVRD Sports & Aquatic Centres	Fall Registration starts Monday, August 11 at 8 a.m. comoxvalleyrd.ca/rec	
	134 19 Wing Comox	Fall Registration starts Preferred: August 11 at 9 a.m. Open: August 18 at 9 a.m. cfmws.ca/comox	

Adapted Programs for Diverse Abilities.....	72
Volunteer Opportunities.....	139
Community Groups	140 - 152
Community Directory.....	150

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

Winter Registration starts Monday November 17

*Cover photo by
Sara Kempner Photography*



Welcome!

Courtenay Recreation has a full and exciting line-up of fall programs for all ages, levels and abilities - from early years dance and gymnastics, to youth programs at The LINC, adult arts and wellness, 55+ fitness and more.

While you're planning your fall activities, be sure to visit The LINC Youth Centre at 300 Old Island Highway (across from the Lewis Centre) to see its vibrant new mural, unveiled over the summer. The colourful three-wall artwork was created by youth artists with mentorship from Emily Thiessen, a local illustrator and muralist, and support from the Comox Valley Art Gallery. It reflects the energy, creativity and inclusivity The LINC represents - a welcoming space for all.



Courtenay Mayor
Bob Wells

Courtenay Recreation Table of Contents

Programs

Early years (preschool).....	47
Children's programs	52
Youth programs	65
Adapted programs for adults with disabilities.....	72
Adult programs	77
Wellness centre	87
Active living	88
Drop-in fitness schedule	91
Personal training.....	97
Evergreen club.....	98

General

Cozy Corner preschool.....	46
Squash.....	86
Registration.....	102

Facilities

The LINC Youth Centre.....	71
Wellness centre.....	87
Lewis Centre facility rentals.....	100
Filberg Centre & Native Sons Hall facility rentals.....	101
Park bookings.....	103
Courtenay parks.....	104
Culture groups.....	105

Legend:



Childminding is offered during these programs



This program incorporates physical literacy



Evergreen Member discounted program





Lewis Centre

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

Office hours

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

Facility hours

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



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



Florence Filberg Centre

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

Office hours

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



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

Facility closures:

Labour Day	Sept 1
Truth & Reconciliation	Sept 30
Thanksgiving	Oct 13
Remembrance Day	Nov 11
Christmas Day	Dec 25
Boxing Day	Dec 26
New Year's Eve	Jan 1



The LINC Youth Centre & Indoor Skatepark

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

For up to date hours please call
250-334-8138 or visit
www.courtenay.ca/linc



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



COZY CORNER Preschool

at the Lewis Centre
Ages 3-5 years

489 Old Island Highway,
Courtenay

250-338-5371
courtenay.ca/cozycorner

A dedicated outdoor
play space focused
on active play.



'Children need the freedom
and time to play. Play is not a
luxury. Play is a necessity.'
- Kay Redfield Jamison
Professor & Psychologist



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

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

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

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

Childminding

(1 month – 11 years)

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

Mornings: Sept 2 - Dec 31

Monday - Thursday

8:45-10:30 a.m.

Friday

10:15-11:45 a.m.

Saturday

8:45-10:30 a.m.

Evenings: Sept 2 - Dec 17

Tuesdays & Wednesday

4:45-6:30 p.m.

\$3.15/1¼ hours *includes GST*

\$30/10 punch-card



Parent Tot

Art Explorers

(1-5 years with adult)

Each week will be a different art-based project. Sign up for all sessions or drop-in and try it out. Please note drop-in spaces are limited. **No class Sept 30.**

Tuesdays

#16916 Sept 16 - Oct 21

#16918 Nov 18 - Dec 16

10-11 a.m.

Lewis Craft Room B

Pre-register: \$20/5/family

\$5/family/drop-in

Wednesdays

#17093 Sept 17 - Oct 22

#17094 Nov 12 - Dec 17

10-11 a.m.

Lewis Craft Room B

Pre-register: \$24/6/family

\$5/family/drop-in



Toddler Gym Programs

Come enjoy some social time with other parents and babies who are in the same stage. Some of the space will have mats for those who need a soft place to land. Other fun toys will also be available. Adult participation required.

Thursdays

Sept 11 - Dec 11

#17012 **Curious Crawlers**

(birth - 18 months)

9-10 a.m.

#17032 **Wobbly Walkers**

(1 - 3 years)

10:30-11:30 a.m.

#17016 **Little Movers**

(4 years & under)

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

Vern Nichols Gym

\$3/drop-in/child



Parent & Tot

Morning PlayTime

(1-5 years with adult)

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

#17009 Sundays

Oct 19 - Dec 14

9:15-10:30 a.m.

Lewis MP Hall B

\$3/drop-in



Winter Break Parent

& Tot Open Gym Time

(6 years and under with adult)

Drop in to burn off some energy. This unstructured play time offers a variety of fun equipment and toys. It's cold outside so come in and PLAY!

#17077 Mondays, Dec 22 & 29

Tuesdays, Dec 23 & 30

10:30-11:30 a.m.

Lewis MP Hall

\$3/drop-in



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding Sept 2 - Dec 31						
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.	8:45-10:30 a.m.	10:15-11:45 a.m.	8:45-10:30 a.m.	
Parent & Tot <i>see program description for dates & fees</i>						
	Art Explorers 10-11 a.m.	Art Explorers 10-11 a.m.	Toddler Gym 9-10 a.m. or 10:30-11:30 a.m. or 11:30 a.m. - 12:30 p.m.			Morning Play Time 9:15-10:30 a.m.
Family Gymnastics Sept 13 - Dec 16						
(all-ages) 12:30-1:30 p.m.	(all-ages) 9:45-10:45 a.m.				(5 yrs & under) 9-10 a.m. or (all-ages) 11:15a.m.-12:15p.m.	
schedule subject to change						
schedule updates at courtenay.ca/drop-in						

Courtenay Early Years



Fall Program Registration starts Monday August 11 | See page 102



Special Interest

Teeny Weeny Halloweeny

(1 month - 3 years with adult)
Oooooooo it's time to get our spook on! Join us for creepy crafts, silly, spooky songs and plenty of ghostly activities with your little one.

#16941 Tuesdays
October 14 - 28
2-3 p.m.
Lewis Meeting Room
\$29/3

Santa Baby

(1 month - 3 years with adult)
Celebrate your baby's first holiday season by making memorable keepsakes. Create fun gifts and ornaments to make long lasting memories for your friends and families.

#16923 Tuesdays
December 2 - 16
2-3 p.m.
Lewis Meeting Room
\$29/3

Fun with Food

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

#17075 Thursdays
Nov 6 - Dec 11
9:30-11 a.m.
Lewis Craft Room A
\$90/6

Messy Masterpieces

(3-5 years)
A fun atmosphere for young children to explore many different ways of creating art. They will progress their creativity and will experience innovative ideas to create masterpieces. Be sure to wear clothes that can get messy.

#16972 Wednesdays
Oct 8 - Nov 12
1-2:30 p.m.
Lewis Craft Room B
\$75/6



Festive Bakers

(3-5 years)
Whisk, mix and flip up some fun while you bake a fun treat each week. Children will make a sweet or savory snack, while learning to safely roll, grate, pat, mix and spread. Experience cooking with all 5 senses, especially taste!

#16912 Fridays
Nov 7 - Dec 12
12-1:30 p.m.
Lewis Craft Room A
\$90/6

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 fostering a love of cooking.

#16911 Fridays
Sept 26 - Oct 31
12-1:30 p.m.
Lewis Craft Room A
\$90/6

Gymnastics & 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.

No class Oct 13.

Mondays
#17184 Sept 15 - Oct 27
#17185 Nov 3 - Dec 8
9-10:30 a.m.
Vern Nichols Gym &
Lewis Craft Room A
\$85/6



Did you know . . .

You can check your family schedule, print past receipts and more when you access your online account at courtenay.ca/reconline

Preschool Floor Hockey

(3-5 years)

This program will focus on the enjoyment of the game, while teaching players the basic skills required to play. Players will play a variety of games designed to teach them how to hold the stick, make a pass, and take a shot all while having fun. For this age group, we may use foam hockey sticks and balls. Parent participation as needed.

Thursdays

#16921 Nov 13 - Dec 18
3:30 - 4:15 p.m.
Lewis MP Hall
\$42/6



Soccer Stars

(3-5 years)

Run, kick, pass, shoot, dribble and practice skill based games as we introduce you to basic soccer skills. Learn how fun it is to be part of a team as you develop your listening skills, physical co-ordination, teamwork and fitness. Parent participation as needed.

Saturdays

#16913 Sept 20 - Oct 11
10-10:45 a.m.

Outdoor Stage grass area
\$28/4

#16992 Oct 18 - Dec 6
10-10:45 a.m.
Lewis MP Hall
\$55/8



Mini Athletes

(3-5 years)

This program will introduce your preschoolers to a variety of sports and equipment. Everyone will be encouraged to move their body in a range of ways and directions regardless of their ability. The instructors will use positive reinforcement in a fun, sporty environment to engage your child.

#17082 Fridays

Sept 19 - Oct 24
11:30 a.m. - 12:15 p.m.
Lewis Outdoor Stage
\$42/6



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.

#17083 Fridays

Nov 7 - Dec 12
11:30 a.m. - 12:15 p.m.
Vern Nichols Gym
\$42/6



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



**Courtenay
Recreation**

Children's Christmas Party

Saturday, December 6
11 a.m. - 1 p.m.
Lewis Centre

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

courtenay.ca/christmas



Courtenay Early Years



Fall Program Registration starts Monday August 11 | See page 102



Movement

Stretch, Strength & PLAY!

(2-5 years)

Our movement and stretching program helps preschoolers build strength, balance, and body awareness – all while having fun! Through playful activities and guided stretches, children learn to move with confidence. Parent participation encouraged. **No class Sept 30.**

Tuesdays
#17186 Sept 16 - Oct 28
2:30-3:15 p.m.
Lewis Activity Room
\$70/6

#17187 Nov 18 - Dec 16
2:30-3:15 p.m.
Lewis Activity Room
\$59/5

Sundays
#17234 Sept 14 - Oct 12
9-9:45 a.m.
Lewis Activity Room
\$59/5

#17235 Nov 16 - Dec 14
9-9:45 a.m.
Lewis Activity Room
\$59/5

Register ONLINE at
courtenay.ca/reconline



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. **No class Oct 13.**

Instructor: Leigha Wald
Mondays
#16915 Sept 15 - Oct 27
#17073 Nov 3 - Dec 8
1:15-2 p.m.
Lewis Activity Room
\$70/6

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! **No class Oct 13.**

Instructor: Leigha Wald
Mondays
#16914 Sept 15 - Oct 27
#17074 Nov 3 - Dec 8
10:30-11:15 a.m.
Vern Nichols Gym
\$70/6

Dance with Me: Intro to Creative Dance

(2-5 years with adult)

This class for caregivers and tots is a fun way to begin learning the basic movement of dance. We use unstructured movement to engage children. Caregivers, bring your 2- 5 year olds out and stimulate their minds with music and movement. This is a great intro class to Preschool Creative Dance. Adult participation required.

Instructor: Leigha Wald
#16968 Wednesdays
Nov 5 - Dec 10
11-11:30 a.m.
Lewis MP Hall A
\$48/6



Baby & Me Yoga

Spend time bonding with your baby while you regain strength, flexibility and balance all while having the opportunity to connect with other moms. This class is open to babies six-weeks-old until crawling.

Instructor: Akiko Shima
Thursdays
#16910 Sept 18 - Oct 30
#16919 Nov 6 - Dec 18
3-4 p.m.
Lewis Meeting Room
\$84/7



Preschool Creative Dance

(3-5 years)

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

Instructor: Leigha Wald
#16969 Wednesdays
Nov 5 - Dec 10
11:45 a.m. - 12:30 p.m.
Lewis MP Hall A
\$70/6



Gymnastics

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 gymnastics and help focus some of their energy.

No class Sept 30, Oct 13 & Nov 11.

#17195 Mondays
Sept 15 - Dec 15
1:30-2:30 p.m.
\$235/13

Tuesdays
Sept 16 - Dec 16

#17194 10:45-11:45 a.m.

#16967 1-2 p.m.
Vern Nichols Gym
\$216/12



Mighty Movers



(2 years & under w/ an adult)

Run, jump, land, climb, roll and swing. Our knowledgeable, playful, staff will connect you to a lifetime of learning and physical activity as we play games and try out the different gymnastics equipment with our parents! Get ready to roll into fun! Adult participation required. **No class Oct 13.**

#16965 Mondays
Sept 15 - Dec 15
9:30-10:15 a.m.
Vern Nichols Gym
\$135/13



Ninja Kids

(3-5 years)

Get those heart rates up in this fun, creative class using the gymnastics equipment! The gymnastics staff will have your active child running, climbing, crawling, rolling and exploring new movements through a wide range of activities while making new friends! **No class Oct 13.**

#16964 Mondays
Sept 15 - Dec 15
11:30 a.m. - 12:30 p.m.
Vern Nichols Gym
\$235/13



If you have previously registered in Intro to Gymnastics, it has been combined with our Kindergym & Trampoline class

Tot Tumblers & Trampoline

(2 years & under w/ an adult)

Take those first little steps into organized gymnastics, guided by your fun and knowledgeable gymnastics staff! You'll learn basic movements, play games, run, roll, climb and explore on all the equipment set up in our gym with the help of a parent! This class could help your child realize their love for gymnastics and help focus some of their energy! Adult participation required. **No class Sept 30 & Nov 11.**

#16966 Tuesdays
Sept 16 - Dec 16
9-9:45 a.m.
Vern Nichols Gym
\$125/12



Family Gymnastics

(all-ages w/ an adult, except where noted)

Get ready to run, jump, swing, bounce and play together as you explore the best indoor playground around! During our Monday timeslot we've created a sensory-friendly environment, with lower lights, no music and stream-lined equipment - everyone welcome. Adult participation required. **No drop-in Sept 30, Oct 13 & Nov 11.**

#16998 Saturdays
Sept 13 - Dec 13
9-10 a.m. (**5 yrs & under**)
11:15 a.m. - 12:15 p.m.

#16997 Mondays **sensory-friendly**
Sept 15 - Dec 15
12:30 - 1:30 p.m.

#16999 Tuesdays
Sept 16 - Dec 16
9:45-10:45 a.m.
Vern Nichols Gym
\$6.50/drop-in



Please check receipts for important program information.



Courtenay Early Years

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 2025 today! More info at courtenay.ca/recaccess



Fall Program Registration starts Monday August 11 | See page 102



Birthday Parties

Birthday Parties at The LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

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

Or combine themes to make a party all your own! Host parent must be present.

Saturdays starting Sept 6
10:15 a.m. - 12:15 p.m. **or**
12:45-2:45 p.m.

Sundays starting Sept 7
11:15 a.m. - 1:15 p.m. **or**
1:45-3:45 p.m.

LINC Youth Centre &
Indoor Skatepark
\$155

*make & take &/or 3 large
pizzas can be added for
an extra fee*

*Please check receipts for
important
program information.*

Create-a-Party

(5 years & over)

Celebrate with Creativity! Party with your friends and choose your adventure: paint a masterpiece or build and explore with LEGO®, Keva blocks and more with one of our friendly staff. Then it's time for cake and celebration. A perfect mix of creativity, connection, and cheer!

Sundays
starting September 7
10:45 a.m. - 12:45 p.m.
Lewis Craft Room A
\$145

Gymnastics and Trampoline Birthday

(3-15 years)

Whether you have an agile gymnast or a ninja warrior, this party is bound to be a ton of fun. In the first hour our enthusiastic coaches will supervise your group on our fun-filled gymnastics set up. Once you have jumped, spun & run your way to fun, enjoy the second hour of your party in our party room where you can serve treats, open presents and more.

Saturdays starting Sept 13
10 a.m. -12 p.m. **or**
1:30-3:30 p.m.
Vern Nichols Gymnasium
& Craft Room A
\$155

Power Play Party

(3 years & over)

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 you burn off some energy, enjoy the second hour in one of our party rooms where you can serve treats, open presents and more. This party is guaranteed to be a blast!

Sundays
starting October 19
11 a.m. - 1 p.m. **or**
1:45-3:45 p.m.
Lewis MP Hall &
Craft Room B or A
\$145

Archery Adventure Birthday

(7 years & over)

Join us for an exhilarating archery adventure! Unleash your inner archer with an afternoon of games, challenges and friendly competition. Learn archery basics, test your skills with target practice and more! Enjoy the second hour in one of our party rooms where you can enjoy snacks, cake, open presents and more. All participants (guests) must be at least 7 in order to use archery equipment safely.

Saturdays
starting October 18
1:45-3:45 p.m.
Lewis MP Hall &
Craft Room B
\$155

*Maximum 12 participants
allowed for all birthday
parties. Host parent must be
present. No parties Oct 11, 12,
Dec 13 & 20.*

Be Creative

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!

#16807 Mondays

Sept 8 - Oct 6

3:30-4:30 p.m.

Lewis Craft Room B

\$75/5

Winter Clay Creations

(7-12 years)

Get into the holiday season creating age-appropriate Christmas and winter-themed projects out of clay! Students will learn how to make fun and functional items such as snowman luminaries, plates for Santa's cookies, ornaments and more!

Tuesdays

Nov 18 - Dec 16

#16730 3-4:30 p.m. (7-9 years)

#16731 5-6:30 p.m. (10-12 years)

\$119/5

Thursdays (home-learners)

Nov 6 - Dec 11

#16732 1-2:30 p.m. (7-9 years)

\$140/6

Lewis Craft Room B

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

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. **No class Sept 30.**

Tuesdays

Sept 9 - Nov 4

#16726 3-4:30 p.m. (7-9 years)

#16727 5-6:30 p.m. (10-12 years)

Lewis Craft Room B

\$189/8

Learn to Sew

(8-10 years)

Have you ever wanted to sew your own special items? Join us as we explore the basics of sewing and stitching. Build confidence in your craft as you explore the different projects. Sign up for one or all!

Wednesdays

#16808 Drawstring Bag

Sept 10 - 24

\$65/3

#16809 PJ Pants or Shorts

Oct 1 - 22

#16810 Hoodies

Oct 29 - Nov 19

#17166 Holiday Projects

Nov 26 - Dec 17

3:15-4:45 p.m.

Lewis Craft Room A

\$89/4

Homeschool

Pottery Party

(7-9 years)

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

#16729 Thursdays

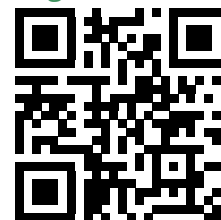
Sept 11 - Oct 30

1-2:30 p.m.

Lewis Craft Room B

\$189/8

Register online:



Courtenay Children



Fall Program Registration starts Monday August 11 | See page 102



Get Cooking

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.

#16817 Mondays

Oct 20 - Nov 17

3:45-5:15 p.m.

Lewis Craft Room A

\$105/5

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!

#16811 Sundays

Sept 14 - Oct 5

1:30-3 p.m.

Lewis Craft Room A

\$84/4

No classes on stat holidays

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.

#16816 Tuesdays

December 2 - 16

5-6:30 p.m.

Lewis Craft Room A

\$65/3

New Years Bake Off Jr.

(K-10 years)

Create an assortment of holiday baking this holiday season. Cookies, bars, and treats galore; you'll be a hit at the holiday parties and have all the goodies to ring the New Year in right! Participants will leave with an assortment of treats to share and a recipe book to continue the baking at home!

Monday - Wednesday

Dec 29 -31

9:00 a.m. - 12 p.m.

#17136 K - 7 years

Lewis Craft Room A

#17170 8 - 10 years

Lewis Craft Room B

\$109/3

Bakers Ready

(7-9 years)

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

#16812 Thursdays

Sept 11 - Oct 9

4-6 p.m.

Lewis Craft Room A

\$149/5

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!

#16818 Fridays

Sept 12 - Oct 10

3:45-5:15 p.m.

Lewis Craft Room A

\$105/5

Register online:



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!

#16815 Thursdays

Oct 16 - Nov 13

5:30-7 p.m.

Lewis Craft Room B

\$85/5

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!

#16814 Thursdays

Oct 16 - Nov 13

3:30-5 p.m.

Lewis Craft Room A

\$85/5

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!

#16813 Saturdays

Sept 20 - Oct 18

1:30-3 p.m.

Lewis Salish Building

\$85/5

Family Drop-in at The LINC

(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

starting September 7

4-7 p.m.

The LINC Youth Centre

\$5/family



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!

#16819 Fridays

Nov 7 - Dec 5

5:15-6:45 p.m.

Lewis Craft Room A

\$85/5

Did you know . . .
You can check your family schedule, print past receipts and more when you access your online account at courtenay.ca/reconline



**Courtenay
Recreation**

Halloween Parade & Party

(11 years & younger)

**Friday, October 31
4-7 p.m.**

**Downtown Courtenay,
Lewis Centre &
The LINC Youth Centre
Free**

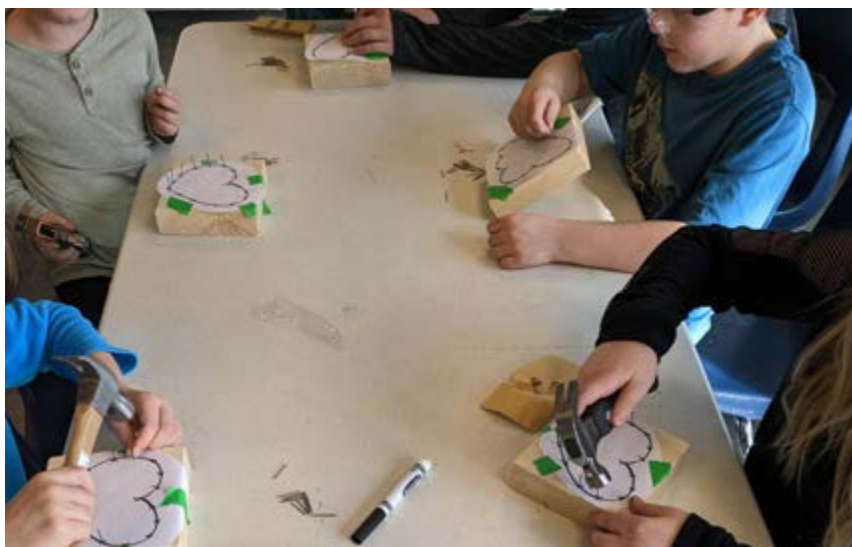
courtenay.ca/halloween



Courtenay Children



Fall Program Registration starts Monday August 11 | [See page 102](#)



School's Out

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.

- #16741 Tuesday Sept 2
Lewis Craft Room A
- #16742 Friday Oct 24
Lewis Craft Room A
- #16743 Thursday Nov 20
Lewis MP Hall
9 a.m. - 4 p.m.
\$49

Kids Play

(K-12 years)

Need a little extra time in camp? Kids Play is for children registered in Pro D or Winter Break program at The Lewis Centre or LINC. This supervised, unstructured playtime allows for an early drop-off or late pick up from camp. Pre-registration is required. See receipt for locations.

- Sept 2, Oct 24, Nov 20 (Pro-D)
- Dec 22, 23, 24*, 29, 30, 31*, Jan 2 (Winter Break)*
- #17171 8-9 a.m. and/or
- #17172 4-5 p.m.
\$5/time slot

*no p.m. Kidsplay available December 24 and 31.

Tween Pro D Day

(8-11 years)

Spend your day off school having fun with games and exciting activities. Enjoy time at The LINC playing in the games room and trying out the skatepark. Then head to the pool for some swimming fun. This day is all about staying active, trying new things and having a great time.

- #16744 Tuesday Sept 2
- #16745 Friday Oct 24
- #16746 Thursday Nov 20
9 a.m. - 4 p.m.
LINC Multipurpose
Room
\$49

Reindeer Games

(8-10 years)

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

- #16800 Mon & Tues
December 22 & 23
9 a.m. - 4 p.m.
Lewis Craft Room
\$98/2



Holiday Dash

(K-10 years)

It's a holiday half day packed with fun and festive activities! Start by making a seasonal craft and wrap up the day with exciting games. This action-packed adventure is a great way to celebrate the season and have a blast with friends.

- Wednesday Dec 24
- #16806 K - 7 years
Lewis Craft Room A
- #16805 8 - 10 years
Lewis Craft Room B
9 a.m. - 12 p.m.
\$25



Elf Academy

(K-7 years)

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

- #16799 Mon & Tues
December 22 & 23
9 a.m. - 4 p.m.
Lewis Craft Room B
\$98/2



Winter Break Archery

(8-10 years)

Get into the holiday spirit with a fun-filled day of indoor archery and festive creativity! Design your own holiday-themed targets, play cheerful games and enjoy a merry mix of focus and fun. With so much laughter and activity, you might forget Santa is on his way! It's the perfect way to celebrate the season with aim and imagination.

#16769 Wednesday Dec 24 
9 a.m. - 12 p.m.
Lewis MP Hall
\$25 

Mountain Kids Holiday Camp

(4-12 years)

Join the Mountain Kids Holiday Camp during the Christmas Holidays! This 3-day camp focuses on skill development through fun, games and exercises. Mornings are spent working on your skills in skiing or snowboarding; the afternoons are games and fun activities in the snow. Includes: 3 full days of lessons and supervised lunch. For all ability levels. Must have a valid lift ticket.

#17239 Saturday - Monday
Dec 20 - 22 
#17240 Thursday - Saturday
Jan 1 - 3
10:00 a.m. - 3:30 p.m.
Mount Washington
Alpine Resort 
\$399/3
+\$90 (lift tickets if no pass)
+\$90 (rentals)

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

Winter Fun Camp

(K-10 years)

Winter Break is here and we've got fun to keep you going! - join us as we bake, play games and create cool projects. All this fun in one place! It's almost too good to believe!

K-7 years

#16804 Monday December 29

#17169 Tuesday December 30

#16801 Friday January 2 
Lewis Craft Room A

8-10 years

#16803 Monday December 29

#17168 Tuesday December 30

#16802 Friday January 2 
Lewis Craft Room B
9 a.m. - 4:30 p.m.
\$49/day

New Year's Eve Archery

(7-12 years)

Ring in the New Year with a day of indoor archery and creative fun! Make your own festive targets, play high-energy games and celebrate with a mix of focus, laughter and excitement. With so much fun packed into one day, you might forget the countdown is just around the corner! Start your New Year's celebration with a bullseye!

Wednesday Dec 31 
#16771 7-9 years
9-11:30 a.m.
#16772 10-12 years
12-2:30 p.m.
Lewis MP Hall
\$25 



Indicates Winter Break program

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 2025 today! More info at courtenay.ca/recaccess





Martial Arts

Woo Kim Intro to Taekwondo

(5-9 years)

If you've never done Taekwondo before this class is for you. This class is designed to teach kids the basic foundational skills like kicking, blocking, punching, and life skills: courtesy, confidence and perseverance. Kids over 9 please join Junior class directly. We are a sanctioned member of the BC TKD Federation. Instructors permission required to progress to the Tigers/Juniors class.

Instructor: Richard Dobbs, 5th Dan Black Belt

#16725 Thursdays
Sept 4 - Oct 23
4-4:30 p.m.
Lewis Activity Room
\$95/8



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



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. **No class Sept 30 & Nov 11.**

Instructor: Caleb Orrego, 2nd Dan Black Belt

#16723 Tues & Thurs
Sept 4 - Dec 16
5:40-6:30 p.m.
Native Sons Grand Hall
\$375/28



Register ONLINE at
courtenay.ca/reonline

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. **No class Sept 30 & Nov 11.**

Instructor: Caleb Orrego, 2nd Dan Black Belt

#16720 Tues & Thurs
Sept 4 - Dec 16
3:45-4:30 p.m.
Native Sons Grand Hall
\$360/28



Woo Kim Taekwondo Juniors - White - Green

(7 years & over)

Taekwondo is a traditional Korean martial art and an Olympic sport. Starting at white belt, students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and Olympic sparring. We maintain a supportive, inclusive and structured learning environment where students can thrive. Classes are varied and fun covering sparring, pad kicking, self-defense and poomsae (patterns). We are a sanctioned member of the BC and Canadian Taekwondo Federations. **No class Sept 30 & Nov 11.**

Instructor: Caleb Orrego

#16722 Tues & Thurs
Sept 4 - Dec 16
4:40-5:30 p.m.
Native Sons Grand Hall
\$375/28



Sports

Beginner Archery

(7-9 years)

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

Fridays

#17014 (Try-It Starter Session)

Oct 17 - 24

3:15-4:15 p.m.

Lewis MP Hall

\$25/2

#17015 Nov 7 - Dec 12

3:15-4:15 p.m.

Lewis MP Hall

\$90/6

#17013 Saturdays

Oct 18 - Dec 13

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

Lewis MP Hall

\$135/9



Intermediate Archery

(10-12 years)

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

#17017 Saturdays

Oct 18 - Dec 13

12:45-1:45 p.m.

Lewis MP Hall

\$135/9



Family Archery

(7 years & older w/ adult)

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

Fridays

#17018 (Try-It Starter Session)

October 17 - 24

5:30-6:45 p.m.

Lewis MP Hall

\$25/2*

#17019 Nov 7 - Dec 12

5:30-6:45 p.m.

\$90/6*

#17135 Saturdays

Nov 8 - 22

2-3:15 p.m.

Lewis MP Hall

\$45/3*

*prices are per person



Please check receipts for important program information.



Scooter Tricks

(6-11 years)

Join us for a rip around the indoor skatepark on your scooter! Have fun developing your skills as you learn tips from your instructor maneuvering around the street section and bowl. This class is geared to beginner-novice riders wanting to learn new tricks or try out a new sport.

Wednesdays

#17050 Sept 10 - Oct 22 (6-8 years)

#17051 Oct 29 - Dec 10 (9-11 years)

4-5 p.m.

LINC Indoor Skatepark

\$98/7



Silly Sports

(K-7 years)

Dodgeball, Snake Baseball, relays, tag games and more! Let's get your heart pumping while playing with new friends. Prepare for some silly fun that will get you moving, using a variety of equipment and building on your fundamental physical literacy skills.

#17049 Mondays

Nov 3 - Dec 15

3:15-4:15 p.m.

Lewis MP Hall

\$75/7



Courtenay Children



Fall Program Registration starts Monday August 11 | See page 102



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

Nov 13 - Dec 18

#17045 4:30-5:30 p.m. (5 - 7 years)

#17046 5:45-6:45 p.m. (8 - 10 years)

Lewis MP Hall

\$65/6



Skateboard FUNDamentals

(8-10 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.

Mondays

#16682 Oct 20 - Nov 10

#16683 Nov 24 - Dec 15

4:30-5:30 p.m.

LINC Indoor Skatepark

\$65/4



Jr. SK8 Stars

(5-7 years)

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

Mondays

#16680 Oct 20 - Nov 10

#16681 Nov 24 - Dec 15

3:30-4:15 p.m.

LINC Indoor Skatepark

\$50/4



Private Skateboarding Lesson

(6 years & over)

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

Tuesdays starting Sept 9

4-4:45 p.m.

5-5:45 p.m.

6-6:45 p.m.

LINC Indoor Skatepark

\$26



Basketball Skills & Games

(8-10 years)

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

#17040 Wednesdays

4:30-5:30 p.m.

Sept 10 - Oct 22

LINC Outdoor

Basketball Court

\$75/7



Soccer Kids

(5-10 years)

Get ready for some soccer! We'll work on developing your dribbling, passing and shooting skills. Fun games, activities and scrimmages will help you feel more confident and help get you used to playing with teammates. **No class Oct 13.**

Mondays

Sept 8 - Oct 27

#17047 3-4 p.m. (5-7 years)

#17048 4:15-5:15 p.m. (8-10 years)

Lewis Soccer Field

\$75/7



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.

Mondays

#16684 Oct 20 - Nov 10

#16685 Nov 24 - Dec 15

5:45-6:45 p.m.

LINC Indoor Skatepark

\$65/4



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

Aerial Arts: Basics

(10-18 years)

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

Instructor: 7 Story Circus

#16829 Thursdays

Sept 25 - Dec 11

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 the last class.

Instructor: 7 Story Circus

#16830 Wednesdays

Sept 24 - Dec 10

4-5:30 p.m.

Vern Nichols Gym

\$450/12

Aerial Arts: Advanced

(10-17 years)

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

Instructor: 7 Story Circus

#16831 Thursdays

Sept 25 - Dec 11

6-7:30 p.m.

Vern Nichols Gym

\$450/12

Community Circus 1

(6-13 years)

Join 7 Story Circus! Discover the magical and inspiring world of circus arts. Climb aerial fabric. Juggle scarves, balls, rings and clubs. Spin staff, poi, diablo, flower-sticks and plates. Balance on stilts, rola-bola, and partner acrobatics. Play, improvisation and performance games. Be inspired and amazed by your own abilities! **No class Oct 31.**

Instructor: 7 Story Circus

Fridays

Oct 3 - Nov 28

#16833 4-5 p.m. (6-9 years)

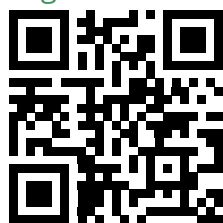
#16834 5-6 p.m. (8-12 years)

Vern Nichols Gym

\$200/8

No classes on stat holidays

Register online:



Home Learner 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 bow string, aim and release the arrow. We'll use games and activities to improve your accuracy and strength to improve your skills.

#17042 Fridays

Nov 7 - Dec 12

2-3 p.m.

Lewis MP Hall

\$90/6

Sport Foundations

(8-10 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports may include soccer, flag football, volleyball and more.

#17043 Thursdays

Sept 18 - Oct 30

3:30-4:30 p.m.

Lewis Soccer Field

\$75/7



Courtenay Children



Fall Program Registration starts Monday August 11 | See page 102



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

#17004 Sundays

Sept 14 - Dec 7

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

Vern Nichols Gym

\$225/13



Trampoline

(8 years & over)

Develop your skills in a fun and structured trampoline program! Progress through the rainbow of trampoline badges: red, orange, gold, yellow, green & blue as you build your skills and learn routine, build strength, body control, co-ordination, timing, balance and confidence! **No class Sept 30 & Nov 11.**

Tuesdays

Sept 16 - Dec 16

#16747 3:30-4:30 p.m.

#16748 4:30-5:30 p.m.

Vern Nichols Gym

\$195/12



Acro Basics

(9-11 years)

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

Instructor: Leigha Wald

#17003 Saturdays

Sept 13 - Dec 6

12:15-1:15 p.m.

Vern Nichols Gym

\$225/13



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!

#17002 Sundays

Sept 14 - Dec 14

9:15-10:15 a.m.

Vern Nichols Gym

\$295/14



Gymnastics for Home Learners

(7 years & over)

Are you looking for a special time to practice and play on the gymnastics equipment? The time will allow for structured and unstructured opportunities to explore the equipment, build and refine skills and get tips from our gymnastics coaches on the next challenges to take on.

No Drop in Sept 30 or Nov 11.

#17000 Tuesdays

Sept 16 - Dec 16

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

Vern Nichols Gym

\$6.50/drop-in



Family Gymnastics

(all-ages w/ an adult, except where noted)

Run, jump, swing, bounce and play as you explore the best indoor playground around! The sensory-friendly environment has with lower lights, no music and stream-lined equipment - everyone welcome!

No drop-in Sept 30, Oct 13 & Nov 11.

#16998 Saturdays

Sept 13 - Dec 13

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

2:45-3:45 p.m. **(6 yrs & over)**

Vern Nichols Gym

\$6.50/drop-in

#16997 Mondays **sensory-friendly**

Sept 15 - Dec 15

12:30-1:30 p.m.

#16999 Tuesdays

Sept 16 - Dec 16

9:45-10:45 a.m.

Gymnastics

Boys & Girls Mixed Gymnastics

(K-7 years)

We base our gymnastics CanGym Program 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. **No class Oct 13.**

Sundays

Sept 14 - Dec 14

#16988 10:30-11:30 a.m.

#16989 12:30-1:30 p.m.

Vern Nichols Gym

\$295/14

#16990 Mondays

Sept 15 - Dec 15

3:30-4:30 p.m.

Vern Nichols Gym

\$275/13

Girls Gymnastics

(8 years & over)

Continue to progress in your strength and flexibility in various disciplines including floor, balance beam and uneven bars. Refine your skills and continue to progress in this dynamic and supportive class. **No class Oct 13.**

#16994 Sundays

Sept 14 - Dec 14

1:30-2:30 p.m.

Vern Nichols Gym

\$295/14

#16995 Mondays

Sept 15 - Dec 15

4:30-5:30 p.m.

Vern Nichols Gym

\$275/13

Boys Gymnastics

(8 years & over)

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment like the vault, pommel horse and parallel bars. We focus on personal growth, building your stamina and coordination while still having fun! **No class Oct 13.**

#16991 Sundays

Sept 14 - Dec 14

1:30-2:30 p.m.

Vern Nichols Gym

\$295/14

#16993 Mondays

Sept 15 - Dec 15

4:30-5:30 p.m.

Vern Nichols Gym

\$275/13

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

Boys & Girls Intermediate Gymnastics

(8 years & over)

After progressing and being assessed in your 8+ class, participants will be invited to continue to develop their badge 5 and over skills in intermediate. We'll continue to build your strength, flexibility and technique as you refine your skills on various apparatuses. Learn routines, build your confidence and keep progressing in this specialized sport!! We recommend 2 classes per week to develop and maintain your skill level. **No class Oct 13.**

#16986 Sundays

Sept 14 - Dec 14

2:30-4 p.m.

Vern Nichols Gym

\$369/14

#16987 Mondays

Sept 15 - Dec 15

5:45-7:15 p.m.

Vern Nichols Gym

\$342/13



Courtenay Children



Fall Program Registration starts Monday August 11 | See page 102



**Courtenay
Recreation**

Volunteer with us!

(12 years & older)

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

courtenay.ca/volunteer



Tweens

Historical Fencing

(9-12 years)

Let the kids experience historical swordplay in a fast-paced, game-driven environment! Using padded swords, they'll play high energy group games, learn basic skills, and end with duelling practice. This class is all about fun, movement, and friendly competition. **No classes Sept 30, Oct 21 & 28, & Nov 11 & 25.**

Instructor: Chad Herbert

#17088 Tuesdays

Sept 16 - Dec 16

4:45-5:30 p.m.

Filberg Conference Hall

\$99/9

Kids Create Theatre

(9-15 years)

Are you always coming up with new and exciting stories? Are you full of ideas for characters? Want to channel your energy into creating something wonderful? Discover the world of acting, writing & performing with our exciting new Kids Create Theatre program. Collaborate with your fellow actors and devise a brand new stage show, under the supervision of a professional actor and screenwriter. Boost confidence, build communication skills and showcase your very own show to your family and friends!

Instructor: The Seas School of Acting

#17137 Wednesdays

Sept 24 - Dec 3

3:45-5:15 p.m.

Lewis Salish Building

\$165/11



Learn to Sew

(11-13 years)

Have you ever wanted to sew your own special items? Join us as we explore the basics of sewing and stitching. Build confidence in your craft as you explore the different projects. Sign up for one or all!

Wednesdays

#17163 Drawstring Bag

Sept 10 - 24

\$65/3

#17164 PJ Pants or Shorts

Oct 1 - 22

#17165 Hoodies

Oct 29 - Nov 19

#17167 Holiday Projects

Nov 26 - Dec 17

5-6:15 p.m.

Lewis Craft Room A

\$89/4

Home Alone

(10-12 years)

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

#16734 Saturday Sept 13

9 a.m. - 12 p.m.

Lewis Meeting Room

\$49

#16735 Saturday Oct 25

9 a.m. - 12 p.m.

Bill Moore Park Lawn

Bowling Building

\$49

#16736 Saturday Dec 13

9 a.m. - 12 p.m.

Bill Moore Park Lawn

Bowling Building

\$49

*Please check receipts
for important
program information.*



Special Interest

Herbalism & Wild Plants for Teens

(13-15 years)

Join educator and clinical herbalist Philippa Joly in this hands-on class about using wild plants for food and wellness. Have fun digging up roots, nibbling shoots and learning about the ways common and not-so-common plants can help with our wellness and become tasty and nutritious foods. Learn to make simple natural remedies, how to identify poisonous plants and play games. **No class Nov 11.**

#17153 Tuesdays

Oct 7 - Nov 18

3:45-5:15 p.m.

Lewis Craft Room A

\$49/6

New Years Bake Off

(12-14 years)

Create an assortment of holiday baking in this workshop. Cookies, bars, and treats galore; you'll be a hit at the holiday parties and have all the goodies to ring the New Year in right! You'll leave with an assortment of treats to share and a recipe book to continue your baking at home.

#17158 Monday - Wednesday

Dec 29 - 31

10 a.m.- 1 p.m.

LINC Kitchen

\$109/3

Birding 101

(13-15 years)

Explore the fascinating world of birds and nature observation. Learn to identify common local and migratory birds and local plants. We'll also learn to use binoculars and some bird folklore. Dress for the weather and get ready to fly with us this fall!

#17150 Wednesday Sept 24

4-6 p.m.

LINC Multipurpose Room

\$12

Cooking on a Budget

(12-14 years)

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

#17177 Mondays

Oct 20 - Nov 17

5:30-7 p.m.

LINC Kitchen

\$90/5

Holiday Baking

(11-14 years)

Learn how to make tasty holiday recipes with hands-on cooking fun. Try both sweet and savory dishes that are perfect for sharing with friends and family. Build kitchen skills, explore new flavors and enjoy creating delicious treats to celebrate the season together.

#16750 Mondays (12 - 14 years)

Nov 24 - Dec 15

5:30-7 p.m.

LINC Kitchen

\$59/4

#16764 Mon - Wed (11 - 13 years)

December 22 - 24

9:30-11:30 a.m.

LINC Kitchen

\$59/3



Indicates Winter Break program

Birthday parties at The LINC

(8 years & over)

Register for an original birthday party package. We organize the games, provide supervision, and clean up! Choose from a variety of themes:

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

Or combine themes to make a party all your own!

Host parent must be present. Maximum 12 participants.

Saturdays starting Sept 6

10:15 am - 12:15 pm **or** 12:45 - 2:45 pm

Sundays starting Sept 14

11:15 am - 1:15 pm **or** 1:45 - 3:45 pm

LINC Youth Centre Indoor Skatepark

\$155

\$195 (3 large pizzas)

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

\$240 (make & take and 3 large pizzas)



Courtenay Youth



Fall Program Registration starts Monday August 11 | See page 102



Be Creative

Winter Clay Creations

(13-15 years)

Get into the holiday season creating Christmas and winter-themed projects out of clay! Students will learn how to make fun and functional items such as snowman luminaries, plates for holiday cookies, ornaments and more!

Instructor: Bobbie Hammersley

#16733 Thursdays

Nov 6 - Dec 11

4-5:30 p.m.

Lewis Craft Room B

\$140/6

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

#16728 Thursdays

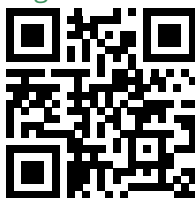
Sept 11 - Oct 30

4-5:30 p.m.

Lewis Craft Room B

\$189/8

Register Online:



Check out other programs you might be interested in:

Aerial Arts classes: p.63

Kung Fu p.82

Self Defence Basics p.83

Historical Fencing p.83

Community Circus 2 p.85

Did you know . . .

You can check your family schedule, print past receipts and more when you access your online account at courtenay.ca/reconline

Tween Takeover

(9-11 years)

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

#17096 Thursdays

Sept 11 - Dec 18

4:30-6 p.m.

Lewis Salish Building

\$45/15

\$5/drop-in

Gnarly Craft Fair

(9-19 years)

Be a part of Courtenay's biggest Christmas Party and make extra cash this Christmas while showcasing your talents. Painting, photography, jewelry, art-cards, crafts, baking and more are all welcome in the 17th annual 'just-for-youth' craft fair!

#17179 Saturday Dec 6

10 a.m. - 2 p.m.

Filberg Conference Hall

\$10/table

Art Exploration

(12-14 years)

Are you looking for a space to create? Join us for a weekly art block where you can experiment with different mediums, materials and techniques. Paints, pastels, paper and more will help you explore your artistic side.

#17178 Mondays

Sept 15 - Oct 6

5:30-7 p.m.

Lewis Craft Room B

\$60/4

Stay Active

Sports Foundations

(11-13 years)

Explore a variety of sports while focusing on the fundamentals. Each week we'll run, jump, throw, catch or kick our way through different games, sports and skills that will keep you building your skills and having fun. Sports may include soccer, flag football, basketball, softball, volleyball, kickball and more.

#17044 Thursdays

Sept 18 - Oct 30

4:45-5:45 p.m.

Lewis Soccer Field

\$75/7

Archery

(13-15 years)

Are you looking for something fun to do on your Friday afternoon? We'll review the basics of archery, including stance, aiming and bow handling and get you shooting. Our instructors will guide you through target practice and provide you individualized feedback to keep your skills developing and improving.

Fridays

#17011 (Try-It starter session)

October 17 - 24

\$25/2

#17010 Nov 7 - Dec 12

\$90/6

4:15-5:15 p.m.

Lewis MP Hall

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

Private Skateboarding Lessons

(6 years & over)

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 and get tips and tricks to help keep you progressing. Rentals available. **No class Sept 30 & Nov 11.**

Instructor: Charlie Daigneault

Tuesdays starting Sept 9

4-4:45 p.m.

5-5:45 p.m.

6-6:45 p.m.

LINC Indoor Skatepark

\$26

Basketball Skills & Games

(11-13 years)

Get a chance to develop your basketball skills and techniques with other youth from the community! Learn ball handling, passing and shooting skills, and get the chance to put your skills into practice through weekly scrimmages. **No class Sept 30.**

#17041 Tuesdays

Sept 9 - Oct 28

5:45-6:45 p.m.

LINC Basketball Court

\$75/7

SK8 Gurlz

(12-14 years)

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

Instructor: Charlie Daigneault

#16749 Mondays

Sept 22 - Oct 6

4:45-6:15 p.m.

LINC Indoor Skatepark

\$49/3

*Please check receipts for
important
program information.*



Courtenay Youth



Fall Program Registration starts Monday August 11 | See page 102



Drop-in Activities

Basketball Drop-in



(12-14 years)

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

#17192 Wednesdays
Oct 22 - Dec 17
7-8:30 p.m.
Lewis MP Hall
\$2/drop-in



Friday Night Lights

(15-18 years)

We are launching Friday Night Lights in September! Come play pick-up sports (check out our calendar for the rotating schedule) and enjoy snacks and drinks under the basketball court lights and join us for some fun!

Fridays
starting September 5
5-7 p.m.
The LINC Youth Centre
free with drop-in



Floor Hockey

(12-14 years)

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

#17193 Thursdays
Oct 23 - Dec 18
7-8:30 p.m.
Lewis MP Hall
\$2/drop-in



Creative Worx

(12-14 years)

Drop-in and explore your creative side. Experiment with different materials like paints, markers, charcoal, pastels, fibre arts, polymer clay and more! Let's draw, paint and design some new creative worx! Some project ideas will be available but participants are also encouraged to bring their own projects and ideas to continue work on. Drop-in and create something special for your friends, family, or yourself this season!

#17181 Mondays
Oct 20 - Dec 8
5:30-7 p.m.
Lewis Craft Room B
\$65/8
\$8/drop-in



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 2025 today! More info at courtenay.ca/recaccess

Register online:



Leadership/Certification

Emergency First Aid & CPR-C/AED

(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.

#17157 Saturday Nov 1
8:30 a.m. - 4:30 p.m.
Native Sons Hall
Lower Lodge
\$145

Register ONLINE at
courtenay.ca/reconline

High Five Principles of Healthy Childhood Development

(14 years and over)

This 4-hour training 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. Includes breakfast or lunch.

#17147 Saturday Oct 25
10 a.m. - 3 p.m.
Lewis Meeting Room
\$95

Babysitter Training

(11-18 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.

#16737 Tuesday Sept 2
Lewis Craft Room B
#16738 Friday Oct 24
Bill Moore Park Lawn
Bowling Building
#16739 Sunday Nov 9
Lewis Meeting Room
#16740 Sunday Dec 14
Lewis Meeting Room
9 a.m. - 4 p.m.
\$95



**Courtenay
Recreation**

Gnarly Little Christmas Craft Fair

(9-19 years)

Saturday, December 6

10 a.m. - 2 p.m.

Filberg Conference Hall

\$10/table

courtenay.ca/gnarly



Courtenay Youth



Fall Program Registration starts Monday August 11 | See page 102



**Courtenay
Recreation**



The LINC Haunted House

THE LINC
Youth Centre

Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23 4-7 p.m.	24 7-9 p.m.	25 7-9 p.m.
28 4-6 p.m.	29 4-7 p.m.	30 4-7 p.m.	31 5-7 p.m. <i>½ the Fright Night</i>	

\$2/person or \$5/family

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

courtenay.ca/haunted

Food Safe

(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!

Instructor: Gaetane Palardy
#17156 Saturday November 15
9 a.m.- 4 p.m.
Native Sons Hall
Lower Lodge
\$98

Youth Council

(13-18 years)

This student leadership team meets weekly and runs various events over the course of the school year. Come join this fun team and be a part of what you would like to see at The LINC. Info night is October 2.

Thursdays, starting October 9
6-7 p.m.
The LINC Youth Centre
free with drop-in

Leaders in Training

(12 years & over)

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 children's Halloween or Christmas parties! Learn behaviour management, leadership and teamwork. Then test out your new skills as a volunteer! **No class Oct 13.**

Mondays
#17154 Sept 22 - Nov 3
#17155 Nov 10 - Dec 15
4:30-6 p.m.
Lewis Salish Building
\$45/6

Register ONLINE at
courtenay.ca/reconline

Volunteer Info and Planning Night

(12 years & over)

Join us for an evening of socializing and find out how you can help in recreation programs or help us prepare for our fun community events like the Halloween Parade & Party and Children's Christmas Party! We will provide snacks, fun and information on how you can get involved in your community through volunteering! This event is open to current and prospective volunteers.

#17148 Wednesday October 1
#17149 Wednesday November 26
4:30-6:30 p.m.
LINC Multipurpose Room
FREE

*Please check receipts for
important program
information.*

Courtenay Youth



THE LINC Youth Centre

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



WHAT WE OFFER

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



Look at our QR code for updates.

FALL HOURS

Mondays*.....7 - 9 pm
(16+ Adult Night)
Skatepark & Games Room
Tuesdays.....3 - 7 pm
(Tween night 8-11 yrs)
Wednesdays.....3 - 8 pm
(12-18 years)
Thursdays.....3 - 8 pm
(12-18 years)
Fri & Sat.....
11 - 14 years 3 - 9 pm
13 - 18 years 9 - 11 pm
Sundays*.....4 - 7 pm
(all ages with a parent/caregiver)

FEES

Youth (8 - 18 years):
\$2.50 drop-in
\$15/month membership
\$25/11 punch pass
\$80/year membership
\$5/family drop-in
Adult Wednesday - Saturday
Skatepark ONLY (19 & over):
\$4 drop-in
\$20/month membership
\$40/11 punch pass

*Monday Nights - Adults only!

*Sunday Family Drop-in

hours are subject to change

Ghoul School

(10-18 years)
Sign-up for Ghoul School is happening September 15!
Ghoul School is a team that puts together our Haunted House.
Come learn the tricks of the trade and put together another unforgettable spooky season here at The LINC.

Thursdays
starting September 25
The LINC Youth Centre
Free

Friday Night Lights

(15-18 years)
We are launching Friday Night Lights in September! Come play pick-up sports (check out our calendar for the rotating schedule) and enjoy snacks and drinks under the basketball court lights and join us for some fun!

Fridays
starting September 5
5-7 p.m.
The LINC Youth Centre
Free with drop-in

Clothing Swap

Looking for a new piece of clothing to freshen up your outfit? Check out The LINC's clothing swap to sustainably and seasonally update your wardrobe! Bring a piece (or a few!) of clothing to swap for something new-to-you. Clothes are free with donation, or all priced under \$5. Come check it out!

The LINC Youth Centre is Closed on stat holidays

Courtenay Youth



Fall Program Registration starts Monday August 11 | See page 102



Sports & Movement

Adapted Diverse Sports

(16 years & over)

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

#16942 Wednesdays
Sept 10 - Dec 10
10-11:15 a.m.
Vern Nichols Gym
\$55/14
\$5/drop-in

Adapted Gymnastics

(7 years & over)

Are you interested in exploring the gymnastics equipment? Learn, build strength and have fun! Participants are encouraged to drop-in to one of our Family Gymnastics time slots (page 51) or on Tuesdays!

#17000 Tuesdays
Sept 16 - Dec 16
11:45 a.m. - 12:45 p.m.
Vern Nichols Gymnasium
\$6.50/drop-in

No classes on stat holidays

Adapted Yoga

(16 years & over)

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

Tuesdays
#16960 Sept 9 - Oct 21
#17220 Oct 28 - Dec 9
1:15-2:15 p.m.
Lewis Activity Room
\$35/6

Adapted Diverse Sports for Youth

(11-18 years)

You name it: we play it! Join in this sporty environment, where we mix and mesh all of your favorite sports into something accessible for everyone!

#17140 Mondays
Oct 20 - Dec 15
4:30-5:30 p.m.
Lewis MP Hall
\$45/9
\$5/drop-in

Adapted Floor Hockey

(16 years & over)

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

#17146 Tuesdays
Oct 21 - Dec 16
1:30-2:45 p.m.
Lewis MP Hall
\$40/8
\$5/Drop-in

Adapted Fall 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)?!

#16946 Wednesdays
Sept 10 - Dec 3
3-4 p.m.
Codes Country Bowling
\$5/13 plus \$4 bowling dues each week

Adapted Chair Fit

(18 years & over)

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

Fridays

#16938 Sept 12 - Oct 24

10:40-11:30 a.m.

Lewis Vern Nichols Gym

\$60/7

#17214 Nov 7 - Dec 12

10:40-11:30 a.m.

Lewis MP Hall

\$55/6

*All Adapted Programs
Proudly Sponsored by:*



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!

#16939 Thursdays

Sept 11 - Dec 11

1:10-2 p.m.

Lewis Activity Room

\$70/14

Adapted Young Adults Club

(18 years & over)

Let's get social and plan the things you want to do! Activities may include crafts, movies, games nights, dinner out and more! Join us for a special pizza planning party on September 23.

#16961 Tuesdays

Sept 23 - Dec 16

6-8 p.m.

Lewis Craft Room A

\$30/12

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.

No class Oct 29.

#17039 Wednesdays

Oct 22 - Dec 10

1:15-2 p.m.

Lewis MP Hall

\$45/8

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 improves.

#16963 Fridays

Nov 7 - Dec 12

12:15-1:30 p.m.

Lewis MP Hall

\$45/6



Courtenay Adapted Programs



Adapted Fall Program Registration starts Monday August 18



Adapted 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

Sept 15 - Dec 15

#16935 10-11 a.m.

#16934 1-2 p.m.

LINC Multipurpose Room

Free

Christmas Art Cards

(18 & over)

It's a Christmas Miracle! This specific Art Card session is open for individuals to create their own Christmas Card for a family member. Limit one card per participant.

#17144 Monday, December 1

2-3:30 p.m.

LINC Multipurpose Room

Free

*Registration for
Adapted Programs
starts Monday,
August 18 at 8:30 a.m.*

Adapted Art in the Afternoon

(14 years & over)

Get creative with mixed media projects in: drawing, painting, sculpture and mixed media! Pre-register or drop-in for the fun!

#16936 Wednesdays

Sept 10 - Dec 10

1:30-3 p.m.

Lewis Salish Building

\$56/14 or

\$5/drop-in

Spoonie Social

(14 years & over)

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

#17162 Wednesdays

Sept 10 - Dec 17

4:30-6 p.m.

Lewis Meeting Room

\$80/15 or

\$5/drop-in

Adapted Craftastic

(16 years & over)

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

#17139 Tuesdays

Sept 9 - Dec 9

1:00-2:30 p.m.

Lewis Craft Room A

\$50/12 or

\$5/drop-in



Adapted Sewing Club

(18 years & over)

Everyone's favorite Adapted Sewing program is back, but with a fresh new twist. Do you like to sew? Would you like to learn how to sew? Join us each week as we explore the basics of sewing and make pumpkins, pillowcases, puppets, potholders and more.

#17323 Thursdays

Oct 16 - Dec 4

1-2:30 p.m.

Lewis Craft Room A

\$90/8



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 2025 today! More info at courtenay.ca/recaccess



Adapted 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.

#16944 Tuesdays
Sept 9 - Dec 16
10:30-11:30 a.m.
Lewis Craft Room A
\$45/13

Kitchen Crew

(14 years & over)

Join the kitchen crew! 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
#16953 Sept 15 - Oct 20
\$35/5

#16954 Nov 3 - Dec 8
\$45/6
10:30 a.m. - 12 p.m.
The LINC Kitchen

Teen Odyssey: Christmas Break

(11-17 years)

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. Interactive games, crafts, out trips, and much more!

#17141 Monday, Dec 29
#17142 Tuesday, Dec 30
#17143 Friday, Jan 2
9 a.m. - 3 p.m.
LINC Multipurpose Room
\$20/day



Adapted Sing-Along

(18 years & over)

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

#17145 Wednesdays
Sept 17-Dec 3
10-11 a.m.
Lewis Craft Room A
\$40/12

Odyssey Junior

(6-11 years)

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

#17216 September 2
Christmas Break:
#17217 December 22
#17218 December 23
Lewis Salish Building
\$20/day



No classes on stat holidays

Bridging Brilliance

Comox Valley's first annual
Support Person Appreciation Day
(16 years & over)

A day to celebrate and show appreciation for Education Assistants, Indigenous Support Workers, Support Workers, and the organizations that bridge brilliance with our amazing community of persons with diverse abilities.

Friday, September 5
10 a.m. - 12 p.m.
Lewis Outdoor Stage
Free



Courtenay Adapted Programs



Adapted Fall Program Registration starts Monday August 18



Special Events

Adapted Bingo with Santa

(18 years & over)

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

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

Adapted Winter Wonderland Dance

(14 years & over)

Kick off the holiday season with the adapted crew at our annual Winter Wonderland Dance. Treats and drinks provided and a visit from a special guest!

#16962 Friday Dec 19
12:30-2:30 p.m.
Filberg Conference Hall
\$5

Adapted Halloween Bingo

(18 years & over)

Dress up and get ready for a spoooooooky game of bingo with all your friends! Tricks & Treats for all!

#16947 Wednesday Oct 29
1-2:15 p.m.
Lewis MP Hall
\$5

Adapted Pumpkin Carving

(18 years & over)

Back by popular demand - pumpkin carving at the Lewis Centre! Join the crew for carving, treats, and singing along to Halloween tunes. Pumpkins provided!

#16958 Thursday Oct 30
10:30 a.m. - 12:30 p.m.
Lewis Craft Room A
\$5

Adapted Halloween Dance

(18 years & over)

Dress up and get ready for a spoooooooky take on the Monster Mash with all your friends!

#16952 Friday Oct 31
12:30-2:30 p.m.
Lewis MP Hall
\$5

Leisure Buddies

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



Creative Pursuits

Oil & Acrylic Painting for Beginners

Learn everything you need to start painting through hands-on practice and weekly projects. Explore paint properties, mixing colour, basic drawing, and working with light and dark. Each week, you will build skills while creating many paintings. This course is designed to help you feel confident, supported, and ready to continue your painting journey. **No class November 11.**

Instructor: Teresa Knight

#16824 Tuesdays
Nov 4 - Dec 16
6-8 p.m.
Filberg Craft Room
\$109/6

#17806 Wednesdays
Sept 17 - Oct 22
2-4 p.m.
Lewis Meeting Room
\$109/6

Beginner Only Watercolour Painting

Learn how to paint expressive landscapes with watercolour, from snowy hills to soft, drifting clouds. This course teaches key techniques like layering washes, dropping in colour, masking whites, and using both transparent and opaque paints. You will also explore drawing and brushwork. Enjoy a relaxed class while creating art you can feel proud of. **No class September 30.**

Instructor: Teresa Knight

#16821 Tuesdays
Sept 16 - Oct 28
6-8 p.m.
Filberg Craft Room
\$109/6

#17087 Wednesdays
Oct 29 - Dec 3
2-4 p.m.
Lewis Meeting Room
\$109/6

All Levels Painting Studio Time

Work in any medium, at any level, with guidance tailored to your goals and creative interests. Get expert advice when you need it and enjoy one-on-one support in a relaxed, welcoming setting. Bring a piece you are working on along with your usual supplies. Teresa creates a fun, encouraging space where you can grow your skills confidently.

Instructor: Teresa Knight

#16822 Thursdays
Sept 18 - Oct 23
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

#17028 Thursdays
October 9 - 30
6:30-8:30 p.m.
Lewis Meeting Room
\$149/4

Colour and Composition in Painting

In this workshop you will learn to mix colours accurately and use them to create emotional impact. Discover how to balance colour across your composition and make confident choices that strengthen your artwork. This course will help you understand colour in a hands-on, practical way while you build your creative skills.

Instructor: Teresa Knight

#16823 Thursdays
Oct 30 - Dec 4
6-8 p.m.
Filberg Craft Room
\$114/6

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



Courtenay Adult



Fall Program Registration starts Monday August 11 | See page 102



Special Interest

Beginner Pottery

(16 years & over)

Build essential skills to create both functional and decorative clay pieces. Learn hand building techniques, the basics of the potter's wheel, and surface decoration methods through guided projects and self-exploration. Additional studio time will be available for further practice as needed. **No class Sept 30.**

Instructor: Bobbie Hammersly

#16837 Tuesdays

Sept 9 - Nov 4
7-9 p.m.

#16838 Thursdays

Sept 11 - Oct 30
6:30-8:30 p.m.
Lewis Craft Room B
\$399/8

Pottery Studio Time

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

#16839 Wednesdays

Sept 10 - Dec 17
6-9 p.m.
Lewis Craft Room B
Free with registration in Adult Pottery classes

Festive Pottery

(16 years & over)

Embark on a creative journey crafting unique functional pieces of pottery inspired by the holiday season. Learn different fundamental skills while building beautiful pieces to gift or keep for yourself. Suitable for beginners and those looking to practice pottery in a friendly environment. All supplies included.

Instructor: Bobbie Hammersly

#16840 Tuesdays

Nov 18 - Dec 16

#16841 Thursdays

Nov 13 - Dec 11
7-9 p.m.
Lewis Craft Room B
\$249/5

Best Year Yet 2026

Get ready to take charge of your year! Build a strong, confident mindset, overcome challenges and focus on what you can control. You'll gain clarity on your goals and leave with a practical plan to make 2026 your best year yet. Start stepping into your power today!

Instructor: Linda Bartholme

#17033 Sunday Dec 7

2-4 p.m.
Lewis Meeting Room
Free

Essential Oils and the Chakra System

Join us for an informative Aromatherapy Workshop where you'll learn how essential oils connect with our energy centers (Chakras). Topics include a deep dive into the Chakras, oils that support them, safety, inner wisdom and more. You'll even create your own Chakra Blend to take home. Taught by a local Registered Aromatherapist.

Instructor: Deanna Papineau

#17023 Thursday Nov 6

6-8 p.m.

Lewis Meeting Room

\$49

Back to School: Habit Creation that Works

Transform your daily routine by building positive habits that run on autopilot, saving your energy for what matters most. Coach Linda will guide you through practical steps to boost willpower and create lasting change. Say goodbye to old patterns and hello to a thriving, unstoppable version of yourself. Get ready to feel focused, energized and in control. **No class September 30.**

Instructor: Linda Bartholme

#17034 Tuesdays

Sept 16 - Oct 14
4-5 p.m.
Lewis Meeting Room
\$89/4



Nepalese Vegetarian Cuisine

If you love spicy and exotic flavors, this class is for you! We'll make a Nepalese Vegetable Curry, Vegetarian Momos (Nepalese-style dumplings) and a flavorful Tomato Cilantro Achar dipping sauce. Chef Sonja learned these recipes from a Nepalese chef while working at Victoria's Mint Restaurant. Come hungry and enjoy a delicious meal after the lesson!

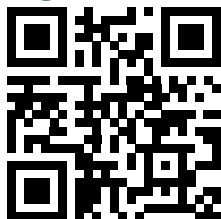
Instructor: Sonja Limberger
#17024 Saturday Oct 18
1:30-4:30 p.m.
Bill Moore Park
Lawn Bowling Building
\$85

Basic Canning and Food Preservation

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

Instructor: Sonja Limberger
#17027 Wednesday Sept 24
6-9 p.m.
Filberg Kitchen
\$85

Register Online:



Sweet and Savory Pie

Want to learn how to make a delicious wheat-free pie crust? Chef Sonja will guide you step by step to create the perfect crust. We'll make fruit pies or tarts, like apple-blueberry, and a savory Kale, Tofu & Potato pie. This hands-on class requires an apron and a rolling pin. While the pies bake, Chef Sonja will also demonstrate sweet and savory toppings. Stay after the lesson to sample our tasty creations!

Instructor: Sonja Limberger
#17025 Saturday Nov 1
1:30-4:30 p.m.
Bill Moore Park Lawn
Bowling Building
\$85

Thai Vegetarian

Here's the revised version of your Thai cooking class description: Come explore the wonderful aromatic flavors of Thailand! We'll make traditional Thai dishes with vegetarian substitutions for meat. Recipes include a Thai Curry made from scratch, Pad Thai Noodles and a delicious peanut sauce. Copies of the recipes will be provided. Enjoy a meal at the end of the class, and don't forget to bring containers!

Instructor: Sonja Limberger
#17026 Saturday Nov 29
1:30-4:30 p.m.
Bill Moore Park Lawn
Bowling Building
\$85

Up Your Easter Egg Game

In this class you will learn 4 different Ukrainian Easter Egg techniques that will take your eggs from ordinary to extraordinary. The techniques are ancient but translate beautifully into modern egg-making. All supplies will be included. Additional supplies for home use will be available for purchase. **Instructor:** Diane Davies

#17190 Mondays
Oct 20 - Nov 10
6-9 p.m.
Lewis Craft Room A
\$99/4

No classes on stat holidays



Courtenay Adult





Music and Dance

Beginners African Drumming

Learn the basics of hand drumming with simple West African rhythms for djembe and bass drum. This beginner-friendly class focuses on proper technique and shows how drumming supports both physical and mental well-being. You will learn to repeat basic rhythm patterns and build a strong foundation for future study. Please bring your own djembe to class. **No class Oct 17 & Nov 14.**

#16825 Fridays
Sept 19 - Dec 12
2:45-3:45 p.m.
Native Sons Grand Hall
\$187/11

Intermediate African Drumming

Join our local hand drumming instructor for a weekly drum class and get into your groove. You will learn a series of new West African rhythms and have the chance to practice on both djembe and Dun drums. This class is intended for those with previous drumming experience and is designed to benefit the mind, body, and spirit.

No class Oct 17 & Nov 14. Instructor: Monica Hofer

#16827 Fridays
Sept 19 - Dec 12
12-1 p.m.
Native Sons Grand Hall
\$187/11

Beyond Beginners African Drumming

Build your drumming skills in a supportive class designed for those with some beginner experience. Strengthen your technique while learning new and exciting West African rhythms in a fun, energetic setting. This class bridges the gap between beginner and intermediate levels. If you are unsure about your level, please contact the instructor. Bring your own djembe. **No class Oct 17 & Nov 14.**

Instructor: Monica Hofer
#16826 Fridays
Sept 19 - Dec 12
1:30-2:30 p.m.
Native Sons Grand Hall
\$187/11

Drums Alive for Every-Body

Drums Alive is the most fun way to drum and move to the beat! No experience is needed, and you can work at your own pace. This class is perfect for anyone looking for a fun workout, whether you prefer a slower pace, are recovering from injury, or want to push yourself. Join Monica and discover how Drums Alive will make you smile, inside and out! **No class Oct 13, 20 & Nov 10.**

Instructor: Monica Hofer
#16828 Mondays
Sept 15 - Dec 15
12:15-1:15 p.m.
Native Sons Grand Hall
\$99/11

Beginner Ballroom, Latin and Swing Dancing

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

Instructor: Jason Kirsch
#17031 Wednesdays
Oct 15 - Nov 19
6-9 p.m.
Native Sons Grand Hall
\$120/6

Please check receipts for important program information.

Beginner Line Dance Party

Step into the fun world of line dancing with this beginner-friendly class. Learn the steps, learn the lingo and find out why a line dance class feels like a party! Build your confidence one step at a time with fun and easy line dances done to all kinds of music, it's not just country anymore! A great workout for the body and the brain, line dancing lifts your spirits and puts a smile on your face. "Life's too short not to dance." **No class Oct 13.**

Instructor: Darlene Birtwistle
#17037 Mondays
Sept 15 - Dec 1
7-8 p.m.
Native Sons Grand Hall
\$77/11

Line Dance Party - Level 2

You have learned the basic steps, know the lingo and are ready to take your line dancing skills to the next level with this upbeat and engaging class. The moves and choreography will be a bit more challenging but the fun and great music will still feel like a line dance party! **No class Oct 2.**

Instructor: Darlene Birtwistle
#16845 Thursdays
Sept 18 - Dec 4
7:-8:15 p.m.
Lower Level Native Sons Hall
\$77/11

Did you know . . .

You can check your family schedule, print past receipts and more when you access your online account at courtenay.ca/reconline

Line Dance - Beginner

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

Instructor: Joan Wydenes
#16843 Wednesdays
Sept 10 - Dec 17
1:05-2:05 p.m.
Lewis Activity Room
\$105/15

Line Dance - Intermediate

If you've enjoyed the beginner class, it's time to step up to intermediate line dancing. Learn new routines while still dancing to your favourite beginner tracks. This class helps you build on your skills in a fun, upbeat setting. No partner is needed, just bring your energy and get ready to move! **No class Sept 30 & Nov 11.**

Instructor: Joan Wydenes
#16844 Tuesdays
Sept 9 - Dec 16
12- p.m.
Native Sons Grand Hall
\$91/13

Fun for All!

Line Dance Social

Spend a fun afternoon dancing, connecting, and sharing with others who love line dance as much as you do. Practice the dances you know and enjoy favorites from our line dance community. This event welcomes dancers of all levels. Hosted by instructors Darlene Birtwistle and Joan Wydenes. You must pre-register one week prior to join.

#17006 Sunday Oct 26
#17008 Sunday Dec 7
Native Sons Grand Hall
1-3:30 p.m.
\$10

Beyond Beginner Line Dance Boogie

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

Instructor: Darlene Birtwistle
#17005 Saturdays
Sept 20 - Nov 29
10:45 a.m. - 12 p.m.
Lewis Activity Room
\$6.75/drop-in



Courtenay Adult





Martial Arts

Woo Kim

Taekwondo 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. **No class Sept 30 & Nov 11.**

Instructor: Richard Dobbs, 5th Dan Black Belt

#16724 Tuesdays & Thursdays
Sept 4 - Dec 16
6:40-7:40 p.m.
Native Sons Grand Hall
\$390/28

Please check receipts for important program information.

Kung Fu

(13 years & over)

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

Instructor: Tom Haber

#16930 Wednesdays
Sept 17 - Dec 17
7-8:15 p.m.
Native Sons Lodge & Dining Room
\$168/14

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 2025 today! More info at courtenay.ca/recaccess

Tai Chi Beginner and Advanced

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. **No class Sept 30 & Nov 11.**

Instructor: Albert Balbon

#17233 Tuesdays **Beginner**

Sept 16 - Dec 16

3:30-4:30 p.m.

Lewis Activity Room

\$120/12

Thursdays

Sept 18 - Dec 18

#16922 6:45-7:45 p.m. **Beginner**

#16909 8-9 p.m. **Advanced**

Lewis Activity Room

\$140/14

Chi Kung

(18 years & over)

Similar to Tai Chi and Yoga, Chi Kung promotes health and wellness through the practice of controlled breathing combined with body movements and sequences. This class leads students through a series of easy to learn, slow-paced movements to improve agility, flexibility and improve overall health and mental focus. **No class Oct 16.**

Instructor: Tom Haber

#16925 Thursdays

Sept 18 - Dec 18

12-1 p.m.

Native Sons Lodge

& Dining Room

\$130/13

Tibetan White Crane Tai Chi

(18 years & over)

Improve agility, flexibility and overall health and well-being by performing a sequence of slow and relaxed motions. The class introduces the "Needle in Cotton" form which is a treasure of the Tibetan White Crane Kung Fu system. The form is described as "peace in motion" and is a set of Qigong movements said to carry the practitioner into a healthy and long life. **No class Sept 30 & Nov 11.**

Instructor: Tom Haber
Tuesdays

#16948 Sept 16 - Dec 16
7-8 p.m.
Lewis Meeting Room
\$120/12

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

#17068 Sundays
Oct 19 - Nov 2
10 a.m. - 12 p.m.
Lewis Activity Room
\$55/3

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

Historical Fencing (Intro)

(12 - 55 years)

Perfect for newcomers, this class focuses on foundation techniques in a safe, controlled environment with low intensity. Students will get hands-on experience with singlestick, longsword, messer, and rapier and dagger, along with exposure to sword and shield, rondel dagger, grappling, and quarter-staff. Whether you're exploring a new hobby or aiming for serious study, this is the ideal starting point. Some padded sparring with helmets and gloves. **No class Sept 30, Oct 21, 28, Nov 11 & 25.** Participants under 16 must attend with adult.

Instructor: Chad Herbert

#17029 Tuesdays
Sept 16 - Dec 16
5:30-6:30 p.m.
Filberg Conference Hall
\$99/9

Historical Fencing (core curriculum)

(12 - 55 years)

Build upon your fundamentals with higher intensity warm-ups and sparring. Students will progress from padded to sticks, synthetic, and eventually steel weapons at a personalized pace. Club gear is available, but we encourage collecting personal equipment with our guidance. Core students gain access to an additional coached sparring session during the week. Participants under 16 must attend with adult. **No class Sept 30, Oct 21, 28, Nov 11 & 25.**

Instructor: Chad Herbert

#17030 Tuesdays
Sept 16 - Dec 16
6:30-8:30 p.m.
Filberg Conference Hall
\$135/9

Nutrition Strategies for Perimenopause and Menopause

Are you experiencing a shift in your hormones and starting perimenopause or menopause? This period brings many changes in the body that nutrition can support. With a registered dietitian, let's learn a bit more together about this transition and support wellbeing through nutrition.

#17225 Wednesday November 26
6:30-8 p.m.
Filberg Rotary Hall
\$39

*Nutrition workshops
instructed by registered
dietitian, Erin Roman, RD*

Optimizing Digestion with Nutrition

Do you have issues with your digestion? Come learn some easy way to support optimal digestion with a registered dietitian.

#17223 Monday September 22
6:30-8 p.m.
Lewis Craft Room A
\$39



Courtenay Adult





Sports

Basketball

(16 years & over)

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 on Tuesday nights and enjoy the flexibility of drop-in Basketball.

No session Sept 30 & Nov 11.

#16791 Tuesdays
Sept 2 - Dec 16
7-8:45 p.m.
Vern Nichols Gym
\$4/drop-in

Soccer

(16 years & over)

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!

#16793 Mondays
Oct 20 - Dec 15
7-8:45 p.m.
Lewis MP Hall
\$4/drop-in

Pickleball - Starter to Smarter

New to pickleball and you know the rules and basic shots? Build confidence and consistency and enjoy real games with other novice players in a fun, supportive setting. This class will sharpen your technique in serves, dinks, drops and drives.

No class Nov 2.

Instructor: Paddle Up Pickle
#17237 Sundays
Sept 21 - Nov 16
10:45 a.m. - 12:15 p.m.
Native Sons Grand Hall
\$45/day

Catch Pickleball Fever

Elevate your mood and heart-rate! Do you want to try pickleball? This beginner course covers the rules, basic shots like dinking, serving, attacking, and defending. You'll be rallying and playing real games within the first hour! **No class Nov 2.**

Instructor: Paddle Up Pickle
#17236 Sundays
Sept 7 & 14
10:45 a.m. - 12:15 p.m.
Sept 21 - Nov 16
9-10:30 a.m.
Native Sons Grand Hall
\$45/day

Badminton

Drop-in and get some exercise with our recreational badminton. Meet new players and improve your game in this fast-paced group sport! Racquets and birdies provided. Participants set-up equipment. **No drop-in Oct 31.**

#16790 Wednesdays & Fridays
Sept 3 - Dec 19
1:15-3:15 p.m.
Vern Nichols Gym
\$4/drop-in

Pickleball

(16 years & over)

Join in and have fun playing this exciting paddle game! Pickleball is played by 2 or 4 people on a badminton sized court using wood paddle racquets and a plastic style baseball. Must pre-register online or in person at either the Lewis or Filberg facilities for drop in, no on site drop ins accepted. **No session Sept 30, Oct 2, 26, Nov 2 & 11.**

#16792 Tuesdays & Thursdays
Sept 2 - Dec 16
1:15-3:15 p.m.
Sundays
Sept 7 - Nov 16
12:30-2:30 p.m.
Native Sons Grand Hall
\$4/drop-in

Adult Sk8 Night

(16 years & over)

Dust off your skateboard and come out for adult night at the indoor skate park! Helmets are required and available. **No drop-in Oct 13.**

Mondays
Sept 8 - Dec 15
7-9 p.m.
LINC skatepark
\$4/drop-in

Improv for 55+

Join this fun-filled improv class designed to sharpen your mind, boost your confidence, and spark your creativity! Through improv games you'll enhance quick-thinking skills, stay mentally sharp and enjoy plenty of laughter. No experience necessary just bring your sense of humour. **No class Oct 31.**

Instructor: Connor Ballantine

#17085 Fridays

Oct 17 - Dec 12

1:30-3 p.m.

Lewis Craft Room B

\$99/8

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! **No class Nov 11.**

Instructor: Larry Ayre

#17022 Tuesdays

Oct 14 - Nov 25

7:15-8:30 p.m.

Lewis Salish Building

\$89/6

Beginner's Blues Harmonica

The harmonica is a versatile instrument, heard in everything from folk and country to jazz and rock, but it shines brightest in blues music. No prior musical experience is required. Just bring a 'C' harmonica and get ready to learn how to play this fun and soulful instrument! **No class Nov 11.**

Instructor: Larry Ayre

#17021 Tuesdays

Oct 14 - Nov 25

6-7 p.m.

Lewis Salish Building

\$89/6

Adult Gymnastics

(16 years & over)

Adult gymnastics offers a fun, supportive way to build strength, flexibility, and coordination. No prior experience is needed - just a willingness to try! Learn basic skills like rolls, handstands, and cartwheels at your own pace, all while improving confidence, body awareness, and fitness in a welcoming, encouraging environment. **No class Oct 13.**

#17196 Mondays

Sept 15 - Dec 15

7:15-8:15 p.m.

Lewis Vern Nichols Gym

\$249/13

\$25/drop-in *if minimum registration met*

No classes on stat holidays

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 to present in the last class.

Instructor: 7 Story Circus

#16832 Wednesdays

Sept 24 - Dec 10

6-7:30 p.m.

Vern Nichols Gym

\$450/12

7 Story Circus

Community Circus 2

(12 years & over)

This class has a strong focus on ensemble work, as well as individual skill building. Activities include aerial silks, hoop, rope, juggling, object manipulation, stilting, chair balance and partner balance, handstands and conditioning, improvisation & performance games. This class is for beginners to pre-professional circus enthusiasts! **No class Oct 31.**

Instructor: 7 Story Circus

#16835 Fridays

Oct 3 - Nov 28

6:30-8 p.m.

Vern Nichols Gym

\$300/8

Register ONLINE at
courtenay.ca/reconline



Courtenay Adult



Fall Program Registration starts Monday August 11 | See page 102

Lewis Centre Squash courts

To reserve a court:

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

Payment is required at
time of booking.

Use your squash punch
pass/membership & save!



All court bookings are 60 minutes in duration.

Squash hours:

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

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

Changes effective March 1, 2025:

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

Play your way - no limits!

Court fees (per person) includes 5% GST

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

For up to date information
and schedules:
courtenay.ca/squash

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



Lewis Centre Wellness Centre



Ages 13 & over

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

Please call ahead to ensure Attendant is present as schedules are subject to changes.

Equipment

- Functional Trainers
- Treadmills
- Cross Trainers
- Stair Climber
- Rowing Machine
- Recumbent Bicycles
- Stationary Bicycles
- Strength Machines
- Free Weights
- TRX

Wellness Centre hours:

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

Supervised.....5:30-10:30 a.m. & 3:30-7:30 p.m.

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

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

*closed on statutory holidays

Services include

- Professional Assistance
- Memberships & Punch Cards
- Drop-in
- Personal Training
- 55+ Strength Training Group Fitness

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

Memberships & Punch Cards can be purchased in person or online at courtenay.ca/reconline

Pass suspensions

Passes may be suspended in advance for a minimum of one month for **medical reasons only**. Passes will be suspended from the date the request is made (in writing) or from the date of a Doctor's certificate.



Childminding is available during certain times while you drop in to the Wellness Centre. See page 47 for more information.





55+ Programs

55+ TRX and Resistance Training

Suspension training is perfect for the older adult, you can modify body position, base of support and stability to progress or regress an exercise. Movements on the TRX can stay simple and static or be more dynamic, depending on your own level of comfort.

No class Oct 13.

Instructor: Kim Hamilton

#16903 Mondays & Wednesdays
Sept 8 - Nov 19
10:30-11:30 a.m.
Lewis Activity Room
\$252/21

55+ Chair Yoga Flow

This class includes both seated and standing postures using the chair for support, with no floor poses. We'll move at the pace of your own breath, with easy-to-follow flowing sequences and moments where we gently hold postures to build strength, improve balance, and increase flexibility. Calming background music sets the tone for a relaxed and supportive environment.

Instructor: Émilé Dubé

#17212 Thursdays

EG Sept 11 - Dec 11
2:30-3:30 p.m.
Lewis Salish Building
\$168/14

55+ TRX and More

This is a TRX hybrid class, mixing body weight exercise and resistance training! A highly effective workout across a wide range of exercises and intensities. Improves strength, endurance, balance, coordination, flexibility, power, and core stability.

Instructor: Kim Hamilton

#16902 Fridays
Sept 12 - Nov 21
1:15-2:15 p.m.
Lewis Activity room
\$132/11

Sustaining Health: Nutritional Essentials for Seniors

Do you ever wonder if you are getting enough nutrients for your overall health and well-being? Do you find yourself hungry, experience cravings or struggling with digestive issues? In this course, with a registered dietitian, we will review nutrition tips to support your health with easy and practical strategies that you can incorporate right away into your daily living.

Instructor: Erin Roman, RD

#17224 Wednesday October 29
6:30-8 p.m.
Filberg Rotary Hall
\$39

55+ Strength Training

Build strength, balance, and well-being in this supportive strength training class. Enjoy personalized workouts using various equipment, guided by a qualified instructor in a fun, non-intimidating environment. Ideal for all fitness levels, the program offers expert instruction tailored to your individual needs. **No class Sept 30, Oct 13 & Nov 11.**

Instructor: Juan Blancas

EG Mondays & Wednesdays
Sept 8 - Dec 17

#16896 12:30-1:30 p.m.

#16897 2-3 p.m.
\$348/29

EG Tuesdays & Thursdays
Sept 9 - Dec 18

#16898 12:30-1:30 p.m.

#16899 2-3 p.m.
\$336/28

EG Fridays
Sept 12 - Dec 19

#16900 12:30-1:30 p.m.

#16901 2-3 p.m.
Lewis Wellness Centre
\$180/15

55+ Simply Strength 2

This popular class is an intermediate level class and is a step up from Simply Strength 1. It offers overall body conditioning, balance and agility, core strengthening and health and wellness education. **No class Oct 1 & 13.**

Instructor: Steve Thomson

EG Mondays & Wednesdays
9-10 a.m.

#16895 Sept 8 - Oct 22
\$144/12

#17070 Oct 27 - Nov 17
\$84/7

#17071 Nov 19 - Dec 17
\$108/9
Native Sons Grand Hall

No classes on stat holidays

55+ Strength, Stretch & Core

This popular class checks off all the boxes! Your workout begins with a moderate level warm up followed by exercises that focus on strengthening, toning and stretching key muscles. A long, relaxing stretch completes the class. **No class Oct 2 & 13.**

Instructor: Nancy Victoria

#16871 Mondays & Thursdays

 Sept 4 - Dec 18
9-10 a.m.

Native Sons Grand Hall
Filberg Conference Hall
\$6.75/drop-in



55+ Cardio Groove

With motivating music in the background, you'll enjoy a variety of easy-to-follow cardio movements that get your heart pumping and your body feeling great. Each class includes a gentle warm-up, dynamic full-body easy movement, and a relaxing stretch to finish. You set the pace, move in a way that feels right for your body, with options to modify as needed.

Instructor: Emilie Dube

#17138 Thursdays

Sept 4 - Dec 11
1-2 p.m.

Vern Nichols Gym
\$6.75/drop-in



55+ Chair Fit

This fun, lower impact, chair-based class can be done both in or out of the chair! You'll be guided carefully through exercises focusing on balance, mobility, range of motion, coordination, flexibility, muscle strength and relaxation. The instructor will offer modifications as needed, as well as provide support to participants at every turn. All levels welcome! **No class Sept 30 & Nov 11.**

Instructor: Nancy Victoria

#16795 Tuesdays & Friday

 Sept 2 - Dec 19
9-10 a.m.

Filberg Rotary Hall
\$6.75/drop-in



55+ Simply Strength 1

Exercises will be taught with a variety of equipment to increase balance, range of motion and strength and will help you regain or maintain your ability to climb stairs, get in and out of a chair or car, and maintain your balance while walking and standing. Dynamic movements are performed with great music to improve cardiovascular performance including gentle stretching. Participants should be able to get up and down from the floor. **No class Oct 1 & 13.**

Instructor: Juan Blancas

 Mondays & Wednesdays
Sept 3 - Dec 17
10:30-11:30 a.m.

Native Sons Grand Hall
\$6.75/drop-in



Look for the Evergreen symbol for 55+ classes. More information on the Evergreen Club on page 98.

Fall 55+ Drop-in Fitness

effective Aug 31 - Dec 20, 2025

	MON	TUES	WED	THURS	FRI
9 a.m.	55+ Strength, Stretch & Core Filberg (Upper)	55+ Chair Fit Filberg (Lower)		55+ Strength, Stretch & Core Filberg (Upper)	55+ Chair Fit Filberg (Lower)
10:30 a.m.	Simply Strength 1 Native Sons Hall (Upper)		Simply Strength 1 Native Sons Hall (Upper)		
1 p.m.				55+ Cardio Groove Lewis	

Fitness schedule substitutes and cancellations will be posted at courtenay.ca/fitness

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

Courtenay Active Living



Fall Program Registration starts Monday August 11 | See page 102



55+ Yoga Programs

55+ Chair Yoga

Developed for those who cannot get up and down from the floor easily. There's still a lot of Yoga that can be done in a chair. Special breathing practices, gentle joint movements and muscle strengthening will all take place in this fun class. We also do poses while standing, using the chair for support. **No class Sept 30 & Nov 11.**

Instructor: Catherine Reid

#16894 Tuesdays

EG Sept 9 - Dec 16
10:30-11:30 a.m.

Native Sons Grand Hall
\$156/13

55+ Therapeutic Chair Yoga

Embrace the power of simplicity! "Less is more!" Uncover how subtle movements can significantly elevate your body awareness and alleviate tension. Dive into impactful exercises specifically designed to enhance your joint mobility, strength, and stability. **No class Oct 16.**

Instructor: Akiko Shima

#16924 Thursdays

Sept 11 - Dec 18
9:30-10:30 a.m.
Native Sons Lodge
& Dining Room
\$168/14

55+ Yoga - Gentle

A blend of styles that includes mostly floor poses (seated, belly, back). A slow moving and calming practice with stretching and easy strengthening. Suitable for those that are slow in getting up and down from the floor, have limited mobility or are looking for a mellow practice. **No class Oct 13.**

Instructor: Sheron Jutila

Mondays

#16905 Sept 8 - Oct 27

#17058 Nov 3 - Dec 15

EG 1:45-3 p.m.

Native Sons Grand Hall
\$91/7

55+ Yoga - Joint Series

This sequence of gentle postures focuses on increasing mobility of all joints and improving breath awareness. Each pose is highly adaptable, and we move slowly enough to explore variations for everybody. The Joint Freeing Series includes poses that are on hands and knees, seated and standing. **No class Oct 2 & 16.**

Instructor: Sheron Jutila

Thursdays

#16906 Sept 4 - Oct 30

#17059 Nov 6 - Dec 18

EG 10:15-11:45 a.m.

Native Sons Grand Hall
\$105/7

55+ Yoga- Ongoing

A blend of styles (based in Hatha yoga) with a mixture of floor and standing work. Options for increasing challenge and deepening awareness. A mixed level class with a thorough warm-up and poses to improve flexibility, balance, strength, and posture. Previous Hatha yoga or similar experience required. **No class Oct 3 & 17.**

Instructor: Sheron Jutila

Fridays

#16908 Sept 5 - Oct 31

#17061 Nov 7 - Dec 19

EG 10-11:30 a.m.

Native Sons Grand Hall
\$105/7

EG *Look for the Evergreen symbol for 55+ classes. More information on the Evergreen Club on page 98.*

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 2025 today! More info at courtenay.ca/recaccess

Fall Drop-in Fitness

effective Aug 31 - Dec 20, 2025

	MON	TUES	WED	THURS	FRI	SAT
Morning	6 am				Early Bird Fitness	
	9 am	TRX Fit 	Zumba w/ Milena 	BootCamp Blast 		Pedal N' Sculpt++ 
	10:30 am		BootCamp Blast	DanceFit		
Mid-day	12:05 pm	Monday Motivator	Spin Express Flow Yoga MP Hall	HIIT	Dynamic Fusion	Kettle Bell & Release Yoga Reset Salish Bldg
	3:30 pm	Yoga Sculpt		Yoga Sculpt		
Evening	5:15 pm	Zumba Toning 5:30 p.m. 	FLIT 5 p.m. 	Strength Stretch & Mobility 	Spin, TRX & Core	 Childminding available during these classes Class Levels Beginner/Intermediate Intermediate/Challenging Challenging + 75 minute class ++ 90 minute class
	6:15 pm		Zumba w/ Stacie			
	7:30 pm		Yin Yoga w/ Susan+			

See page 92 for program descriptions

No classes on stat holidays

Please note: This schedule is subject to change.
Classes may be cancelled due to low attendance.

For fitness schedule before August 31
please check courtenay.ca/fitness

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 47.

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

Courtenay Active Living



Fall Program Registration starts Monday August 11 | See page 102

Drop-in Fitness

TRX FIT



Mondays 9-10 a.m.

Elevate your fitness with TRX, where you can challenge strength, endurance and stability through functional movement in this full body workout!

Instructor: Kim Hamilton

Monday Motivator

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

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

Instructor: Susan Obieglo

Yoga Sculpt

Mondays & Wednesdays

3:30-4:30 p.m.

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

Instructor: Wendie Matte

Zumba Toning

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

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

Instructor: Milena Spratt

BootCamp Blast

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

& Thursdays 9-10 a.m.

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

Instructor: Steve Thomson

Spin Express

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

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

Instructor: Fiona McQuillan

Flow Yoga

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

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

Instructor: Susan Obieglo

FLIT (Fat Loss Interval Training)



Tuesdays 5-6 p.m.

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

Instructor: Nancy Victoria

Zumba w/ Stacie

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

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

Instructor: Stacie Cleveland

Yin Yoga w/ Susan

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

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

Instructor: Susan Obieglo

Zumba w/ Milena



Wednesdays 9-10 a.m.

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

Instructor: Milena Spratt

HIIT

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

This is an intense workout combining functional movements and high-intensity interval training to build strength, endurance, and agility.

Instructor: Leah Partidge

Strength, Stretch & Mobility



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

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

Instructor: Nancy Victoria

DanceFit

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

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

Instructor: Lyla Pettis

Dynamic Fusion

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

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

Instructor: Susan Obieglo

Spin, TRX & Core



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

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

Instructor: Nancy Victoria

Early Bird Fitness

Fridays 6-7 a.m.

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

Instructor: Tina Pringle

Kettle Bell & Release

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

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

Instructor: Nancy Victoria

Yoga Reset



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

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

Instructor: Émilie Dubé

Pedal N' Sculpt+



Saturdays 9-10:30 a.m.

This popular Saturday morning class begins with a cycle workout to get the heart pumping, followed by strength and ab training.

Instructor: Luis Acosta



Childminding is offered during these programs

No classes on stat holidays

Women's Strictly Strength

This women's only strength class provides a comfortable environment for women of all ages to focus on building strength through resistance training and the use of a variety of equipment. No cardio is involved, but you will work towards developing lean muscle mass, improving bone strength, increasing flexibility and feeling stronger both physically and mentally.

Instructor: Nancy Victoria

#16957 Fridays

Sept 19 - Dec 19

10:30-11:30 a.m.

Lewis Activity Room

\$168/14

Tabata

A Tabata fitness class is a high-intensity interval training (HIIT) workout featuring 20 seconds of intense exercise followed by 10 seconds of rest, repeated for 4 minutes per round. It boosts endurance, burns calories, and improves cardiovascular fitness fast.

Instructor: Sharon Aul

#17182 Wednesdays

Oct 22 - Dec 10

5:30-6:30 p.m.

Lewis MP Hall

\$96/8

Childminding

We offer convenient and affordable childminding services while you enjoy a workout at the Wellness Centre or in a fitness class.

Monday - Thursday

8:45-10:30 a.m.

Friday

10:15-11:45 a.m.

Saturday

8:45-10:30 a.m.

Tuesdays & Wednesday

4:45-6:30 p.m.

\$3.15/1¼ hours *includes GST*

\$30/10 punch-card

Total Body TRX

This dynamic suspension training class has it all! You'll utilize your bodyweight to help improve your balance, develop core strength, cardio, flexibility and total body strength. Your experienced instructor will motivate you, guide you and challenge you with new moves! All levels and abilities welcome. **No class Oct 13.**

Instructor: Kim Hamilton

#16955 Mondays

Sept 15 - Nov 17

6:45-7:45 p.m.

Lewis Activity Room

\$108/9

Fundamentals to be an Everyday Athlete

This series helps you move better, prevent injuries and break through physical barriers. Learn how to train your nervous system to improve flexibility, strength and stability. Build a stronger, more athletic body and become a healthier version of yourself through simple, effective techniques.

Instructor: Mackenzie Rutherford

#17035 Wednesdays

Oct 22 - Nov 26

6-7 p.m.

Lewis Salish Building

\$180/6

Dynamic Fusion

Join us for a one-hour registered version of Susan's lunch hour class, Dynamic Fusion. This integrative fitness class combines weightlifting, Pilates, and yoga to enhance overall fitness. The unique blend boosts strength, balance, mobility, core stability, and flexibility, offering a comprehensive workout for all levels.

No class Sept 30 & Nov 11.

Instructor: Susan Obieglo

Tuesdays

#16926 Sept 16 - Oct 28

Lewis Meeting Room

#16927 Nov 4 - Dec 16

Lewis MP Hall

5:45-6:45 p.m.

\$72/6

FLIT (Fat Loss Interval Training)

This is a high-intensity workout combining cardio, strength, and recovery intervals to burn fat, boost endurance, and build lean muscle. Designed for all fitness levels, FLIT delivers fast, effective results. **No class Sept 30 & Nov 11.**

Instructor: Nancy Victoria

#16872 Tuesdays

Sept 2 - Dec 16

5-6 p.m.

Lewis Activity Room

\$6.75/drop-in



Courtenay Active Living



Fall Program Registration starts Monday August 11 | See page 102



Wellness

Forest Therapy Walk – Shinrinyoku

Immersing yourself in nature significantly boosts both physical and mental well-being. Through guided activities that encourage a slower pace and foster a profound sensory connection with the forest environment, the forest opens the door for your new experience. Please check our online registration for more location information.

Instructor: Akiko Shima
#17065 Wednesdays
 Sept 10 - Oct 29
 9:30-11 a.m.
 First meeting at
 Puntledge Park
 \$120/8

Did you know . . .

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

Regulating Your Nervous System

This six-class series focuses on supporting your nervous system through simple, targeted exercises. Each session helps you activate your “rest and relax” state to improve overall well-being. Learn how to reduce symptoms of depression, anxiety, fatigue, tension, pain, trauma, ADHD or insomnia. Build calm, resilience and balance one class at a time.

Instructor: Mackenzie Rutherford
#17036 Mondays
 Oct 20 - Nov 24
 6-7 p.m.
 Lewis Salish Building
 \$180/6

Intro to Meditation Workshop

Meditation trains the mind to improve focus and develop awareness of both body and mind, resulting in a sense of calm and clarity. It helps reduce stress, promotes relaxation, and increases self-awareness. By using breath and body as focal points, meditation nurtures mindfulness, promoting emotional balance and overall well-being.

Instructor: Julie Blais
#17067 Monday Oct 20
 6:30-8 p.m.
 Bill Moore Meeting Room
 \$30

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
#17068 Sundays
 Oct 19 - Nov 2
 10 a.m. - 12 p.m.
 Lewis Activity Room
 \$55/3

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.

Instructor: Nancy Victoria
 Wednesday
#16932 Sept 10 - Oct 15
#16933 Oct 29 - Dec 3
 1-3 p.m.
 Native Sons Lodge
 & Dining Room
 \$60/6

No classes on stat holidays

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 Sept 30 & Nov 11.**

Instructor: Kim Hamilton

#16929 Tuesdays

Sept 16 - Nov 18

9-10 a.m.

Native Sons Grand Hall

\$96/8

Pilates & More

Challenge your mind and body with low-impact, joint-friendly, core-strengthening and spine-nurturing exercises. Pilates will build your core stability and balance, PLUS enhance your flexibility and coordination. Amazing full-body workout that strengthens and lengthens. **No class Sept 30 & Nov 11.**

Instructor: Suzy Williamson

Tuesdays

#16940 Sept 16 - Oct 28

#17064 Nov 4 - Dec 16

5-6 p.m.

Native Sons Lodge

& Dining Room

\$72/6

Men's Yoga

Join this 75 minute men's class designed to support joint health, improve flexibility, and increase range of motion. Through a combination of seated and standing poses, you'll work to enhance posture, boost balance, and relieve muscle tightness and soreness. **No class Oct 13.**

Instructor: Susan Obieglo

#16931 Mondays

Sept 15 - Dec 15

7:15-8:30 p.m.

Native Sons Lodge

& Dining Room

\$169/13

Yoga for Deep Rest

Designed to nourish your nervous system, this class combines hatha yoga, restorative yoga, and yoga nidra. Practice begins with gentle movement linked with breath, followed by reclined postures supported by props. We end with guided sleep meditation (yoga nidra) to unravel tension. This class is the mid-week retreat you didn't know you needed!

Instructor: Kelly Yaskiw



#17066 Wednesdays

Sept 17 - Dec 17

7-8:15 p.m.

Lewis Activity Room

\$182/14

Restorative Yoga

Experience a gentle practice that employs props to support your body in postures held for extended periods, effectively promoting relaxation and alleviating stress. It is designed to foster deep physical, mental, and emotional tranquility through sustained poses and intentional breathing. You'll leave feeling profoundly relaxed and rejuvenated. **No class Oct 13.**

Instructor: Akiko Shima

#17175 Mondays

Sept 8 - Dec 22

6:30-8 p.m.

Lewis Meeting Room

\$225/15

Women's Yoga for Pelvic Health

Are you hesitant to cough or sneeze? Worried about where the nearest washroom is? This class is designed to help maintain good pelvic function, with poses that help strengthen the bladder, lift the uterus, and tone the pelvic floor muscles. Prerequisite: at least one year of regular Yoga practice. **No class Oct 13.**

Instructor: Catherine Reid

Mondays

#17069 Sept 15 - Oct 27

\$78/6

#17174 Nov 3 - Dec 15

\$91/7

4:45-6 p.m.

Lewis Meeting Room

All classes are for 16 years & over unless otherwise noted.



Courtenay Active Living



Yin/Restorative Yoga

Both of these styles of Yoga are quiet, floor-based practices. Both provide deep benefits to your body and require a willingness to pause and breathe - in stillness. Yin Yoga stimulates harder tissues in the body and can sometimes create strong sensations for you to navigate; Restorative Yoga is just deeply relaxing. In this series, we will alternate between them: one week will be Yin, the next, Restorative - the best of both worlds. Prerequisite: at least one year of yoga experience.

Instructor: Catherine Reid

#16959 Fridays

Sept 12 - Dec 19

10-11:30 a.m.

Native Sons Lodge

& Dining Room

\$225/15

Yoga Reset

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

Instructor: Émilé Dubé

#17060 Fridays

Sept 5 - Dec 12

12:05-12:55 p.m.

Lewis Salish Building

\$6.75/drop-in



Vinyasa Flow Yoga

A smooth, breath-led practice that guides you through flowing sequences, including sun salutations, standing postures, and floor-based stretches. In this class, each movement is connected to your breath, helping you build strength, flexibility, and balance while staying present and grounded. Expect a mix of gentle flow and stillness, with time to explore postures mindfully and finish and start with a moment of relaxation or meditation. No experience necessary.

Instructor: Émilé Dubé

Fridays

#16956 Sept 19 - Oct 24

#17176 Nov 7 - Dec 12

10:30-11:30 a.m.

Lewis Salish Building

\$72/6

Prenatal Yoga

Pregnancy brings many changes to a woman. Prenatal yoga will help you adapt, prepare and strengthen your body for some of these changes. It is also a great way to connect to your body, breath, mind and baby. The class will be led by a certified birth Doula. All levels welcome.

Instructor: Akiko Shima

Wednesdays

#16943 Sept 10 - Oct 29

\$104/8

#16945 Nov 5 - Dec 17

\$91/7

6:30-7:45 p.m.

Lewis Meeting Room

Baby & Me Yoga

Spend time bonding with your baby while you regain strength, flexibility and balance all while having the opportunity to connect with other moms. This class is open to babies six-weeks-old until crawling.

Instructor: Akiko Shima

Thursdays

#16910 Sept 18 - Oct 30

#16919 Nov 6 - Dec 18

3-4 p.m.

Lewis Meeting Room

\$84/7



Winter Hustle

Stay Active. Stay Warm. Stay Well.

Join us between December 21 - January 3 for our special holiday drop-in fitness schedule. With something for everyone, beat the chill and boost your energy.

Classes include:

- Strength & Conditioning
- Yoga and Stretch
- Zumba and Dance
- 55+ options
- And so much more!

Don't wait until the new year!

Check out courtenay.ca/fitness for a full holiday schedule!

Personal Training

Benefits of personal training

- Improve your overall fitness
- Learn to keep up a routine
- Improve mood & reduce stress
- Learn to efficiently use your time
- Faster and better results
- Establish a lifetime exercise habit
- Overcome plateaus
- Learn proper form to reduce risk of injury



Personal training prices

Private

1 session	\$65
3 sessions	\$195
5 sessions	\$300
10 sessions	\$550

Semi-private (2 people)

1 session	\$98
3 sessions	\$292
5 sessions	\$450
10 sessions	\$828

The Lewis Wellness Centre is intended for recreational use only. External service providers (coaches, therapists, trainers, etc) require approval to conduct their business activities in the Lewis Wellness Centre facility.

- Clients must provide at least 24 hours notice to cancel or reschedule.
- To cancel or reschedule, please call the Lewis Centre at 250-338-5371.
- No shows or cancellations within 24 hours will be charged the full session fee.

Personal training team



Juan Blancas

Training Specialties:

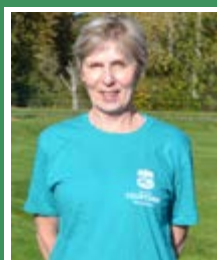
- Fitness Assessments & Training
- Resistance Training
- Core Activation & Conditioning
- Muscle & Strength Building



Susan Obieglo

Training Specialties:

- Weight training
- Posture Analysis
- Functional training
- Older Adult Fitness
- Biomechanical deficiencies



Nancy Victoria

Training Specialties:

- Women & Weight loss
- Older Adult Fitness
- Resistance Training
- Sports Conditioning
- Functional Conditioning



Adam Commandeur

Training Specialties:

- Full body transformation
- General Fitness
- Circuit training
- Speed, Agility, Quickness
- Sports specific training

Courtenay Active Living



Fall Program Registration starts Monday August 11 | See page 102



55+ Recreation Club

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

- Choristers
- Friday Night Dances
- Gospel Sing Along
- Ukulele Club
- Social Dance Club
- Karaoke
- Recorder
- Heartstrings
- The Jam

Crafts & Hobbies

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

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

Special Events

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

Day Trips

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



Special Events

We have a great line of special events this fall including Friday Night Dances, with live bands most Fridays. Hit the dance floor at our Pub Nights with live Rock n' Roll music, enjoy a cold drink at our licensed cash bar. We also will be hosting, Music Turning 60 in October, a celebration of music with a variety of acts. Our very own drama club is excited to be putting on a production in early November. As well, Comox Valley Concert Band will be back to entertain us with their big band sound at the end of November.

Check our website for more information.

www.evergreenclub.ca



Evergreen Lounge

Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge! A variety of delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and 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 Evergreen Club



Courtenay Recreation facility rentals

Lewis Centre

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



MP Hall/Gym



Tsolum Building



Craft Room A

Valley View Park Clubhouse

- 1,000 sq. feet
- Kitchen, washrooms



Bill Moore Park Lawn Bowling Bldg

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



Call the Lewis Centre
at 250-338-5371

Fax: 250-338-8600

Email: rentals@courtenay.ca

View these facilities
on the virtual tour
on our website:
www.courtenay.ca/lewis

The LINC Youth Centre

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



Courtenay Recreation facility rentals

Florence Filberg Centre

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

Event and meeting rooms:

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

Features:

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



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

Fall registration starts Monday August 11 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



Courtenay parks bookings

Courtenay is home to many quality sports fields, parks and outdoor spaces. Most fields, courts, diamonds and outdoor facilities are available for casual use on a first-come, first-serve basis.



When should I book a field, park, outdoor court or facility?

- To ensure the outdoor space is available when you need it.
- When the use is for league play or practice sessions.
- When you have a special event or tournament.

How do I book a field, park, outdoor court or facility?

1. Email rentals@courtenay.ca or call 250-338-5371 to check availability and make a request.
2. Staff will assist you with completing a Parks Use Application Form. Once the form is completed it will be submitted for review.
3. Once conditionally approved, you will be contacted to review any additional requirements that will need to be met.
4. When all requirements have been met, the rental agreement/permit has been signed and all fees are paid your booking is complete and approved.



City parks:

- Bill Moore Park
- Harmston Park
- Lagoon Park/Riverway
- Lewis Park
- Martin Park
- Puntledge Park
- Riverside Park
- Standard Park
- Simms Millenium Park
- Valley View Park
- Woodcote Park

Schools:

- Arden Elementary
- Courtenay Elementary School
- Glacier View School
- G.P. Vanier School, *including artificial turf field*
- Huband Park Elementary
- Lake Trail School
- Mark R. Isfeld School
- Puntledge Park Elementary
- Queneesh Elementary
- Valley View Elementary

Field closures: Fields may be closed due to maintenance or weather conditions. *We appreciate your cooperation in not using the fields during these times.*

Hurford Hill Park



Supporting pollinators in our parks

The City of Courtenay's Parks Maintenance team launched a Pollinator Meadow Program in 2023, focusing on creating naturally managed areas in parks to support pollinators such as bees, butterflies, and birds.

Pollinator meadows are carefully managed spaces where mowing is reduced and flowering plants are added to provide food and habitat throughout the growing season. These meadows not only support biodiversity by attracting a wide variety of pollinators, but also help improve soil health and retain moisture — supporting nearby trees during periods of drought.

In recent years, portions of Sunrise Park, Hurford Hill Park, and areas along nature trails have been transitioned into pollinator meadows, with more locations planned as the program continues to grow. These areas feature a mix of seasonal

blooms, from dandelions and buttercups to native lupins and columbines, offering vibrant natural spaces for both pollinators and park visitors to enjoy.

This evolving program also supports the City's climate goals by reducing the frequency of mowing and associated carbon emissions. It contributes to Courtenay's Urban Forest Strategy, helping work toward a canopy cover target of 34–40% distributed throughout the community.

The initiative is also aligned with the City of Courtenay's Strategic Plan, supporting the vision that: "We protect the natural spaces we love and upon which our lives depend," and "We will reach net-zero emissions by 2050."

Keep an eye out for signage in meadow areas, and take a moment to enjoy the sights and sounds of nature at work!

Simms Summer Concerts continue until August 24

Enjoy the rest of summer with FREE concerts at Courtenay's Simms Millenium Park on Sundays at 7 p.m. Bring your own lawnchair or blanket.

August 10 - Stealing Dan ~ Enjoy an ultra-authentic homage to the great pop-jazz band Steely Dan!

August 17 - Shotgun Kelly ~ A seasoned tribute band putting their hearts into the music and bringing a selection of tunes from Adele to AC/DC.

August 24 - The Doobie Brothers Experience (with food bank drive) ~ A masterful celebration of The Doobie Brothers music including their greatest hits! Please bring a non-perishable food item or a cash donation for the Food Bank Drive.

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

Info: courtenay.ca/simms



CVAG

VISION • ART • CULTURE

COMOX VALLEY ART GALLERY

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

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



CV/ARTS

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

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

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





SID WILLIAMS THEATRE SOCIETY



EXPERIENCE

Music • Theatre • Drama • Comedy • Film • Magic

We also offer ticket outlet services for community events!

442 Cliffe Avenue, Courtenay, BC V9N 2J2
sidwilliamstheatre.com 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.

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**

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

Courtenay Culture





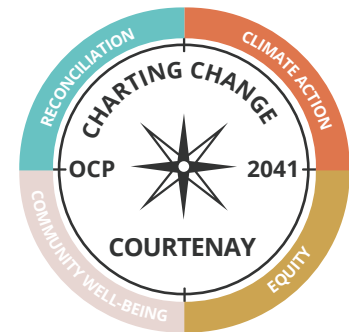
Courtenay's OCP and Zoning Bylaw updates in 2025



Throughout 2025, a targeted update of Courtenay's Official Community Plan (OCP) and Zoning Bylaw is taking place to guide how Courtenay will grow.

This update is being done to meet new provincial requirements for municipalities to update their Official Community Plans (OCP) and Zoning Bylaws by December 31, 2025 to ensure sufficient zoned land for 20-years of housing.

Courtenay's current OCP was adopted in 2022 after a two year engagement process and the 2025 update will build on the work that has already been done. The directions, vision, goals and cardinal directions of the 2022 OCP will continue to guide the targeted update to meet provincial legislative requirements. The four cardinal directions are reconciliation, climate action, equity and community well-being.



What's expected to change?

Courtenay's growth will be addressed in the update. The City has been growing faster than projected in 2021 when the last Housing Needs Report was conducted. The update will also address new provincial legislation requiring a longer planning time frame of 20 years. And, the Zoning Bylaw will be modernized as it's nearly 20 years old.

What happens next?

The OCP and Zoning Bylaw updates will be presented to Council in the fall for approval. Provincial housing legislation requires that Housing Needs Reports, OCPs and Zoning Bylaws be updated every five years to ensure sufficient affordable and diverse forms of housing are being planned for. This will ensure a predictable cycle of planning and community engagement to guide Courtenay, now and in the future!

Learn more:

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

Downtown Vitalization Local Area Plan

A local area plan process for Downtown Courtenay is also taking place in 2025 to provide more detailed direction on one of Courtenay's key growth centres. The planning process is ongoing into the fall of 2025.

Learn more: engagecomoxvalley.ca/courtenay-downtown-plan



Low Cost Recreation

LEAP - Leisure for Everyone Accessibility Program

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

City of Courtenay Recreation Access Program

We provide healthy lifestyle opportunities to residents of the City of Courtenay who live below Statistics Canada low income thresholds. How to apply? Recreation Access application forms are available at courtenay.ca/forms. 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**



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!



The Gardens on Anderton

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

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



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

The Salvation Army

Volunteer with us today!

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

Call Andrea to volunteer (250) 338-5133

because, Everyone Needs An Army.

www.comoxvalleysa.ca



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 our Visitor Centre as a guide, or help out in other ways including animal transport, small construction projects, helping in our gift shop, native plant restoration, special events, and more, Visit marswildliferescue.com.



Big Brothers Big Sisters of Victoria Capital Region

In-School Mentors wanted in the Comox Valley. Can you commit to helping an elementary school student one hour/week, during school hours, through the school year? (Non-academic) Mentoring makes a big difference in a child's life! Contact Candace for more information at candace.johnson@bigbrothersbigsisters.ca or 778-404-3125.



Discoveries Happen Here!

Cultural and Natural History
of the Comox Valley

FOSSIL TOURS
EDUCATION
PROGRAMMES
COLLECTIONS
ARCHIVES



Courtenay
and District

Museum
& Paleontology Centre

Book a Tour!

250-334-0686

www.courtenaymuseum.ca

207 Fourth Street, Courtenay, BC V9N 1G7

ANNUAL CVCDA CHILDREN'S

2025

TeLeTHON

CELEBRATING 50 YEARS OF COMMUNITY SUPPORT

SUNDAY, NOVEMBER 2
12PM-8PM
SID WILLIAM'S THEATRE

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

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



STRATHCONA NORDIC SKI CLUB

Cross Country Skiing programs for the whole family!

Discover the thrill of winter with the Strathcona Nordic Ski Club!

From beginners to racers,
ages 4 to 84 - there's a
place for everyone.
Join Vancouver Island's
premiere cross-country
ski club this season!

Registration opens Oct 1, 2025

strathconanordics.com



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**

art lab

WHERE ART & SCIENCE MEET

with Jamie Dobbs M.S.Ed., BA Psychology

At art lab, we focus on creating a safe space where you can explore and experiment with various therapeutic art practices that are designed to connect your brain and body, fostering wellness through creativity.

REGISTER FOR CLASSES at www.artlabcreative.ca

New classes added monthly!

THE LEARNING SPACE

- Multi-aged small groups, connection & relationship
- Comfortable home based setting
- Breathing, somatic & vagal nerve exercises
- Parasympathetic nervous system activation
- Brain science
- Hands-on therapeutic arts activities
- Focus on process & experimentation, build frustration tolerance, reduce anxiety, foster emotional regulation, let go of perfectionism, promote growth mindset, embrace mistakes, scaffold challenges

art_lab_creative_healing
www.artlabcreativehealing.ca
Jamie@artlabcreative.ca

BLACK CREEK

FALL FAIR

September 6th 10am - 4pm

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

Black Creek Community Centre
2001 Black Creek Road

BLACK CREEK
community centre

**#SkateWithUs
#PatinezAvecNous**



Online registration for the
2025-2026 season opens
September 1!

comoxvalleyskatingclub.com



CONTACT US AT:

comoxvalleyskatingclub@gmail.com





CV BREAKERS
WOMEN'S HOCKEY

**JOIN
THE
TEAM**



**Open to women 17+
All skill levels are welcome**

Contact us for more info:
cvbreakersinfo@gmail.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



Comox Valley Curling Centre

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

OPEN LEAGUES

Waypoint
Monday Open
Gladstone Friday
Night Fun
Church St. Taphouse
Saturday Social
Medicine Shoppe
Sunday Open

LADIES LEAGUES

Tuesdays & Thursdays

MEN'S LEAGUES

Tuesdays & Thursdays

JUNIOR CURLING

Wednesdays

MIXED LEAGUE

Wednesday Mixed

SENIOR CURLING

50+ SENIOR SOCIAL LEAGUE
Mondays & Wednesdays

COMPETITIVE LEAGUE
Thursdays

DOUBLES CURLING

Sunday Afternoons
Stick Curling Fridays



LEARN TO CURL

Two night clinic September 24 & 25

Adult Learn To Curl program, 6 sessions starts Sept 28

REGISTER ONLINE STARTING SEPTEMBER 1!

LEAGUES BEGIN THE WEEK OF SEPTEMBER 22!



**COMOX VALLEY
CURLING CENTRE**

COMOX VALLEY CURLING CENTRE
4835 Headquarters Road Courtenay
info@comoxvalleycurling.com
250-334-4712 www.comoxvalleycurling.com

COMOX VALLEY PCN NUTRITION PRESENTATIONS

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

NUTRITION ESSENTIALS

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

DEMYSTIFYING FATS

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

ANTI-INFLAMMATORY EATING

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

CARBS FOR HEALTH

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

BALANCING PROTEIN AND SODIUM

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

To register for the above presentations, visit:

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

Then enter code: 9NP8KDJT7



Email cvpcnpresentations@islandhealth.ca

if you need assistance with registration or have any questions.



COMOX VALLEY

SPORTS & SOCIAL CLUB

SPORTS LEAGUES

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



Register online by Sept. 1 for Outdoor Sports & Sept. 3 for Indoor Sports

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



Axé CAPOEIRA

Martial Arts • Percussion • Acrobatics

INTRO classes for all ages

Kids 5-8 y/o Tues/Thurs 4:30pm
Kids 8 - 13 y/o Tues/Thurs 5:15pm
Mon/Wed 4pm

Adults 13+ Mon/wed 6:30pm
Tues/Thurs 6:30pm
Saturday 10am

Summer Camps!!!

Ages 5 - 13 registration opens April 2026



250-898-7918
Capoeiracomox.com
Axecomox@hotmail.com
133 5th St. Courtenay BC

Comox Valley United Soccer

FALL 2025 Soccer Programs

Programs start Sept 2025

Registration opens June 7

**Youth Recreational for players
born 2011 to 2021**

**Youth Select for players born
2013 to 2008**

**Men and Women's Programs -
competitive and recreational**

Registration available

online at cvusc.org

For more information

cvusoccer@gmail.com

250-334-0422



FUN Basketball for Girls K to Grade 12



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

**No experience
necessary**



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

Coed K - Grade 3 program also available

Register for programs at

dimevalleybasketball.com www.cvathletics.ca

Contact: Peter.drpedro@telus.net or **250-334-7497**

BMX RACING

**Practice -
Monday
nights**

**Race -
Wednesday
nights**

**ALL AGES
WELCOME**



COAL HILLS BMX

REGISTER NOW! www.bmxcanada.org FOLLOW US on Facebook @ Coal Hills BMX

COME PLAY RINGETTE

**A TEAM
SPORT
WHERE
EVERYONE
PLAYS.**



**OPEN TO EVERYONE
AGES 3 AND UP!**

**COME TRY RINGETTE
FOR FREE ANYTIME**

comoxvalleyringette.com



For more
information



To register
today



Community Groups



Ignite your creativity this fall

Start your career as an artisan
jewellery designer and small business
owner in a matter of weeks.

Metal Jewellery 1: Foundation

September 2025 (7 weeks)

Metal Jewellery 2: Fundamentals

October 2025 (7 weeks)

Metal Jewellery 3: Fusion

January 2026 (7 weeks)

Contact us! cet@nic.bc.ca

Level up your skills



NIC also offers year-round training –
including marine and first aid courses.



NORTH ISLAND COLLEGE
NIC
CONTINUING EDUCATION
AND TRAINING

147



 **bgc** Central
Vancouver Island

ladysmith | nanaimo | lantzville
parksville | comox valley

welcome to the club!

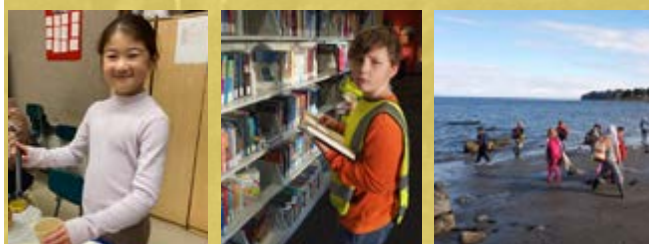
For over 50 years, BGCCVI has been at the heart of Central Vancouver Island, empowering children, youth, and families to thrive. From after-school care to parenting programs, we create safe spaces where connections are built, and futures are shaped—because we believe opportunity changes everything.

childcare + early learning

BGCCVI's programs provide engaging environments for kids that foster a sense of belonging, empowerment, and self-confidence. Our programs include field trips, activities, and events, and transportation to and from several local schools! Now serving even more families with our new locations in the Comox Valley, including Arden, Glacier View, Aspen Park, and Brooklyn Clubs.

bgc parenting programs

Professionally facilitated programs that are designed to help improve your relationship with your teen or pre-teen and help you learn new parenting skills, strategies, and communication methods. Programs offer a hybrid model where parents and caregivers can attend in person or online depending on their preference.



learn more!

Questions? Ready to register?

Scan the QR code or visit us at
www.bgccvi.com to get started!



 **bgc** Central
Vancouver Island

 bgccvi.com
 [@bandgclubofcvi](https://www.facebook.com/bandgclubofcvi)
 [@bgc.cvi](https://www.instagram.com/bgc.cvi)

opportunity
changes everything.



Sprout Meadows



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



- 2 indoor and 2 outdoor riding arenas, ensuring year-round access for all weather conditions.
- Multi-discipline training programs that follow Equine Canada guidelines.
- Learn with our insured, Equine Canada certified coaches, providing expert instruction for all ages and skill levels.



Spring Break and Summer Camps available

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



www.sproutmeadows.com
3583 Dove Creek Rd, Courtenay

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
Immigrant Welcome Ctr.....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

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.....nirrhodos.ca

Public Speaking

CV Toastmasters.....cvtoastmasters@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 - Sean.....250-702-4811
CV Ukrainian Cultural Society
- Jeanette250-898-3165

Seniors

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

Fairs & Festivals

Cumberlands Victoria Day Celebrations
.....cumberlandiseventssociety@gmail.com
CV Exhibition250-338-8177
Filberg Festivalfilbergfestival.com

Health & Wellness

Alcoholics Anonymouscomoxvalleyaa.ca
AVI Health & Community Services
.....250-338-7400
CV Mental Health & Substance use
.....250-331-8524
CV Hospice Society (Info. & bereavement
support).....comoxhospice.com
CV Nursing Centre250-331-8502
CV Stroke Recovery Branch.....250-890-0711
CV Head Injury Societycvhis.org
CV Ostomy Support Group.....250-871-4778
Overeaters Anonymousoa.org
Options for Sexual Health.....250-331-8572
Red Cross
(Health Equipment Loans).....250-334-1557
Take Off Pounds Sensibly (TOPS)
- Jane.....250-897-9279
Therapeutic Riding Association.....cvtrs.com
Public Health Nursing250-331-8520
Wheels for Wellness Society.....250-338-0196

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
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather250-338-9060
Dolyna Ukrainian Dancers - Karen
.....cvsdolynadancers@gmail.com
West Coast Swing Collective.....cwcs.ca

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

Community Directory

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 Youth Basketball Assoc.

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

Wheelchair Basketball - Stephane

.....cvwsdocs@gmail.com

Ice Sports

CV Glacier Kings Jr. Hockey

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

CV Minor Hockey..simonmorgan360@gmail.com

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

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

Women's Ice Hockey

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

Martial Arts

CV Karate Club - 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

.....cvwomensspringssoccer@gmail.com

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

Other

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

Courtenay Lawnbowling Club

.....courtenaylbc.com

CV Cougars Track & Field Club

.....comoxcougars.org

CV Curling 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.....edfjfer@icloud.com

Minor Lacrosse Association, CV Wild

.....comoxlacrosse.ca

Roller Derby.....brickhousebetties.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

Community Groups

Advertising Opportunity!



Reach Your Audience in the Community

Ask us how. Spaces are limited.

For more information, prices and to book please contact
Deanne at dgendron@courtenay.ca or 250-338-3571

