Comox Valley Recreation Guide

WINTER 2027



Winter Registration Starts Monday, November 16, 2026

TOWN OF COMOX | COMOX VALLEY REGIONAL DISTRICT
COURTENAY RECREATION | VILLAGE OF CUMBERLAND | 19 WING COMOX



Courtenay Recreation

Winter registration starts
Monday, November 16 at 7:15 a.m.

How to Register
Online: courtenay.ca/reconline
Phone: 250-338-5371 or 250-338-1000
In Person:
Lewis Centre
489 Old Island Highway, Courtenay

Filberg Centre
411 Anderton Avenue, Courtenay

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.

Lewis Centre
489 Old Island Highway
Courtenay, BC
250-338-5371

Florence Filberg Centre
411 Anderton Avenue
Courtenay, BC
250-338-1000

Native Sons Hall
360 Cliffe Avenue
Courtenay, BC

The LINC Youth Centre & Skate Park
300 Old Island Highway
Courtenay, BC

Bill Moore Park Lawn Bowling Building
2361 Kilpatrick Avenue
Courtenay, BC

Valleyview Clubhouse
1551 Lerwick Road
Courtenay, BC

Salish Building
489 D Old Island Highway
Courtenay, BC

Tsolum Building
55 C - 5th Street
Courtenay, BC

Welcome

Recreation plays an important role in a healthy, connected community. This winter, come in from the cold, stay active, try something new and connect with others through Courtenay Recreation.

From arts and culture to fitness and recreation, this guide offers opportunities for residents at every stage of life to learn, participate and enjoy time together. Beginning January 1, 2027, updated age categories and membership options will better reflect different life stages and help support affordable access to recreation.

I encourage you to explore the guide and find something that inspires you this winter.



Thank you to our recreation staff and instructors for helping create welcoming opportunities for our community.

Susie Saunders
Director of Recreation, Culture and Community Services

Combined Play Pass New!

One pass. Three ways to play. **Wellness Centre + Fitness + Squash**
Get more from your membership with one pass that gives you access to all three.

Age categories	11 punches	1 month	3 months
PWD	$40	$72	$204
Youth & Young Adult 13-24 years	$40	$72	$204
Adult 25-64 years	$75	$134.95	$382.50
Older Adult 65 years and over	$56	$100.75	$285.60

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.

Refund Policy

- 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 three 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 & nontransferable.

Facility Information



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
Monday to Friday 7:30 a.m. - 8:45 p.m.
Saturday & Sunday 8:30 a.m. - 12 p.m. & 1:15-4 p.m.

Facility Hours
Monday to Friday 5:30 a.m. - 9 p.m.
Saturday & Sunday 8:30 a.m. - 4 p.m.

489 Old Island Highway Courtenay, BC V9N 3P5 | 250-338-5371
rentals@courtenay.ca | **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
Monday to Friday 8:30 a.m. - 4 p.m.

411 Anderton Avenue Courtenay, BC V9N 6C6 | 250-338-1000
rentals@courtenay.ca | **courtenay.ca/filberg**



The LINC Youth Centre & Indoor Skatepark

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

Facility Hours
Monday 7-9 pm (16 and over)
Tuesday 11-7 p.m.
Wednesday & Thursday 12-8 p.m.
Friday & Saturday 3-11 p.m.

300 Old Island Highway Courtenay, BC V9N 3P2 | 250-334-8138
linc@courtenay.ca | **courtenay.ca/linc**

Facility Closures

Christmas Day Dec 25 • **Boxing Day** Dec 26 • **New Year's Eve** Jan 1 • **Family Day** Feb 15

Lewis and Filberg Early Closures

Dec 24: closed at 12 p.m. • **Dec 31:** closed at 3 p.m.







Cozy Corner Preschool

At the Lewis Centre | Ages 3-5

A dedicated outdoor play space focused on active play.

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

Classes run from September until June with the exception of winter and spring breaks and all statutory holidays!

Monday, Wednesday & Friday
8:30 a.m - 12 p.m. **or** 12:30-4 p.m.
$185/3 days per week
Location: Cozy Corner Preschool

Tuesday & Thursday
8:30 a.m. - 12 p.m. **or** 12:30-4 p.m.
$125/2 days per week
Location: Cozy Corner Preschool

489 Old Island Highway Courtenay, BC V9N 3P5
250-338-5371 | **courtenay.ca/cozycorner**



Drop-In Programs

Parent & Tot Morning Playtime DROP-IN
Ages 1-6 with adult

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

Sundays
#20455 Jan 10-Mar 7 | 8:45-10 a.m. | $3
Location: Lewis MP Hall A

Parent Tot Art Explorers DROP-IN
Ages 1-5 with adult

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

Tuesdays
#20457 Jan 5-Mar 9 | 10-11 a.m. | $6/drop-in
#20434 Jan 5-Feb 2 | 10-11 a.m. | $25/5
#20435 Feb 9-Mar 9 | 10-11 a.m. | $25/5
Location: Lewis Craft Room B

Childminding DROP-IN
Ages 1 month - 12 years

We offer convenient, affordable childminding while you're in the facility. A parent or guardian must remain in the building. Childminding not available on statutory holidays.

Monday - Saturday
Jan 4-Mar 28 | 8:45-10:45 a.m. | $3.50 plus GST

Tuesday & Wednesday
Jan 5-Mar 10 | 4:45-6:45 p.m. | $3.50 plus GST

Family Fun Gym DROP-IN
This open gym time is filled with toys, mats and space to move while parents connect and play alongside their children. A great way to burn energy, meet other families and make mornings fun! Adult participation required.

Curious Crawlers
Ages 1½ and under

#20459 Thursdays | Jan 7-Mar 11 | 9-10 a.m. | **Free**

Tiny Tumblers
Ages 5 and under

#20458 Thursdays | Jan 7-Mar 11 | $3
10:45 a.m. - 12:15 p.m. | Location: Vern Nichols Gym

This program incorporates physical literacy

Explore Together

Pint-sized Pottery
Ages 4-6 with adult

Have fun making pottery and lasting memories! A caregiver and child will work together on creative hand-built pottery projects to take home. Parent or caregiver participation required.

Wednesdays
#20642 Jan 13-Feb 3 | 4-5 p.m. | $69/4
#20708 Feb 17-Mar 10 | 4-5 p.m. | $69/4
Location: Lewis Craft Room B

Touchpoints Parenting FREE
All ages

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

Thursdays
#20646 Jan 21 – Feb 25 | 10 a.m. – 12 p.m.
Location: Lewis Salish Building | Free



Winter Break Parent & Tot Open Gym Time DROP-IN

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!

Monday to Wednesday
#19405 December 21-30 | 10:45 a.m. - 12 p.m.
Location: Lewis MP Hall | $3/drop-in

Information

Please check receipts for important program information.

Winter Early Years Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Childminding 8:45-10:45 am	**Childminding** 8:45-10:45 am 4:45-6:45 pm	**Childminding** 8:45-10:45 am 4:45-6:45 pm	**Childminding** 8:45-10:45 am	**Childminding** 8:45-10:45 am	**Childminding** 8:45-10:45 am	
	Art Explorers 10-11 am		**Family Fun Gym** Curious Crawlers 9-10 am Tiny Tumblers 10:45 am-12:15 pm			**Parent & Tot Morning Playtime** 8:45-10 am
Family Gymnastics 12-1 pm	**Family Gymnastics** 9:45-10:45 am				**Family Gymnastics** 9-10 am 11:15 am-12:15 pm 2:45-3:45 pm	

In The Kitchen

Kooky Cooking
Ages 3-5

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

Fridays
#20433 Jan 8-Feb 5 | 12-1:30 p.m. | $69/5
Location: Lewis Craft Room A

Budding Bakers
Ages 3-5

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

Fridays
#20421 Feb 12-Mar 12 | 12-1:30 p.m. | $69/5

Location: Lewis Craft Room A

Crafty Kids
Ages 3-5

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

Saturdays
#20649 Jan 9 – Feb 6 | 11:30 a.m. – 1 p.m. | $59/5
#20650 Feb 13 – Mar 13 | 11:30 a.m. – 1 p.m. | $59/5
Location: Lewis Craft Room A

Register Online
courtenay.ca/reconline



Children's Christmas Party
Saturday, December 5
11 a.m. - 1 p.m.
Lewis Activity Room

- Craft, games, letters to Santa
- Santa photos (bring your camera)
- Evergreen Seniors ukulele sing-along

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

Gymnastics and Crafts
Ages 3-5

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 loads of fun! Bring a snack and a water bottle each day. **No class Feb 15**.

Mondays
#20428 Jan 11-Feb 1 | 9-9:45 a.m. | $60/4
#20438 Feb 8-Mar 8 | 9-9:45 a.m. | $60/4
Instructor: Leigha & Emma
Location: Lewis Craft Room B & Vern Nichols Gym

This program incorporates physical literacy

Dance

Dance with Me: Intro to Creative Dance
Ages 2-5

Dance, wiggle and move! Caregivers and little ones explore music and movement together in this lively intro to Creative Dance. Adult participation required.

Wednesdays
#20417 Jan 6-Feb 3 | 11-11:30 a.m. | $40/5
#20419 Feb 10-Mar 10 | 11-11:30 a.m. | $40/5
Instructor: Leigha & Emma | Location: Lewis MP Hall A

Creative Dance
Ages 3-5

Beginner dance steps are taught through play, imagination, storytelling and great music. This is the perfect first dance class for your little one!

Wednesdays
#20415 Jan 6-Feb 3 | 11:45 a.m. - 12:30 p.m. | $59/5
#20416 Feb 10-Mar 10 | 11:45 a.m. - 12:30 p.m. | $59/5
Instructor: Leigha & Emma | Location: Lewis MP Hall A

Acro
Ages 3-5

Build confidence and gain awareness in this class. Acro is a balance of dance and gymnastics and, for children under 5, it provides a great starting point to increase flexibility, strength and versatility. Have fun playing Acro-based games, taking part in obstacle courses and developing new skills! **No class Feb 15**.

Mondays
#20406 Jan 11-Feb 1 | 10-10:45 a.m. | $48/4
#20408 Feb 8-Mar 8 | 10-10:45 a.m. | $48/4
Instructor: Leigha & Emma | Lewis Vern Nichols Gym

Intro to Ballet
Ages 3-5

All the basics of ballet are explored in a fun and inspiring environment that encourages your dancer to build confidence and a foundation for movement through dance. **No class Feb 15.**

Mondays
#20430 Jan 11-Feb 1 | 1:15-2 p.m. | $48/4
#20432 Feb 8-Mar 8 | 1:15-2 p.m. | $48/4
Instructor: Leigha Wald | Location: Lewis MP Hall A

Let's Dance
Ages 4-5

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

Sundays
#20647 Jan 17-Feb 7 | 11:30 a.m. - 12:15 p.m. | $48/4
#20648 Feb 14-Mar 7 | 11:30 a.m. - 12:15 p.m. | $48/4
Instructor: Emma Garrood | Location: Activity Room

Save the Date!

Comox Valley Early Years Resource Fair 2027
Thursday April 8, 2027
2-6 p.m.
Florence Filberg Centre



This program incorporates physical literacy

Sports

Floor Hockey
Ages 3-5

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

Thursdays
#20422 Jan 7-Feb 4 | 3:30-4:15 p.m. | $40/5
#20424 Feb 11-Mar 11 | 3:30-4:15 p.m. | $40/5
Location: Lewis MP Hall

Soccer Stars
Ages 3-5

Discover the joy of soccer: run, kick, pass and shoot! Experience the excitement of being part of a team while building confidence and having fun!

Saturdays
#20436 Jan 16-Feb 6 | 9:30-10:15 a.m. | $32/4
#20437 Feb 13-Mar 6 | 9:30-10:15 a.m. | $32/4
Location: Lewis MP Hall

Updates & Schedule Changes
courtenay.ca/rec

Mini Athletes
Ages 3-5

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

Fridays
#20651 Jan 15-Feb 5 | 11:30 a.m. - 12:15 p.m. | $32/4
Location: Lewis Vern Nichols Gym

Sports & Games
Ages 3-5

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

Fridays
#20652 Feb 12-Mar 5 | 11:30 a.m. - 12:15 p.m. | $32/4
Location: Lewis Vern Nichols Gym



Spring Break - Early Years

Mini Camp – Messy Art SPRING BREAK
Ages 3-5

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

Monday to Friday
#20733 March 15-19 | 9:30-11:30 a.m. | $100/5
Location: Lewis Craft Room B

Mini Camp – Mini Chefs SPRING BREAK
Ages 3-5

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

Monday to Friday
#20734 March 15-19 | 1-3 p.m. | $100/5
Location: Lewis Craft Room B

Gymnastics

Intro to Gymnastics
Ages 3-5

Explore the basics of gymnastics through energetic movement and play. Children will practice running, jumping, climbing, swinging and rolling while learning to move safely, follow instructions and build confidence while working independently or with parent support when needed.

Mondays
#20478 Jan 11-Feb 8 | 1-2 p.m. | $89/5
#20479 Feb 22-Mar 8 | 1-2 p.m. | $55/3
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Kindergym & Trampoline
Ages 3-5

Children learn to line up, take turns and stay with their group while practising movements, playing games, running, rolling, climbing and exploring gym equipment. This active class builds coordination and confidence while helping children discover an interest in gymnastics skills.

Tuesdays
#20490 Jan 12-Feb 9 | 1-2 p.m. | $89/5
#20491 Feb 16-Mar 9 | 1-2 p.m. | $75/4
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Family Gymnastics DROP-IN
Get ready to run, jump, swing and bounce. This all ages open gym is designed for families to explore, play and have fun in a fun indoor play space. Limited to 20 children. **No class Feb 15.**

Mondays All ages
#20538 Jan 11-Mar 8 | 12-1 p.m. | $6.50

Tuesdays All ages
#20539 Jan 12-Mar 9 | 9:45-10:45 a.m. | $6.50

Saturday Ages 6 and under
#20535 Jan 9-Mar 13 | 9-10 a.m. | $6.50

Saturday All ages
#20536 Jan 9-Mar 13 | 11:15 a.m. - 12:15 p.m. | $6.50
#20853 Jan 9-Mar 13 | 2:45-3:45 p.m. | $6.50
Location: Lewis Vern Nichols Gym

Ninja Kids
Ages 3-5

Get moving in this fun, creative class using gymnastics equipment. Gymnastics staff will guide children through running, climbing, crawling, rolling and exploring new movements through a variety of activities while making new friends.

Mondays
#20476 Jan 11-Feb 8 | 11 a.m. - 12 p.m. | $89/5
#20477 Feb 22-Mar 8 | 11 a.m. - 12 p.m. | $55/3
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Tumblebugs
Ages 3-5

Tumblebugs is a fun and energetic gymnastics class designed especially for children ages 3-5. Through games, obstacle courses, music and beginner gymnastics skills, children will build confidence, coordination, balance, strength and flexibility in a safe and encouraging environment.

Tuesdays
#20488 Jan 12-Feb 9 | 10:45-11:45 a.m. | $89/5
#20489 Feb 16-Mar 9 | 10:45-11:45 a.m. | $75/4
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Mighty Movers
Ages 1-3 with adult

Run, jump, land, climb, roll and swing! Playful staff help children build lifelong physical skills through games and gymnastics exploration with a parent or caregiver. Get ready for active fun and discovery. Parent participation is required for this class.

Tuesdays
#20486 Jan 12-Feb 9 | 9-9:45 a.m. | $69/5
#20487 Feb 16-Mar 9 | 9-9:45 a.m. | $55/4



This program incorporates physical literacy

Birthday Parties

Archery Adventure Birthday
Ages 8-17

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

Saturdays starting Jan 9
12-2 p.m. | Lewis MP Hall/Craft Room B | $155



Gymnastics & Trampoline Birthday
Ages 3-14

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

Saturdays starting Jan 9
10 a.m. - 12 p.m. or 1:30-3:30 p.m.
Vern Nichols Gymnasium/Meeting Room | $155

Sports and Play Party
Ages 3-14

Get ready for a birthday celebration packed with movement, laughter, and fun! Designed for children ages 3–14, the Sports and Play Party can be customized to suit your child's interests. Choose from free play with gym toys and equipment, instructor-led sports and games, or a combination of both. Kids will enjoy an active hour in the gym running, jumping, and playing with friends, followed by an hour in a private party room for cake, presents, and celebration time. There's something for every active child. Host parent must be present. Maximum 12 participants.

Sundays starting Jan 10
1:45-3:45 p.m. | Lewis MP Hall/Craft Room B | $145

Have more friends?
Inquire about party add-ons
to include the whole class!

Book your party today
courtenay.ca/rec

Get Cooking

Global Cooking
Ages 7-9

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.

Sundays
#20612 Jan 17-Feb 7 | 1:30-3 p.m. | $85/4
Location: Lewis Craft Room A

Delightful Desserts
Ages 9-11

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

Tuesdays
#20607 Jan 12-Feb 2 | 5-6:30 p.m. | $85/4
Location: Lewis Craft Room A

Cooks & Crafts
Ages K-7

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

Mondays
#20604 Jan 11-Feb 1 | 3:45-5:15 p.m. | $85/4
Location: Lewis Craft Room A

Snacky Science
Ages 7-9

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

Sundays
#20636 Feb 6-27 | 2-3:30 p.m. | $85/4
Location: Lewis Craft Room A

Kitchen Basics
Ages 9-11

Designed to teach participants how to safely prepare foods on their own. With simple recipes great for when you're home alone or want an easy snack, learn knife and other safety tips and tricks while we prepare delicious snacks that anyone can enjoy.

Tuesdays
#20608 Feb 9-Mar 2 | 5-6:30 p.m. | $85/4
Location: Lewis Craft Room A

Little Bites
Ages K-7

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

Mondays
#20605 Feb 8-Mar 8 | 3:45-5:15 p.m. | $85/4
Location: Lewis Craft Room A

Bakers Ready
Ages 7-9

Bakers get ready. This is a baking crash course that will give you the skills you need to create delicious desserts and flavourful foods with confidence. Challenge your new knowledge and keen eye to avoid sabotage with a finale recipe.

Sundays
#20616 Feb 14-Mar 7 | 1:30-3 p.m. | $85/4
Location: Lewis Craft Room A





Special Interest

Pottery Pals

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

Tuesdays Ages 7-9
#20232 Jan 5-Mar 9 | 3-4:30 p.m. | $249/10
Tuesdays Ages 10-12
#20233 Jan 5-Mar 9 | 5-6:30 p.m. | $249/10
Instructor: Bobbie Hammersley | Location: Craft Room B

Home Learner Pottery Party

Ages 7-9

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!

Thursdays
#20231 Jan 7-Mar 11 | 1-2:30 p.m. | $249/10
Instructor: Bobbie Hammersley | Location: Craft Room B

Minecraft Mayhem

Ages 7-9

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.

Fridays
#20615 Jan 15-Feb 5 | 5:30-7 p.m. | $69/4
Location: Lewis Craft Room A

After School Adventures in Art

Ages K-7

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

Fridays
#20613 Jan 15-Feb 5 | 3:45-4:45 p.m. | $60/4
Location: Lewis Craft Room B

Mixed Media Character Design

Ages 9-11

Explore the possibilities of character design. From Anime and comic styles to bringing your own character to life in clay, we'll get your creativity flowing and encourage you to find your own style with a variety of mediums.

Fridays
#20614 Feb 12-Mar 5 | 3:45-5:15 p.m. | $69/4
Location: Lewis Craft Room A

Try It! Sewing Studio

Ages 8-10

Have you ever wanted to learn to sew? TRY IT! This free session invites you to try out a sewing machine, meet the instructor and see what sewing is all about. Love it? Sign up for our Sewing: Level 1 to keep creating. Pre-registration required.

Wednesday, Jan 13
#20593 3:15-4:45 p.m. | 8-10 years | Free
#20594 5-6:30 p.m. | 11-13 years | Free
Location: Lewis Craft Room A

Sewing: Level 1

Ages 8-10

Welcome to the sewing studio! In this beginner sewing class, kids will learn the basics of machine sewing and complete a project they can be proud of. With guidance along the way, they'll develop practical skills, confidence and the joy of creating.

Wednesdays
#20591 Jan 27-Feb 24 | 3:15-4:45 p.m. | $115/5
Location: Lewis Craft Room A

Star Gazers
Ages 9-11

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

Saturdays
#20611 Jan 9-30 | 2-3:30 p.m. | $69/4
Location: Lewis Craft Room A

Tween Science Quest
Ages 10-12

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

Mondays
#20606 Jan 11-Feb 1 | 6-7:30 p.m. | $69/4
Location: Lewis Craft Room B

Stay Safe C
Ages 9-13

Home Alone is ideal for youth aged 9–13 preparing to stay home independently. Learn responsibility, safety rules, community awareness, emergency preparedness, unexpected situations, and basic first aid. Includes a workbook and participation certificate.

Saturdays
#20639 Feb 13 | 9 a.m. - 3 p.m. | $70
#20640 Mar 13 | 9 a.m. - 3 p.m. | $70
Location: Lewis Tsolum Building

Super Scientists
Ages 8-10

Whether you're a super genius or 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.

Thursdays
#20610 Feb 11-Mar 4 | 3:45-5:15 p.m. | $69/4
Location: Lewis Craft Room A

Science Detectives
Ages K-7

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.

Thursdays
#20609 Jan 14-Feb 4 | 3:45-5:15 p.m. | $69/4
Location: Lewis Craft Room A

Fun Fact

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



Volunteer with Us!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills and complete Work Experience requirements. Find out more by joining us at an upcoming Volunteer Info Night:

#20602 Jan 27 | 4:30-5:30 p.m.
#20603 Feb 24 | 4:30-5:30 p.m.

courtenay.ca/volunteer | 250-338-5371

C Contractor-led Program

Performing Arts

7 Story Circus Youth Aerial Arts: Advanced (C)

Ages 10-18

Take your aerial practice to new heights. Designed for experienced aerialists, this class focuses on skill-building, technique, strength, endurance and creative movement. Challenge yourself, refine your artistry and work toward creating acts to present on the last day. Mar 11 class and show times to be announced.

Thursdays

#20530 Jan 7-Mar 11 | 6-7:30 p.m. | $405/10
Instructor: 7 Story Circus | Location: Vern Nichols Gym

7 Story Circus Youth Aerial Arts: Basic/Intermediate (C)

Ages 10-18

Whether you're new to aerial fabric, returning after a break or building on early intermediate skills, this split-level class offers a supportive place to learn. Start close to the ground, build strength and confidence, develop new skills each week and work toward creating acts to present on the last day. Mar 11 class and show times to be announced.

Thursdays

#20531 Jan 7-Mar 11 | 4-5:30 p.m. | $405/10
Instructor: 7 Story Circus | Location: Vern Nichols Gym

7 Story Circus Youth Aerial Arts: Intermediate (C)

Ages 10-18

Ready to spend more time in the air? This intermediate class focuses on skill-building, technique, strength, endurance and creative movement for experienced aerialists. Challenge yourself, refine your artistry and work toward creating acts to present during the final class. Mar 10 class and show times to be announced.

Wednesdays

#20532 Jan 6-Mar 10 | 4-5:30 p.m. | $405/10
Instructor: 7 Story Circus | Location: Vern Nichols Gym

7 Story Circus: Community Circus 1 (C)

Ages 6-12

Join 7 Story Circus and explore the world of circus arts. Climb aerial fabric, juggle scarves, balls, rings and clubs, spin staff, poi, diabolo, flower sticks and plates, and practise balance and partner acrobatics. Play improvisation and performance games while discovering what you're capable of. Class on Feb 19 will be 4-6 p.m.

Fridays

#20533 Jan 8-Feb 19 | 4-5 p.m. | 6-9 years | $216/8
#20534 Jan 8-Feb 19 | 5-6 p.m. | 8-12 years | $216/8
Instructor: 7 Story Circus | Location: Vern Nichols Gym



(C) Contractor-led Program

Get Active

Floor Hockey

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 Ages K-7
#20497 Jan 14-Mar 11 | 4:30-5:30 p.m. | $99/9
Thursdays Ages 8-10
#20498 Jan 14-Mar 11 | 5:45-6:45 p.m. | $99/9
Location: Lewis MP Hall B

Girls Play: Floor Hockey NEW!

Calling all girls who love to play! Grab your stick and join Girls Play: Floor Hockey for games, skill-building and plenty of hockey fun. Practice passing, shooting and stickhandling, build confidence and finish each session with a friendly scrimmage. No experience necessary—just come ready to play!

Thursdays Ages K-7
#20779 Jan 14-Mar 11 | 4:30-5:30 p.m. | $99/9
Thursdays Ages 8-10
#20780 Jan 14-Mar 11 | 5:45-6:45 p.m. | $99/9
Location: Lewis MP Hall A | $99/9

Kids Archery Tag

Ages 8-10

Duck, dodge, and take aim in this action-packed archery adventure! Kids will learn safe archery skills, teamwork, and game strategies while playing exciting archery tag challenges and games using foam-tipped arrows. A fun and active program for all skill levels.

Sundays
#20772 Jan 10-Mar 7 | 10:45-11:45 a.m. | $135/9
Location: Lewis MP Hall

Archery for Kids

Ages 7-9

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

Saturdays
#20717 Jan 9-Mar 6 | 1:30-2:30 p.m. | $135/9
Location: Lewis MP Hall



Soccer Kids

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 Feb 15.**

Monday Ages K-7
#20499 Jan 11-Mar 8 | 4:30-5:30 p.m. | $88/8
Monday Ages 8-10
#20500 Jan 11-Mar 8 | 5:45-6:45 p.m. | $88/8
Location: Lewis MP Hall

Family Archery

Ages 7 and up

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.

Saturdays
#20718 Jan 9-March 6 | 2:45-4 p.m. | $135/9
Location: Lewis MP Hall

Register Online
courtenay.ca/reconline

This program incorporates physical literacy

Basketball Skills and Games
Ages 8-10

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

Wednesdays
#20496 Jan 13-Mar 10 | 4:30-5:30 p.m. | $99/9
Location: Lewis MP Hall B

Indoor Floor Curling for Kids NEW!

Get ready to slide, aim and have fun! Kids will learn the basics of indoor floor curling through playful games and activities. Practice sliding discs toward the target, build coordination and teamwork, and enjoy friendly challenges in this fun, active introduction to curling.

Saturdays Ages K-7
#20774 Jan 9-30 | 10:30-11:30 a.m. | $45/4
Saturdays Ages 8-10
#20775 Feb 6-27 | 10:30-11:30 a.m. | $45/4
Location: Lewis MP Hall

Family Badminton NEW! DROP-IN
Ages 6 and up with an adult

Families can learn the basics of badminton, build skills and have fun through games, drills and match play. A great way to enjoy time together, stay active and get moving on the court. Parent must register and attend.

Tuesdays
#20851 Jan 12-Mar 9 | 5:30-6:30 p.m. | $5/family
Location: Lewis MP Hall

Girls Play: Basketball Skills & Games NEW!
Ages 8-10

Girls, like to play basketball? Grab a basketball and join us for fun, skill-building and games. Practice dribbling, passing, shooting and more through engaging activities and challenges, then put your skills into action with plenty of game time. Come learn, play and have fun!

Wednesdays
#20781 Jan 13-Mar 10 | 4:30-5:30 p.m. | $99/9
Location: Lewis MP Hall A

Intro to Pickleball: Kids NEW!
8-10 years

Ready to try pickleball or just love to play? Come learn the basics in this fun, new program. Try out your skills and have fun with friends through games, activities and plenty of time on the court. Bring your energy and get ready to play! **No class Feb 14 and 21.**

Sundays
#20783 Jan 10-Mar 7 | 10:45-11:45 a.m. | $77/7
Location: Native Sons Grand Hall

Intro to Pickleball: Family NEW! DROP-IN
Ages 6 and up with an adult

Looking for a fun way to spend time together as a family? Grab your paddles and get active with pickleball! This program is all about playing, learning and having fun together. Enjoy games, activities and plenty of court time for the whole family. Parent must register and attend. **No class Feb 14 and 21.**

Sundays
#20852 Jan 10-Mar 7 | 12-1 p.m. | $5/family
Location: Native Sons Grand Hall

Family Day!

Monday, February 15
11 a.m. - 3 p.m.
Lewis Centre

Free!

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

courtenay.ca/family



This program incorporates physical literacy

Martial Arts

Intro to Taekwondo C
Ages 5-8

This introductory Taekwondo class is for children new to the sport. Through three half-hour lessons, participants learn basic skills and prepare to join Tigers or Junior Taekwondo. Classes run during regular hours, allowing children to observe the next level.

Tuesdays
#20542 Jan 12-Jan 26 | 5-5:30 p.m. | $35/3
#20543 Feb 2-Feb 16 | 5-5:30 p.m. | $35/3
Location: Native Sons Grand Hall

Taekwondo Tigers C
Ages 5-7

Taekwondo Tigers students begin progression through the coloured belt system with an emphasis on fun. We develop balance, coordination, flexibility while also discussing courtesy, perseverance and integrity. Children follow the curriculum learning kicks, strikes, blocks and stances in a supportive environment. **No class Mar 2.**

Tuesdays and Thursdays
#20545 Jan 5-Mar 9 | 3:45-4:30 p.m. | $225/18
Location: Native Sons Grand Hall



Taekwondo Juniors - White - Green C
Ages 8 and up

Taekwondo is a traditional martial art and Olympic sport. Students progress through coloured belts through supportive, structured and fun activities. We cover pad kicking, self-defence, sparring and poomsae as well as the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit. **No class Mar 2.**

Tuesdays and Thursdays
#20546 Jan 5-Mar 9 | 4:40-5:30 p.m. | $225/18
Location: Native Sons Grand Hall

Taekwondo Juniors - Blue Stripe - Black C
Ages 8 and up

Continue progressing through advanced belts while learning challenging movements. Dynamic jumping and spinning kicks and boxing-based hand strikes become the focus while covering self-defence, pad kicking, sparring and poomsae for well-rounded development. All classes are sanctioned by BC and Canadian Taekwondo Federations. **No class Mar 2.**

Tuesdays and Thursdays
#20547 Jan 5-Mar 9 | 5:40-6:30 p.m. | $225/18
Location: Native Sons Grand Hall

Historical Fencing for Kids C
Ages 9-12

Step into the world of historical swordplay. Using padded swords, participants play high-energy group games, learn basic fencing skills and enjoy dueling practice in a fast-paced, game-based environment. This class combines fun, movement and friendly competition while building confidence and coordination. **No class Jan 19, Feb 16, and Mar 2.**

Tuesdays
#20552 Jan 12-Mar 9 | 4:45-5:30 p.m. | $66/6
Instructor: Chad Herbert | Filberg Conference Hall

Information
Please check receipts for important program information.



Gymnastics

Boys & Girls Mixed Gymnastics
Ages K-7

Our gymnastics program focuses on fun, fitness and fundamentals. Experienced coaches lead a warm-up before grouping children to develop skills, strength, flexibility and stamina. This class is designed for children in kindergarten through age seven, in an energetic, supportive environment. **No class Feb 15.**

Sundays
#20463 Jan 10-Mar 14 | 10:15-11:15 a.m. | $209/10
#20466 Jan 10-Mar 14 | 12:15-1:15 p.m. | $209/10
Mondays
#20480 Jan 11-Mar 8 | 3:30-4:30 p.m. | $169/8
Location: Lewis Vern Nichols Gymnasium

Girls Gymnastics
Ages 8-17

Continue to build strength and flexibility across various disciplines, including floor, balance beam and uneven bars. Refine your skills and further develop your abilities in this supportive class. **No class on Feb 15.**

Sundays
#20468 Jan 10-Mar 14 | 1:30-2:30 p.m. | $209/10
Mondays
#20482 Jan 11-Mar 8 | 4:30-5:30 p.m. | $169/8
Location: Lewis Vern Nichols Gymnasium

Boys Gymnastics
Ages 8-17

Boys' gymnastics emphasizes strength, agility and precision across a variety of equipment, including the vault, pommel horse and parallel bars. Participants focus on personal growth while building stamina and coordination in a fun and supportive environment. **No class on Feb 15.**

Sundays
#20467 Jan 10-Mar 14 | 1:30-2:30 p.m. | $209/10
Mondays
#20481 Jan 11-Mar 8 | 4:30-5:30 p.m. | $169/8
Location: Lewis Vern Nichols Gymnasium

Boys & Girls Intermediate Gymnastics
Ages 8 and up

After progressing from the 8+ class and completing an assessment, participants may be invited to Intermediate. Continue building strength, flexibility and technique, refining skills across apparatuses, learning routines and confidence. Two classes weekly are recommended to develop and maintain skills.
No class on Feb 15.

Sundays
#20469 Jan 10-Mar 14 | 2:30-4 p.m. | $264/10
Mondays
#20483 Jan 11-Mar 8 | 5:45-7:15 p.m. | $214/8
Location: Lewis Vern Nichols Gymnasium

This program incorporates physical literacy

Acro Basics
Ages 9-11

Join us for a fun class designed to build strength, flexibility and confidence in inversions and Acro tricks. From teddy bear stands to headstands and cartwheels, you'll learn the progressions that build the foundation for more advanced skills.

Saturdays
#20227 Jan 9-Feb 6 | 12:15-1:15 p.m. | $75/5
#20228 Feb 13-Mar 13 | 12:15-1:15 p.m. | $75/5
Instructor: Leigha Wald | Location: Vern Nichols Gym

Acro Explorations
Ages 6-8

Our recreational gymnastics and acrobatics program builds strength, flexibility and coordination through engaging activities. Participants explore basic tumbling, balance and more in a supportive environment, building confidence, having fun and developing their skills.

Sundays
#20229 Jan 10-Feb 7 | 11:15 a.m. - 12:15 p.m. | $75/5
#20230 Feb 14-Mar 14 11:15 a.m. - 12:15 p.m. | $75/5
Instructor: Leigha Wald | Location: Vern Nichols Gym

Parkour Kidz
Ages 8-10

Parkour is the practice of traversing obstacles in a man-made or natural environment using running, vaulting, rolling and other movements to travel from one point to another. This class will challenge participants as they develop and test their skills.

Sundays
#20462 Jan 10-Mar 14 | 9-10 a.m. | $209/10
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Low Sensory Gymnastics DROP-IN
Ages 7 and up

Low Sensory Gymnastics offers a calm, welcoming environment with reduced noise and distractions. Participants can explore gymnastics equipment at their own pace through mostly unstructured, self-directed play, movement, and social interaction.

Tuesdays
#20751 Jan 12-Mar 9 | 11:45 a.m. - 12:45 p.m. | $6.50
Location: Lewis Vern Nichols Gym

Trampoline
Ages 7-16

Develop skills in a fun and structured trampoline program. Participants will progress through the rainbow of trampoline badges: red, orange, gold, yellow, green and blue while building skills and developing routine, strength, body control, co-ordination, timing, balance and confidence.

Tuesdays Ages 7-10 years
#20492 Jan 12-Mar 9 | 3:30-4:30 p.m. | $159/9

Tuesdays Ages 11-16 years
#20493 Jan 12-Mar 9 | 4:30-5:30 p.m. | $159/9
Instructor: Sheri Roffey | Location: Vern Nichols Gym

Family Gymnastics DROP-IN
Get ready to run, jump, swing and bounce. This all ages open gym is designed for families to explore, play and have fun in a fun indoor play space. Limited to 20 children. **No class Feb 15.**

Mondays All ages
#20538 Jan 11-Mar 8 | 12-1 p.m. | $6.50
Tuesdays All ages
#20539 Jan 12-Mar 9 | 9:45-10:45 a.m. | $6.50
Saturday Parent and tot Ages 6 and under
#20535 Jan 9-Mar 13 | 9-10 a.m. | $6.50
Saturday All ages
#20536 Jan 9-Mar 13 | 11:15 a.m. - 12:15 p.m. | $6.50
#20853 Jan 9-Mar 13 | 2:45-3:45 p.m. | $6.50
Location: Lewis Vern Nichols Gym



School's Out

Pro D Party
Ages K-7

Enjoy your day off school 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.

Friday Feb 26
#20624 8:30 a.m. - 4:30 p.m. | $49
Location: Lewis Salish Building

Everything and More Pro D Camp
Ages 8-10

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

Friday Feb 26
#20623 8:30 a.m. - 4:30 p.m. | $49
Location: Lewis Tsolum Building

Tween Pro D Day
Ages 10-12

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

Friday Feb 26
#20637 8:30 a.m. - 4:30 p.m. | $49
Location: The LINC Youth Centre



Winter Break Camps

For winter break camp write-ups, see the Fall CV Recreation Guide or go to **courtenay.ca/reconline**

Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
Winter Fun Camp Ages K-7 | 8:30 a.m. - 4:30 p.m. | #19563			**Elf Academy** Ages K-7 | 8:30 a.m. - 12 p.m. #19560	Closed
Frosty Capers Ages 8-10 | 8:30 a.m. - 4:30 p.m. | #19566			**Reindeer Games** Ages 8-10 | 8:30 a.m. - 12 p.m. #19559	
Holiday Escapes Ages 11-13 | 8:30 a.m. - 4:30 p.m. | #19567			**Winter Archery Camp** Ages 11-13 | 8:30 a.m. - 12 p.m. #19569	

Dec 28	Dec 29	Dec 30	Dec 31	Jan 1
Winter Fun Camp Ages K-7 | 8:30 a.m. - 4:30 p.m. | #19564			**New Year's Fun** Ages K-7 | 8:30 a.m. - 3 p.m. #19561	Closed
Frosty Capers Ages 8-10 | 8:30 a.m. - 4:30 p.m. | #19565			**NYE Countdown Archery Camp** Ages 8-10 | 8:30 a.m. - 3 p.m. #19570	
Holiday Escapades Ages 11-13 | 8:30 a.m. - 4:30 p.m. | #19568			**New Year's Bake Off** Ages 11-13 | 8:30 a.m. - 3 p.m. #19562	

Spring Break

Spring Break Camp: Cooks and Crafts
Ages K-7

Join us for a little of everything this Spring Break as we explore culinary delights and get crafty. You will enjoy whipping up yummy snacks, creative crafts, fun games and more all week long.

Monday to Friday
#20620 Mar 15-19 | 8:30 a.m. - 4:30 p.m. | $249/5
Location: Lewis Tsolum Building

Spring Break Camp: Everything and More
Ages 8-10

Join us for a little of everything and more this Spring Break. We'll bake, create, play fun games and explore as we make new friends and explore your interests. Each day will have a new, exciting theme and more fun filled activities.

Monday to Friday
#20617 Mar 15-19 | 8:30 a.m. - 4:30 p.m. | $249/5
Location: Lewis Salish Building

Spring Break Camp: Kitchen Challenge
Ages 8-10

Dive into a week-long cooking adventure this Spring Break. We'll mix, chop and throw in a few surprise ingredients. We'll also enjoy friends, crafts games and fun while school's out.

Monday to Thursday
#20619 Mar 22-25 | 8:30 a.m. - 4:30 p.m. | $199/4
Location: Lewis Tsolum Building

Spring Break Camp: Sports & More
Ages K-10

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

Monday to Thursday
#20706 K-7 years | March 22-25 | 8:30 a.m. - 4:30 p.m.
#20707 8-10 years | March 22-25 | 8:30 a.m. - 4:30 p.m.
Location: Bill Moore Lawn Bowling Building | $199/4

Basketball Skills and Games Camp
Ages 9-11

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

Monday to Friday
#20793 Mar 15-19 | 9 a.m. - 12 p.m. | $150/5
Location: The LINC Outdoor Basketball Court

Cougars Spring Break Track & Field Camp
Ages 9-12 C

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

Monday to Thursday
#20792 Mar 15-18 | 9 a.m. - 12 p.m. | $89/4
#20795 Mar 22-25 | 9 a.m. - 12 p.m. | $89/4
Location: Vanier Track

Spring Break Gymnastics Camp
Ages K-10

Join us for a fun, focused gymnastics camp where participants play games and take part in activities that develop strength, flexibility, balance, coordination and confidence while building gymnastics skills in a supportive environment.

Monday to Friday
#20749 Mar 15-19 | 12:30-2 p.m. | K-7 years | $135/5
#20750 Mar 15-19 | 2:30-4 p.m. | 8-10 years | $135/5
Location: Lewis Vern Nichols Gymnasium

Spring Break Camp: Play and Create
Ages K-7

Join us for a little of everything this Spring Break. We'll bake, create, play fun games and explore as we make new friends and explore your interests. Each day will have a new, exciting theme and more fun-filled activities.

Monday to Thursday
#20618 Mar 22-25 | 8:30 a.m. - 4:30 p.m. | $199/4
Location: Lewis Tsolum Building



Tween Rec Night DROP IN

Ages 10-12

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

#20705 Fridays | 6:30-8:30 p.m. | Lewis MP Hall | $2.50
January 8: Glow Night
January 29: Sports Showdown
February 5: Archery Tag
February 26: Glow Night
March 5: Volleyball

Family Valentine's Baking

Ages K and up

Bring the family to create a tasty Valentine's-themed treat with us! Mix, measure, decorate and even craft while you wait for your delicious bites to bake and take home your sweet creations. One adult from each family must be registered.

Sunday, Feb 14
#20789 11 a.m. - 1 p.m. | $5/person
Location: Lewis Craft Room B

Kids Night Out

Ages K-11

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

#20753 Friday, Jan 15 | 5-8 p.m. | $20
#20754 Friday, Feb 12 | 5-8 p.m. | $20
#20755 Friday, March 12 | 5-8 p.m. | $20
Location: Lewis Meeting Room

Family Night DROP-IN

All ages with adult

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

Fridays
#20752 Jan 22 and Feb 19 | 6:30-8:30 p.m. | $5/family
Location: Lewis MP Hall

Spring Break Family Gymnastics DROP-IN

All Ages

Get ready to run, jump, swing and bounce! This all-ages open gym time is geared to families to come explore, play and have fun on the best indoor playground around! Limited to 20 children.

Monday to Friday
#20856 March 15-19 | 9-10 a.m. | $6.50

Spring Break Low Sensory Family Gymnastics DROP-IN

Monday to Friday
#20857 March 15-19 | 10:30-11:30 a.m.

Tweens

Creative Crew NEW!
Ages 8-10

Join Creative Crew for fun-filled afternoons of crafts, games and friendship. Get creative, try new things, share ideas and connect with others in a welcoming space. Come join the fun. Registration or drop in.

Tuesdays
#20635 Jan 14-Mar 11 | 3:30-6 p.m. | $15
Location: Lewis Salish Building

Spring Break Camp: Tween Camp
Ages 10-12

Tweens just want to have fun and this spring break camp is sure to deliver. Games, adventures, cool projects and more will help you stay busy. You won't even miss school.

Monday to Friday
#20621 Mar 15-19 | 8:30 a.m. - 4:30 p.m. | $249/5
Monday to Thursday
#20622 Mar 22-25 | 8:30 a.m. - 4:30 p.m. | $199/4
Location: LINC Multipurpose Room



Holiday Escapades
Ages 11-13

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

Monday to Wednesday
#19567 Dec 21-23 | 8:30 a.m. - 4:30 p.m. | $149
#19568 Dec 28-30 | 8:30 a.m. - 4:30 p.m. | $149
Location: LINC Multipurpose Room

Winter Archery Camp
Ages 11-13

Test your skills in this half day archery camp. Spend the morning defending the North Pole and save the holiday cheer.

Thursday Dec 24
#19569 8:30 a.m. - 12 p.m. | Lewis MP Hall | $28

New Years Bake Off
Ages 11-13

Count down to New Years with baking challenges and tasty creations.

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

Tween Archery: Target or Tag
Ages 10-13

Ready to take aim? Whether you're looking to sharpen your target archery skills or jump into the action with Archery Tag, there's a program for you! Build accuracy, technique and confidence with target practice, or team up for fast-paced games focused on strategy, teamwork and friendly competition. Both programs offer fun challenges and opportunities to develop your skills!

Fridays (Target) Ages 10-12
#20715 Jan 8-Mar 12 | 3:45-4:45 p.m. | $135/9
Sundays (Tag) Ages 11-13
#20773 Jan 10-Mar 7 | 12-1 p.m. | $135/9
Location: Lewis MP Hall

This program incorporates physical literacy



Get Cooking

Bake Wars
Ages 13-16

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

Mondays
#20599 Feb 8-Mar 8 | 5:30-7 p.m. | $59/4
Location: The LINC Youth Centre Kitchen

Perfect Pies
Ages 13-16

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

Sunday Feb 14
#20601 10:30 a.m. - 12:30 p.m. | $19
Location: Lewis Craft Room A

Information
Please check receipts for important program information.

Cooking on a Budget
Ages 13-16

Designed for youth to learn essential kitchen skills while making delicious snacks or meals that don't breaking the bank. With hands-on, simple recipes, budget-friendly tips, you'll gain confidence and understand how to plan meals, shop smartly and minimize waste.

All About Beans
#20595 Sun Jan 17 | 10:30 a.m. - 12 p.m. | $15
Hearty Soups
#20596 Sun Feb 7 | 10:30 a.m. - 12 p.m. | $15
Protein Power
#20597 Sun Feb 21 | 10:30 a.m. - 12 p.m. | $15
Filling Feast
#20598 Sun Mar 7 | 10:30 a.m. - 12 p.m. | $15
Location: Lewis Craft Room A

Holiday Treat Workshop
Ages 13-16

A sweet holiday surprise awaits in this holiday themed baking workshop. Learn to create delicious treats that you can take to share with your friends and loved ones.

Friday, Dec 11
#20790 4-6 p.m. | Lewis Craft Room A | $19

Get Creative

Pottery Pursuits
Ages 13-15

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.

Thursdays
#20234 Jan 7-Mar 11 | 4-5:30 p.m. | $249/10
Location: Lewis Craft Room B

Teen Zine NEW!
Ages 13-15 years

Share your interests and creativity through "zines" while you hang out with new friends. Learn how to create your very own zine, explore art styles, writing technique and finish off with a collaborative project to take with you. **No class Feb 15.**

Mondays
#20719 Feb 8-Mar 1 | 6-7:30 p.m. | $45/3
Location: Lewis Craft Room A

Try It! Sewing Studio FREE
Ages 11-13

Have you ever wanted to learn to sew? TRY IT! This free session invites you to try out a sewing machine, meet the instructor and see what sewing is all about. Love it? Sign up for our Sewing: Level 1 to keep creating. Pre-registration required.

Wednesday, Jan 13
#20594 5-6:30 p.m. | Free
Location: Lewis Craft Room A

Sewing: Level 1
Ages 11-13

Welcome to the sewing studio! In this beginner sewing class, kids will learn the basics of machine sewing and complete a project they can be proud of. With guidance along the way, they'll develop practical skills, confidence and the joy of creating.

Wednesdays
#20592 Jan 27-Feb 24 | 5-6:30 p.m. | $115/5
Location: Lewis Craft Room A

Meet our new instructor, Lana!

Lana brings a love of creativity, hands-on learning and working with children to our recreation programs. Her journey began with a passion for making things with her hands, which grew into decades of exploring creative projects and developing practical skills.

From sewing and working with fabric to baking and caring for children, Lana enjoys sharing her knowledge, encouraging creativity and helping others discover new skills. She looks forward to meeting families, connecting with participants and bringing her friendly, encouraging approach to our programs.

You'll see Lana around in a variety of programs, where she'll be sharing her skills, supporting learning and helping create fun and welcoming experiences for everyone!



Special Events



Gnarly Little Christmas Craft Fair
Ages 9-19

Get into the Christmas spirit at Courtenay's 18th Annual 'Just-for-Youth' Craft Fair!

Come browse, shop and discover unique gifts while supporting talented young creators in our community. With artwork, photography, handmade jewellry, art cards, crafts, delicious baking and so much more, there's something for everyone! Bring your family and friends, find one-of-a-kind gifts and enjoy a festive day of local creativity and holiday fun.

Come support our talented youth this Christmas season!

Saturday, December 5
#19501 10 a.m. - 2 p.m. | Filberg Conference Hall

courtenay.ca/gnarly

Teen Creative Space NEW!
Ages 13-16

Explore your creative side this winter with a variety of art supplies and mediums to inspire you. Painting, collage, mixed media designs and more will allow you to express yourself through art in a friendly and encouraging environment.

Thursdays
#20746 Feb 18-Mar 11 | 6:15-7:45 p.m. | $59/4
Location: Lewis Craft Room A

Candle Dipping NEW!
Ages 13-16

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

Friday, Jan 29
#20776 4:30-6 p.m. | $15
Location: Lewis Craft Room B

Extreme Rec Night
Ages 11-16

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

Friday, Feb 12
#20391 3:30-10:30 p.m. | $15
Location: Lewis MP Hall

Sponsored by Active Comox Valley

Fun Fact

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

This program incorporates physical literacy

Youth Archery
Ages 13-16

Whether you're new to archery or looking to refine your skills, this program helps you build confidence, improve accuracy, and develop proper technique. Challenge yourself with engaging drills and targets while having fun and progressing at your own pace. **No class Feb 12.**

Fridays
#20716 Jan 8-Mar 12 | 5-6 p.m. | $135/9
Location: Lewis MP Hall

Taekwondo Teen/Adult
Ages 13 years and up

This fast-paced Taekwondo program delivers a full-body workout while building strength, endurance, coordination, flexibility, balance and confidence. Work through partner drills, sparring, pad work and traditional poomsae. All TKD classes taught by 5th Dan Black Belt Richard Dobbs. **No class Mar 2.**

Tuesdays and Thursdays
#20549 Jan 5-Mar 9 | 6:40-7:40 p.m. | $236/18
Location: Native Sons Grand Hall

Teen Strength Training NEW!
Ages 12-15

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

Tuesdays
#20410 Jan 5-Jan 26 | 4-5 p.m. | $40/4
#20411 Feb 2-Feb 23 | 4-5 p.m. | $40/4
#20412 Mar 2-23 | 4-5 p.m. | $40/4
Instructor: Kelly Hovind | Location: Activity Room

Birthday Parties at The LINC Youth Centre
Ages 8-18

Register for an original birthday party package. We organize the games, provide supervision and clean up! Choose from a variety of themes: dodgeball, skatepark, gaming or general.
Or combine themes to make a party all your own!
Host parent must be present.
Maximum 12 participants.

Saturdays Starting Jan 9
10:15 a.m. - 12:15 p.m. or 12:45-2:45 p.m.
Sundays Starting Jan 10
11:15 a.m. - 1:15 p.m. or 1:45- 3:45 p.m.
Location: The LINC Youth Centre | $155



Book your party today
courtenay.ca/rec

Contractor-led Program

Get Active

Basketball: Scrimmages
Ages 11-13

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

Wednesdays
#20494 Jan 13-Mar 10 | 5:45-7 p.m. | $99/9
Location: Lewis MP Hall B

Youth Badminton
Ages 13-16

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

Tuesdays
#20495 Jan 12-Mar 9 | 4:30-5:30 p.m. | $99/9
Location: Lewis MP Hall

Information

Please check receipts for important program information.

Girls Play: Basketball: Scrimmages NEW!
Ages 11-13

Girls, this one's for you. Join Girls Play: Basketball for plenty of time on the court and lots of friendly scrimmage action. Work on your skills while playing with other girls, developing teamwork, confidence and game experience. Come ready to play, compete and have fun!

Wednesdays
#20782 Jan 13-Mar 10 | 5:45-7 p.m. | $99/9
Location: Lewis MP Hall A

Basketball Skills and Games Camp
Ages 12-14

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

Monday to Friday
#20794 Mar 15-19 | 1-4 p.m. | $149/5
Location: The LINC Outdoor Basketball Court

Youth Open Gym DROP-IN

Dedicated gym time just for youth. Enjoy this open space to play, hang out or enjoy music. Open Monday, Tuesday and Wednesday after school. Free to drop in.

Mondays, Tuesdays and Wednesdays
Jan 4-Mar 10 | 3:15-4:15 p.m. | Free
Thursdays | Jan 7-Mar 11 | 7-9 p.m. | Free **NEW!**
Location: Lewis MP Hall



This program incorporates physical literacy

Leadership/Certifications

Emergency/Basic First Aid & CPR C

Ages 14 and up

Learn adult, child and infant CPR, wound care, and major-bleed treatment. Equivalent to WorkSafeBC Basic First Aid. Certificate valid for 3 years. Open to participants aged 14+ who are mature enough to complete the required material.

#20629 Saturday Jan 23 | 8 a.m. - 4 p.m. | $150
#20630 Saturday March 6 | 8 a.m. - 4 p.m. | $150
Instructor: On The Go First Aid
Location: Lewis Tsolum Building

Food Safe Level 1

Ages 13 and up

Train to become a certified food handler in the service industry. Learn safe food handling, preparation techniques and best practices for maintaining food safety. Certificates are awarded upon successful completion, providing valuable skills and a strong asset for your résumé.

#20638 Monday Mar 15 | 9 a.m. - 4 p.m. | $98
Instructor: Gaetane Palardy
Location: Native Sons Hall Lower Lodge

Leaders in Training

Ages 12-14 years

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

Mondays
#20600 Jan 11-Feb 1 | 4-6 p.m. | $39/4
Location: The LINC Multipurpose Room

Register Online
courtenay.ca/reconline

Babysitter Training

Ages 11-16

The Babysitting course teaches youth to prevent and respond to emergencies, recognize unsafe situations, make safe choices and promote safe behaviours. Participants also learn essential childcare skills, including feeding, diapering, dressing and playing with babies and children.

#20631 Sunday Feb 7 | 9 a.m. - 4 p.m. | $70
#20632 Sunday March 7 | 9 a.m. - 4 p.m. | $70
Instructor: On The Go First Aid
Location: Lewis Meeting Room



Volunteer Information Night

Ages 12 and up

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

#20602 Wed Jan 27 | 4:30-5:30 p.m. | Free
#20603 Wed Feb 24 | 4:30-5:30 p.m. | Free
Location: Lewis Meeting Room

C Contractor-led Program

Skateboarding

Private Skateboarding Lesson
Ages 6-18

Receive personalized coaching designed around your individual goals. One-on-one instruction allows participants to focus on specific skills, overcome challenges and progress more quickly with direct feedback from an instructor. Lessons can support beginners learning the basics as well as experienced riders working on advanced techniques.

Thursdays starting Jan 7
4-4:45 p.m. or 5-5:45 p.m. | $26
Location: The LINC Indoor Skatepark

Semi-Private Intermediate Skate Skills
Ages 6-18

Take your riding further with small-group coaching focused on skill development and progression. Participants will work on refining techniques, building consistency and gaining confidence on skatepark features. The small group setting provides individualized feedback while also creating opportunities to learn alongside other riders at a similar level.

Thursdays starting Jan 7
6-7 p.m. | $26
Location: The LINC Indoor Skatepark



Teen SK8
Ages 12-15

Whether you're new to skateboarding or already comfortable on a board, this program is a great place to build skills and confidence. Explore skatepark features, practice new techniques and challenge yourself in a supportive environment. Instructors will help you progress at your own pace while encouraging creativity and fun.

Mondays
#20565 Jan 11-Feb 8 | 5:45-6:45 p.m. | $60/5
#20566 Feb 22-Mar 22 | 5:45-6:45 p.m. | $60/5
Instructor: Charlie Daigneault | Location: The LINC

SK8 Like A Girl
Ages 8-11

Connect with other young skaters in a welcoming space for girls and femme-identifying participants. Practice skills, try new challenges and support one another while exploring the skatepark. Whether you're stepping on a skateboard for the first time or looking to build on existing skills, this program offers a positive environment to learn, grow and gain confidence.

Mondays
#20563 Jan 11-Feb 8 | 4:30-5:30 p.m. | $60/5
#20564 Feb 22-Mar 22 | 4:30-5:30 p.m. | $60/5
Instructor: Charlie Daigneault | Location: The LINC

Skateboard FUNdamentals
Ages 8-11

Start with the basics and build a strong foundation for skateboarding success. Participants will learn balance, pushing, stopping, turning and safe skatepark etiquette through step-by-step instruction and guided practice. This introductory program helps young skaters develop confidence before moving on to more advanced skills.

Mondays
#20567 Jan 11-Feb 8 | 3:30-4:15 p.m. | $55/5
#20568 Feb 22-Mar 22 | 3:30-4:15 p.m. | $55/5
Instructor: Charlie Daigneault | Location: The LINC

THE LINC Youth Centre

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

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







Winter hours effective

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

Hours are subject to change.

Fees:

Drop-in
Youth $2.50 (9-18 years)
Adult $4 (19+ years)
Family $5

Memberships/Punch pass
Youth $25/11 punches
$15/month
$80/year
Adult $40/11 punches
$20/month

What we offer

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

Holiday Feast DROP-IN

Ages 12-18

Drop in and celebrate the season with a delicious Holiday Feast. Bring your closest friends and enjoy a festive meal filled with comforting holiday flavours, lively conversation and plenty of cheer. Whether you're catching up with old friends, making new memories or simply looking for a warm and welcoming place to celebrate, join us for a joyful holiday gathering. No reservation needed — just come as you are and enjoy the spirit of the season with good friends and great food.

Saturday Dec 19 | 6:30 p.m. | $2.50

The LINC Outdoors DROP-IN

Ages 12-18

This monthly outdoor education program gives youth opportunities to explore the outdoors, develop practical skills, build confidence and connect with their environment. Activities may vary and can include outdoor recreation, nature-based learning, skill development, exploration and group activities.

Thursday Jan 21 | 5-6 p.m. | $2.50
Thursday Feb 18 | 5-6 p.m. | $2.50
Thursday Mar 18 | 5-6 p.m. | $2.50



Movement and Fitness

Adapted Yoga
Ages 16 and up

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
#20429 Jan 5-Feb 2 | 1:15-2 p.m. | $25/5
#20431 Feb 9-Mar 9 | 1:15-2 p.m. | $25/5
Instructor: Susan Obieglo | Location: Activity Room

Adapted Chair Fit
Ages 16 and up

Enjoy an upbeat workout using Bender Balls and a variety of props, followed by a cool-down with gentle stretching. All ages and abilities are welcome.

Fridays
#20439 Jan 8-Feb 5 | 10:30-11:30 a.m. | $25/5
#20440 Feb 12-Mar 12 | 10:30-11:30 a.m. | $25/5
Instructor: Wendie Matte | Location: Lewis MP Hall

Adapted Dance Class
Ages 16 and up

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

Thursdays
#20404 Jan 7-Feb 4 | 1:15-2:15 p.m. | $25/5
#20405 Feb 11-Mar 11 | 1:15-2:15 p.m. | $25/5
Instructor: Leigha Wald | Location: Activity Room

Adapted Dance Party
Ages 16 and up

Get ready for a winter dance party. Register with your friends and join us for this fitness-inspired class that will have you moving to the music. All abilities and experience levels are welcome.

Wednesdays
#20402 Jan 6-Feb 3 | 1:15-2 p.m. | $25/5
#20403 Feb 10-Mar 10 | 1:15-2 p.m. | $25/5
Instructor: Tammy Jones | Location: Lewis MP Hall

Information

Registration for adapted programs starts Monday, November 23 at 8:30 a.m.

Get Active

Adapted Diverse Sports
Ages 16 and up

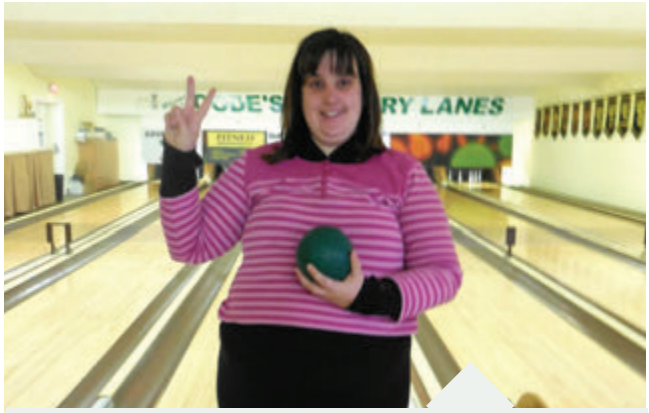
Try a variety of adapted sports in a friendly, non-competitive environment. Have fun, stay active and enjoy playing with friends.

Wednesdays
#20425 Jan 6-Feb 3 | 10:30-11:30 a.m. | $25/5
#20426 Feb 10-Mar 10 | 10:30-11:30 a.m. | $25/5
Location: Lewis Vern Nichols Gym

Adapted Winter Bowling League
Ages 16 and up

Get ready for spares, turkeys, strikes and a few gutter balls as you improve your bowling skills.

Wednesdays
#20451 Jan 6-Mar 10 | 3-4 p.m. | $5/10
Instructor: Tammy Jones and Findlay Day
Location: Codes Country Lanes



Adapted Winter Bowling Leagues
16 years & over
Wednesdays
3-4 p.m.
Join the fun today!

Accessible Strength Training
Ages 16 and up

Designed for individuals with limited mobility who want to confidently navigate the weight room and build strength. All mobility devices are welcome. Maximum 4 participants.

Fridays
#20223 Jan 22-Feb 19 | 1:45-2:45 p.m. | $75/5
#20224 Feb 26-Mar 19 | 1:45-2:45 p.m. | $60/4
Instructor: Sarah Kendall | Location: Wellness Centre

Adapted Weight Room Orientation
Ages 16 and up

New to the weight room or looking for a little extra support getting comfortable with the space? This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level. Maximum 2 participants. Pre-registration required.

Fridays
#20225 Jan 8 | 11 a.m. - 12 p.m. | Free
Location: Lewis Wellness Centre

Adapted Indoor Curling
Ages 16 and up

Indoor Adapted Floor Curling is an inclusive program where participants use specially designed curling stones to develop coordination, strategy, and teamwork while enjoying a fun, accessible, ice-free version of curling. **No class Jan 29.**

Fridays
#20748 Jan 15-Mar 5 | 12:30-1:30 p.m. | $35/7
Location: Lewis MP Hall

Low Sensory Gymnastics DROP-IN
Ages 7 and up

Low Sensory Gymnastics offers a calm, welcoming environment with reduced noise and distractions. Participants can explore gymnastics equipment at their own pace through mostly unstructured, self-directed play, movement and social interaction.

Tuesdays
#20751 Jan 12-Mar 9 | 11:45 a.m. - 12:45 p.m. | $6.50
Location: Lewis Vern Nichols Gym

Special Interest

Adapted Espresso-Yourself
Ages 16 and up

Get together to enjoy a good cup of coffee or tea with friends. There will be opportunities to connect with new friends and build connections within the Comox Valley.

Tuesdays
#20470 Jan 5-Feb 2 | 10:30-11:30 a.m. | $20/5
#20471 Feb 9-Mar 9 | 10:30-11:30 a.m. | $20/5
Location: Lewis Craft Room A

Adapted Kitchen Crew
Ages 16 and up

Create tasty treats and meals as part of this kitchen crew. Mix, toss and bake delicious food, then enjoy your meal. Afterward, play games and socialize.

Mondays
#20392 Jan 4-Feb 1 | 10:30 a.m. - 12 p.m. | $40/5
#20393 Feb 8-Mar 8 | 10:30 a.m. - 12 p.m. | $32/4
Location: The LINC Youth Centre Kitchen

Adapted Music & Mingle
Ages 16 and up

Get ready to sing, move your body, play instruments and learn sign language. This joyful adapted sing-along encourages fun, music and participation for everyone.
No class Feb 15.

Mondays
#20395 Jan 4-Feb 1 | 1-2 p.m. | $22/5
#20396 Feb 8-Mar 8 | 1-2 p.m. | $18/4
Instructor: Tammy Jones | Location: Craft Room A

Adapted Garden Stone Mosaic Workshop NEW!
Ages 16 and up

Create a beautiful mosaic garden stone in this fun, hands on workshop! Choose from colourful tiles, glass, and decorative pieces to design your own unique stepping stone or garden accent.

Tuesday
#20475 Mar 23 | 10 a.m. - 12 p.m. | $10
Instructor: Wendie Matte | Location: Craft Room A





Adapted Indoor Movie NEW!

Ages 16 and up

Enjoy an afternoon of movies, friends and fun at our adapted indoor movie program. Bring your own chair and blanket, settle in and enjoy the show!

Friday
#20400 Jan 22 | 12:30-2:30 p.m. | $5
#20399 Feb 26 | 12:30-2:30 p.m. | $5
Location: Lewis MP Hall

Adapted Kids Krew

Ages K-9

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

Saturdays
#20449 Jan 9-Feb 6 | 9-10 a.m. | $35/5
Location: Lewis Craft Room A
#20450 Feb 13-Mar 13 | 9-10 a.m. | $35/5
Location: Lewis Craft Room A

Adapted Young Adults Club

Ages 18 and up

Let's get social! Plan fun activities together, from crafts and movie nights to game nights, dinner outings and more.

Tuesdays
#20472 Jan 5-Feb 2 | 6-8 p.m. | $35/5
#20473 Feb 9-Mar 9 | 6-8 p.m. | $35/5
Instructor: Tammy Jones and Findlay Day
Location: Evergreen Lounge

Fun Fact

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

Odyssey Junior - Spring Break

Ages 6-10

Spend spring break with the Odyssey Junior crew! This camp is designed for children with support needs and diverse abilities. It offers a fun, supportive environment to make friends, get creative and stay active. Participants will enjoy interactive games, crafts and a variety of exciting spring break activities.

Monday to Friday
#20401 Mar 15-19 | 9 a.m. - 3 p.m. | $120/5
Location: Lewis Tsolum Building

Financial Access Programs:

Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

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

LEAP

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

Ask us how to apply!

250-338-5371 or 250-338-1000



Creative Pursuits

Creative Hands Collective
Ages 18 and up

This inclusive craft program encourages creativity, connection and self-expression for artists of all abilities. Participants create unique handmade pieces in a supportive environment and every purchase supports the artists. One hundred percent of proceeds go directly to the creators. No class Feb 15.

Mondays
#20394 Jan 4-Mar 8 | 10 a.m. - 12 p.m. | Free
Instructor: Wendie Matte | Location: Craft Room A

Adapted Craft Club
Ages 16 and up

Explore your creativity through fun, hands-on art projects! This welcoming program encourages creativity, confidence, and connection as you create something uniquely your own.

Tuesdays
#20453 Jan 5-Feb 2 | 1-2 p.m. | $30/5
#20454 Feb 9-Mar 9 | 1-2 p.m. | $30/5
Instructor: Wendie Matte | Location: Craft Room A

Adapted Sewing Club: Beginner
Ages 18 and up

New to sewing and ready to learn? Join us each week as we explore the basics of sewing in a project-based class. Build confidence, develop new skills and create simple sewing projects in a supportive and inclusive environment.

Wednesdays
#20460 Jan 6-Mar 3 | 12:30-2 p.m. | $81/9
Location: Lewis Craft Room A

Adapted Sewing Club: Intermediate
Ages 18 and up

This sewing class takes your skills to the next level as you tackle more challenging projects using new techniques and designs. Join us each week to develop your skills, try new projects and have fun.

Thursdays
#20461 Jan 14-Mar 11 | 1-2:30 p.m. | $81/9
Location: Lewis Craft Room A

Program Registration & Refund Notes

Registration: All participants must register individually for their programs to prevent duplicate accounts. Day programs or caregivers assisting participants can call the Lewis Centre for help with account creation and to make this transition easier. All participants must make sure their accounts are in good standing before registering in new programs.

Register by telephone: You may register by telephone by calling The Lewis Centre (250-338-5371) or Filberg Centre (250-338-1000).

Register online: Visit courtenay.ca/reconline to create your account or call The Lewis Centre or Filberg Centre for assistance.

Cancellation: Please register early if you are interested or programs will be cancelled if minimum numbers are not met.

Withdrawal/Refunds: A full or pro-rated refund will be given if class is cancelled or for medical reasons. Refunds will not be approved after a program has ended.

Away: If you have a planned absence, please contact the Lewis or Filberg Centre office so we know not to expect you.

One-on-One Support: While we will do our best during programs to meet your needs, please note that we are unable to provide one-on-one support.

For full registration policies please visit **courtenay.ca/rec**

Special Events



Deck the Halls Dance
Ages 16 and up

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

Friday Dec 11
#19387 1-2:30 p.m. | Filberg Conference Hall
$5/pre-registration | **$6 drop-in**

Bingo with Santa
Ages 16 and up

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

Friday Dec 18
#19657 10-11 a.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Gingerbread House Social
Ages 16 and up

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

Thursday Dec 3
#19422 10-11:30 a.m. | $10
Register or drop-in | Location: Lewis Craft Room A

Adapted Snow Day Bingo
Ages 16 and up

Join us for a fun afternoon of bingo, laughter and friendly competition. Enjoy good company, games and chances to win fun prizes.

Friday Jan 29
#20465 12:30-1:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Adapted Sweetheart Soirée Dance
Ages 16 and up

Join us for the Sweetheart Soirée, a Valentine's Day celebration filled with music, dancing and fun. Dress up if you like, hit the dance floor and enjoy a memorable afternoon with friends.

Friday Feb 12
#20398 12:30-2:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Adapted March Madness Bingo
Ages 16 and up

Join us for a fun afternoon of bingo, laughter and friendly competition. Enjoy good company, games and chances to win fun prizes.

Friday Mar 12
#20447 12:30-1:30 p.m. | Location: Lewis MP Hall
$5/pre-registration | **$6 drop-in**

Leisure Buddies

Purpose

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

What is the Leisure Buddies Program?

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

What is the process?

1) Families will register for the programs of interest.

2) Families will notify the Adapted & Inclusive Programming Supervisor that their child requires extra support.

3) Families will arrange for an intake.

4) During the intake, families will fill out a comprehensive form that goes over the child's strengths, challenges, triggers and strategies to aid in setting the participant up for success in the program.

5) Depending on the amount of support/supervision/intervention required (i.e. whether they pose a risk to the safety of self or others in program), their enrollment may be dependent on staffing and further options will be discussed with the Adaptive & Inclusive Programming Supervisor. This may include withdrawal from the program with a prorated refund.

Please Note: Leisure Buddies Services requires a minimum of 2 weeks notice prior to the start of the program to complete the intake process and find an appropriate Leisure Buddy. If a Leisure Buddy is not available, a parent or guardian is required to stay and provide support for their child.

Comox Valley
REGIONAL DISTRICT





Special Interest

Winter Glow Aromatherapy
Ages 16 and up

Brighten the season's shorter days as you explore essential oils, their applications, safety and simple chemistry. Create and take home your own Aromatic Spray while discovering new ways to add a little scent and sparkle to your day.

Tuesday Jan 26
#20517 6-8 p.m. | $49 | Lewis Meeting Room
Instructor: Deanna Papineau, registered Aromatherapist

Beginner Knitting
Ages 16 and up

Ready to create something cozy? Whether you're new to knitting or looking for a refresher, this class is for you. Over four weeks, learn the knit stitch, casting on and off and fixing common mistakes while making a pair or two of fingerless mitts. Material kits are available for purchase.

Thursdays
#20556 Jan 21-Feb 11 | 6:30-8:30 p.m. | $149/4
Instructor: Sarah Thornton | Lewis Meeting Room

Beginner Pottery
Ages 16 and up

Turn a lump of clay into something uniquely yours. Build foundational skills for creating functional and decorative pieces while learning hand-building techniques and surface decoration methods through guided projects and creative exploration. Additional studio time is available if needed. Registration includes one bag of clay.

Tuesdays
#20514 Jan 12-Mar 16 | 7-9 p.m. | $399/10
Thursdays
#20515 Jan 14-Mar 18 | 7-9 p.m. | $399/10
Instructor: Bobbie Hammersley | Lewis Craft Room B

Adult Pottery Studio Time DROP-IN
Ages 16 and up

Need a little more clay time? This open studio is for participants registered in pottery classes who want extra time to work on projects, explore ideas and continue creating.

Wednesdays
#20516 Jan 13-Mar 24 | 6-9 p.m. | Free with registration
Instructor: Bobbie Hammersley | Lewis Craft Room B

Creative Pursuits

All Levels Painting Studio Time
Ages 16 and up

Bring your creativity and a project in progress. Work in any medium with personalized guidance, encouragement and support tailored to your goals. Explore new ideas, build confidence and enjoy creating in a friendly, welcoming space designed for artists at every level.

Wednesdays
#20513 Jan 6-Feb 10 | 2-4 p.m. | $114/6
#20787 Feb 17-Mar 24 | 2-4 p.m. | $114/6
Instructor: Teresa Knight | Lewis Meeting Room

Beginner Acrylics
Ages 16 and up

Ready to add a splash of colour to your day? This beginner-friendly class introduces acrylic painting through drawing, colour mixing, layering and other essential techniques. Explore your creativity, create original paintings and build skills to continue painting at home.

Thursdays
#20510 Jan 7-Feb 11 | 6-8 p.m. | $114/6
Instructor: Teresa Knight | Filberg Craft Room

Art Journaling
Ages 16 and up

Explore the art of journaling and create unique and beautiful visual journal entries inspired by the world around you. Learn to use tools you can take anywhere, dynamic perspectives and eye catching layouts.

Tuesdays
#20509 Feb 16-Mar 23 | 6-8 p.m. | $114/6
Instructor: Teresa Knight | Filberg Craft Room

Information

See pages 76-77 for information on Evergreen membership benefits



Watercolour Landscapes
16 and up

A brush, a splash of colour and a little imagination can take you anywhere. Create misty valleys, rushing water, snow-covered hills and lighter-than-air cloudscapes while learning blending techniques, layered washes, transparent and opaque techniques and expressive brushwork. Discover the joy of painting with watercolour.

Thursdays
#20512 Feb 18-Mar 25 | 6-8 p.m. | $114/6
Instructor: Teresa Knight | Filberg Craft Room

How to Draw and Paint People
Ages 16 and up

Bring your figures to life on canvas or paper. Explore fun, approachable techniques for proportion, pose, movement, colour and expression. Build confidence, develop your skills and discover the joy of creating dynamic, lifelike artwork.

Tuesdays
#20511 Jan 5-Feb 9 | 6-8 p.m. | $114/6
Instructor: Teresa Knight | Filberg Craft Room

Culinary Pursuits

Lebanese Vegetarian
Ages 16 and up

Explore Middle Eastern recipes while learning to make baked falafel from scratch, along with dips and sauces such as lemon lentil hummus and classic tahini sauce. You'll also make quinoa tabouli salad, a modern adaptation of a traditional recipe. Enjoy a meal after the lesson.

Wednesday Feb 17
#20627 6-8:30 p.m. | $89
Instructor: Sonja Limberger | Lawn Bowling Building

Nepalese Vegetarian Cuisine
Ages 16 and up

Discover the flavours of Nepal in this hands-on cooking class. Learn to make Nepalese vegetable curry, vegetarian momos and tomato cilantro achar. Chef Sonja learned these recipes from a Nepalese chef while working at Victoria's Mint Restaurant. Enjoy a meal after the lesson.

Monday Mar 8
#20628 6-9 p.m. | $99
Instructor: Sonja Limberger | Lawn Bowling Building

Sushi and Other Japanese Recipes
Ages 16 and up

Learn to make delicious Japanese dishes, including sushi and a tofu shiitake teriyaki recipe developed while working at The Naam restaurant. Bring your appetite and enjoy the meal after the lesson. Please bring an apron and a few containers for leftovers.

Saturday Jan 23
#20625 1:30-4:30 p.m. | $99
Instructor: Sonja Limberger | Lawn Bowling Building

Veggie Burgers
Ages 16 and up

Discover a collection of flavourful veggie burger recipes, including Seedy White Bean Burgers, Ryan's Moroccan Yam Burgers and Quinoa Patties with Roasted Tomato Salsa. Enjoy a meal after the lesson and take part in hands-on preparation. Please bring takeout containers for leftovers.

Saturday Feb 6
#20626 1:30-4:30 p.m. | $99
Instructor: Sonja Limberger | Lawn Bowling Building



Music

Intermediate African Drumming
Ages 16 and up

Let the rhythm move you. Explore new beats each week while developing your skills on djembe and bass drums. This lively class combines learning, creativity and community, helping you build confidence and deepen your drumming practice. Previous experience is required.

Fridays
#20519 Jan 15-Mar 19 | 12-1 p.m. | $170/10
Instructor: Monica Hofer | Native Sons Grand Hall

Introduction to Frame Drumming
Ages 16 and up

Follow the heartbeat of the frame drum. Designed for absolute beginners, this class introduces basic hand strokes and two playing styles: lap and upright. Explore rhythm, tradition and the drum's cross-cultural roots in ceremonial practices around the world. Participants must bring their own hand-played frame drum.

Fridays
#20520 Jan 15-Mar 19 | 2:45-3:45 p.m. | $170/10
Instructor: Monica Hofer | Native Sons Grand Hall

Beyond Beginner African Drumming
Ages 16 and up

Take your drumming to the next level. Designed for beginners preparing for intermediate classes, this course builds technique through exciting West African rhythms in a fun, supportive environment. Gain confidence, strengthen your skills and keep the beat going. Please contact the instructor if you are unsure of your level. Participants must bring their own djembe.

Fridays
#20521 Jan 15-Mar 19 | 1:30-2:30 p.m. | $170/10
Instructor: Monica Hofer | Native Sons Grand Hall

Register Online
courtenay.ca/reconline

Piano - Beginners
Ages 16 and up

Discover the joy of making music in a small group setting. Learn the basics of music, play your favourite songs and build your skills at your own pace. The first book costs $35. A piano or keyboard is recommended for practising at home.

Thursdays
#20522 Jan 14-Mar 11 | 1-2 p.m. .| $199/9
Instructor: Debbie Ross | Location: Private Studio

Piano - Beyond Beginners
Ages 16 and up

Continue your musical journey in a small group setting. Build on beginner skills, learn new songs and strengthen technique as your confidence grows. Improve note reading, expand your musical knowledge and develop the skills needed to tackle more challenging music. The first book is $35 and a piano or keyboard is recommended for practicing at home.

Thursdays
#20523 Jan 14-Mar 11 | 2-3 p.m. | $199/9
Instructor: Debbie Ross | Location: Private Studio



Adult Gymnastics
Ages 16 and up

Adult gymnastics builds strength, flexibility and coordination in a supportive environment. No experience needed—just a willingness to try. Learn rolls, handstands and cartwheels at your own pace while improving confidence, body awareness and fitness.

Mondays
#20484 Jan 11-Feb 8 | 7:15-8:15 p.m. | $149/5
#20485 Feb 22-Mar 8 | 7:15-8:15 p.m. | $89/3
Instructor: Sheri Roffey | Lewis Vern Nichols Gym

African Hand Drumming for Beginners
Ages 16 and up

Feel the rhythm and discover the fundamentals of West African drumming. Learn basic djembe techniques and rhythms while exploring coordination, confidence and the wellness benefits of drumming. Build a strong foundation through beginner-friendly instruction. Participants must bring their own djembe.

Fridays
#20518 Jan 22-Mar 12 | 3-4 p.m. | $99/8
Instructor: Dan Shadbolt | Lewis Meeting Room

Financial Access Programs:
Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

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

LEAP

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Ask us how to apply!

250-338-5371 or 250-338-1000



7 Story Circus Aerial Arts: Mixed Levels (Basics - Advanced) C
Ages 16 and up

Explore aerial arts in this mixed-level class focusing on skills, technique, strength, endurance and creative movement. Participants can progress at their own pace and, if they choose, work together to create acts for presentation during the final class.

Wednesdays
#20529 Jan 6-Mar 10 | 6-7:30 p.m. | $405/10
Instructor: 7 Story Circus | Lewis Vern Nichols Gym

Circus Open Training DROP-IN C
Ages 16 and up

Fridays
#20577 Jan 8-Mar 12 | 6:15-7:45 p.m. | $25 + gst
Instructor: 7 Story Circus | Lewis Vern Nichols Gym

C Contractor-led Program



Let's Dance!

Beginner Line Dance Party
Ages 16 and up

Hit the dance floor and discover the fun of line dancing. Learn basic steps, dance terminology and easy routines while building confidence one step at a time. Dance to a variety of music styles, meet new people and enjoy a welcoming, social atmosphere that will keep you smiling. **No class Feb 15 or Mar 1.**

Mondays
#20525 Jan 11-Mar 22 | 7-8:15 p.m. | $89/9
Instructor: Darlene Birtwistle | Native Sons Grand Hall

Improver Line Dance Party
Ages 16 and up

Love line dancing and ready for more? Build on your skills with exciting choreography, new challenges and plenty of great music. Designed for dancers confident with basic steps and dance terms, this energetic class offers a fun, supportive atmosphere with all the spirit of a line dance party.

Thursdays
#20526 Jan 14-Mar 25 | 7-8:15 p.m. | $99/11
Instructor: Darlene Birtwistle
Location: Native Sons Lower Level

Line Dance - Beginner
Ages 16 and up

Kick up your heels and join the fun. Spend the afternoon learning easy line dances, moving to great music and enjoying a lively, welcoming atmosphere. No partner is needed and everyone is welcome. Share some laughs, make new connections and enjoy an afternoon on the dance floor.

Wednesdays
#20554 Jan 6-Mar 24 | 1:10-2:10 p.m. | $96/12
Instructor: Joan Wydenes | Lewis Activity Room

Line Dance - Intermediate
Ages 16 and up

Love line dancing and ready for more? Learn new routines while enjoying some of your favourite beginner tracks. Build confidence, develop your skills and have fun in a welcoming, upbeat atmosphere. No partner is needed. Just bring your energy and enjoy the dance. **No class on Mar 2.**

Tuesdays
#20555 Jan 5-Mar 23 | 12-1 p.m. | $89/11
Instructor: Joan Wydenes | Native Sons Grand Hall

Drums Alive for Every-Body

Bring a little rhythm to your week with Drums Alive. This fun and uplifting class combines drumming and movement to music in a welcoming, supportive setting. No experience is needed. Learn at your own pace, enjoy the music and leave feeling energized and inspired. **No class Feb 15 or Mar 1.**

Mondays
#20524 Jan 11-Mar 15 | 12:15-1:15 p.m. | $75/8
Instructor: Monica Hofer | Native Sons Grand Hall

Fun For All Line Dance Social

Ages 16 and up

Join fellow line dancers for an afternoon of music, movement and community. Practise familiar dances, enjoy favourites from the line dance community and spend time connecting with others who share your enthusiasm. Hosted by instructors Darlene Birtwistle and Joan Wydenes. Pre-registration is required one week in advance.

Sunday Feb 21
#20703 1-4 p.m. | Native Sons Grand Hall | $15

Sunday Mar 21
#20747 1-4 p.m. | Native Sons Grand Hall | $15

Beyond Beginner Line Dance Boogie DROP-IN

Ages 16 and up

Ready to pick up the pace? This drop-in class is for dancers confident with basic steps who want a little more challenge. Dance to lively music, learn fun new moves and enjoy a welcoming atmosphere filled with energy and enthusiasm. Start your Saturday with rhythm, movement and community.

Saturdays
#20704 Jan 9-Mar 13 | 10:45 a.m. - 12 p.m. | $7.50
Instructor: Darlene Birtwistle | Lewis Activity Room

Comedy Improv

Ages 16 and up

Say "yes, and" to fun. This comedy improv class uses games, scenes and group activities to build confidence, creativity and quick thinking while encouraging laughter, connection and self-expression.

Thursdays
#20788 Jan 28-Mar 4 | 7:30-9 p.m. |$74/6
Instructor: Connor Ballantine | Lewis Meeting Room

Comox Valley Road Runners 5K Clinic (C)

Ages 16 and up

Three levels designed for walkers, walk/run participants, and runners to build endurance, distance and speed. A 5K Fun Run concludes the program. Experienced CVRR members provide mentorship within a fun, relaxed, supportive environment. Community professionals offer relevant and informative talks. For more information, contact 5kclinic@cvrr.ca or visit www.cvrr.ca.

Saturdays
#20553 Jan 16-Mar 20 | 9-10:30 a.m. | $60/10
Instructor: Comox Valley Road Runners
Location: Native Sons Lower Level



(C) Contractor-led Program

Martial Arts

Chi Kung
Ages 18 and up

Slow down, breathe deeply and explore the gentle practice of Chi Kung. Similar to tai chi and yoga, this class combines controlled breathing with easy-to-learn movements that support flexibility, balance, focus and body awareness in a calm, welcoming environment.

Thursdays
#20557 Jan 14-Mar 25 | 12-1 p.m. | $109/11
Instructor: Tom Haber | Native Sons Lower Level

Kung Fu: Self Defence
Ages 13 and up

Discover the art of Tibetan White Crane Kung Fu through practical striking and kicking skills, dynamic movement and self-defence applications. Practise techniques and movement sequences while progressing at your own pace. Training is adapted to individual skill levels, making this class suitable for beginners and experienced martial artists.

Wednesdays
#20562 Jan 13-Mar 24 | 7-8:15 p.m. | $149/11
Instructor: Tom Haber | Native Sons Lower Level

Taekwondo Teen/Adult C
Ages 13 and up

This fast-paced Taekwondo program delivers a full-body workout while building strength, endurance, coordination, flexibility, balance and confidence. Work through partner drills, sparring, pad work and traditional poomsae. All TKD classes taught by 5th Dan Black Belt Richard Dobbs. **No class Mar 2.**

Tuesdays and Thursdays
#20549 Jan 5-Mar 9 | 6:40-7:40 p.m. | $236/18
Instructor: Richard Dobbs | Native Sons Grand Hall

Historical Fencing (Intro) C
Ages 13 and up

Step into the world of historical fencing. Learn and practise basic footwork, cuts, thrusts, grappling and controlled free play while exploring the foundations of Historical European Martial Arts (HEMA). Build skills, gain confidence and prepare to join a local historical fencing club. **No class Jan 19, Feb 16 and Mar 2.**

Tuesdays
#20551 Jan 12-Mar 9 | 5:30-6:30 p.m. | $66/6
Instructor: Chad Herbert | Filberg Conference Hall

Historical Fencing (core curriculum) C
Ages 13 and up

Ready to advance your historical fencing skills? The Core Curriculum supports long-term progression from the Intro program to competitive historical fencing. Build coordination, focus and fitness through drills and sparring opportunities using padded, synthetic and steel weapons. Expect an active, challenging class. **No class Jan 19, Feb 16, and Mar 2.**

Tuesdays
#20550 Jan 12-Mar 9 | 6:30-8:30 p.m. | $96/6
Instructor: Chad Herbert | Filberg Conference Hall



C Contractor-led Program

Beginner & Intermediate Tai Chi
Ages 16 and up

Explore the slow, fluid movements of tai chi in a calm and welcoming environment. This gentle practice supports balance, coordination and concentration while encouraging mobility and body awareness. Through mindful movement and breathing, participants can relax, recharge and enjoy a greater sense of well-being.

Tuesdays
#20561 Jan 12-Mar 23 | 3:30-4:30 p.m. | $109/11
Instructor: Albert Balbon | Lewis Activity Room

Beginner Evening Tai Chi
Ages 16 and up

Explore the slow, fluid movements of tai chi in a calm and welcoming environment. This gentle practice supports balance, coordination and concentration while encouraging mobility and body awareness. Through mindful movement and breathing, participants can relax, recharge and enjoy a greater sense of well-being.

Thursdays
#20559 Jan 14-Mar 25 | 6:45-7:45 p.m. | $109/11
Instructor: Albert Balbon | Lewis Activity Room

Advanced Evening Tai Chi
Ages 16 and up

Explore the slow, fluid movements of tai chi in a calm and welcoming environment. This gentle practice supports balance, coordination and concentration while encouraging mobility and body awareness. Through mindful movement and breathing, participants can relax, recharge and enjoy a greater sense of well-being.

Thursdays
#20560 Jan 14-Mar 25 | 8-9 p.m. | $109/11
Instructor: Albert Balbon | Lewis Activity Room

Information
Please check receipts for important program information.



Financial Access Programs:
Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

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

LEAP

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

Ask us how to apply!

250-338-5371 or 250-338-1000



Sports

Afternoon Badminton DROP-IN
Ages 16 and up

Grab a racquet and join the fun. This recreational badminton program welcomes players of all skill levels to enjoy friendly games. Racquets and birdies are provided.

Wednesdays and Fridays
#20573 Jan 6-Mar 24 | 1:15-3:15 p.m. | $4
Location: Lewis Vern Nichols Gym

Evening Badminton DROP-IN
Ages 16 and up

Enjoy friendly rallies, meet new players and build your skills in a welcoming atmosphere. Whether you're a beginner or an experienced player, all abilities are welcome. Racquets and birdies are available.

Tuesdays
#20574 Jan 5-Mar 9 | 7-9 p.m. | $4
Location: Lewis MP Hall

Basketball DROP-IN
Ages 16 and up

Grab a basketball and join the action. This facilitated drop-in is a great way to enjoy the game, meet other players and spend time on the court. Whether you're joining a pickup game or shooting around with friends, staff help coordinate teams and games so you can focus on playing.

Wednesdays
#20575 Jan 6-Mar 10 | 7-9 p.m. | $4
Location: Lewis MP Hall

Pickleball
Ages 16 and up

Join us for pickleball, a fun paddle sport played on a badminton-sized court. Suitable for all skill levels. Registration for the following week opens at 9 a.m. on the preceding Thursday. Pre-registration is required online or at the Lewis Centre or Florence Filberg Centre. No on-site drop-ins are accepted. **No games Jan 3, Feb 14, 21, Mar 2 or 21.**

Sundays, Tuesdays and Thursdays
#20584 Jan 5 - Mar 25 | 1:15-3:15 p.m. | $4
Location: Native Sons Grand Hall

Soccer DROP-IN
Ages 16 and up

This adult drop-in welcomes players of all abilities for friendly games in a fun, inclusive environment. Staff assist with team formation, game coordination and officiating, so you can focus on enjoying the game.
No games Feb 15.

Mondays
#20576 Jan 4-Mar 8 | 7-9 p.m. | $4
Location: Lewis MP Hall

Fun Fact

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

Lewis Centre Squash Courts

effective January 1, 2027

Admission including tax	Drop-in	1 year	Combined Play Pass NEW! 11 punches	1 month	3 months
PWD	$4	$240	$40	$72	$204
Youth/Young Adult 13-24 yrs	$4	$240	$40	$72	$204
Adult 25-64 yrs	$7.50	$450	$75	$134.95	$382.50
Older Adult 65+	$5.60	$336	$56	$100.75	$285.60



Combined Play Pass

One pass. Three ways to play.
Wellness Centre + Fitness + Squash
Get more from your membership with one pass that gives you access to all three.

Court hours

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

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

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

The Comox Valley Squash Club uses these courts and supports squash in the community. For more information visit **comoxvalleysquash.com**

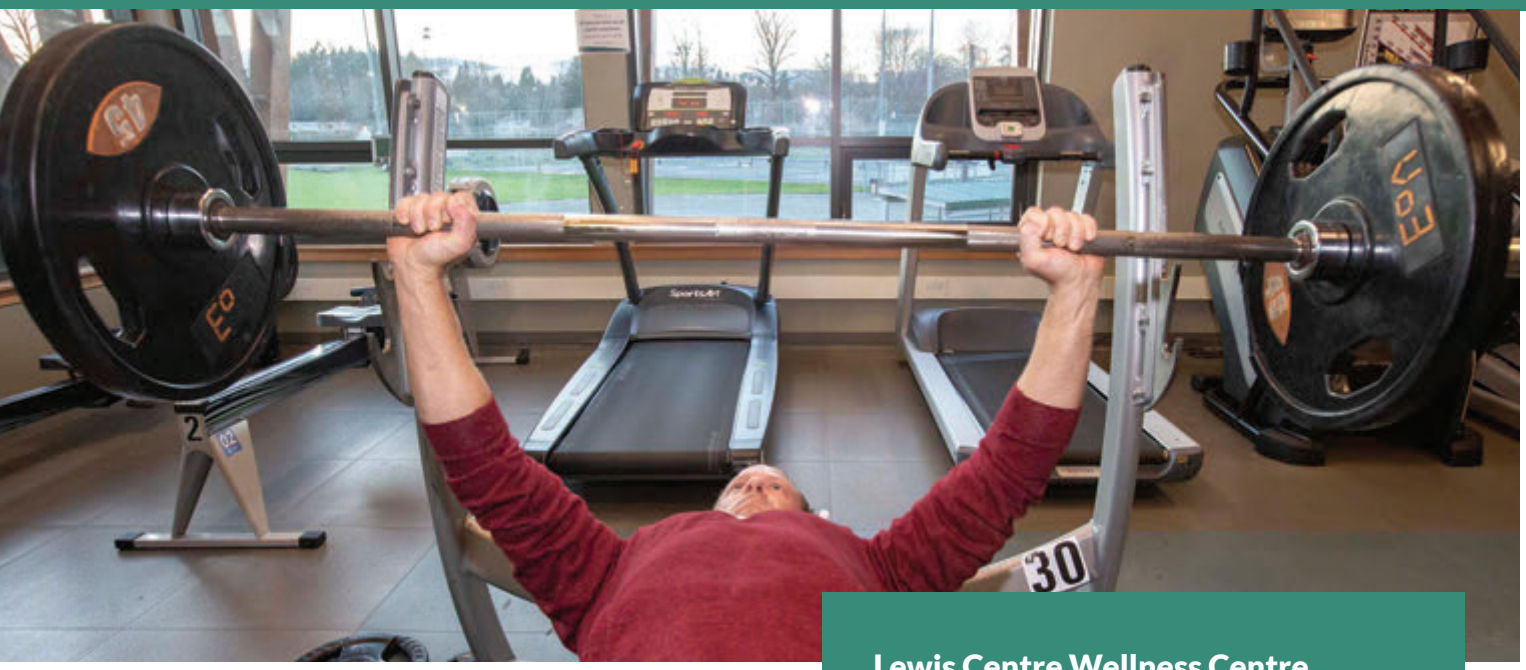
Booking Procedures

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

Court Use Rules, Guidelines & Cancellations

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

courtenay.ca/squash



Lewis Centre Wellness Centre

Youth ages 13-15 years are required to complete a free weight room orientation at no cost to access the Wellness Centre at any time.

Please inquire at reception to schedule a weight room orientation.

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

Scan to find out about our Wellness Centre equipment.

Lewis Centre Wellness Centre
489 Old Island Highway
Courtenay, BC V9M 1R9
250-338-5371 | courtenay.ca

Facility Hours
Monday to Friday
5:30 a.m. - 9 p.m.
Saturday & Sunday
8:30 a.m. - 4 p.m.

Attendant on Duty Hours
Monday to Friday
5:30-7:30 a.m.
10 a.m. - 1 p.m.
3:30-6:30 p.m.
7-9 pm
Saturday & Sunday
8:30 a.m. - 4 p.m.

Quiet Hours
(No TV or music)
Tuesday & Thursday
8:30 a.m. - 12:30 p.m.

Childminding Hours
Monday to Saturday
8:45-10:45 a.m.
Tuesday & Wednesday
4:45-6:45 p.m.

Admission including tax	Drop-in	11 punches	1 month	3 months	1 year
PWD	$4	$40	$40	$96	$240
Youth/Young Adult 13-24 yrs	$4	$40	$40	$96	$240
Adult 25-64 yrs	$7.50	$75	$75	$180	$450
Older Adult 65+	$5.60	$56	$56	$134	$336

NEW! Ask about our Combined Play Pass or see page 15 for more information.



Personal Training

Our certified personal trainers will keep you motivated and help you achieve your goals with a customized workout plan designed around your needs, abilities, and schedule. Get the guidance and support you need to make every workout count!

Private Sessions*

2 one-hour sessions | $130
4 one-hour sessions | $248
8 one-hour sessions | $480
10 one-hour sessions | $580

Semi-private Sessions* (two participants)

2 one-hour sessions | $104 per person
4 one-hour sessions | $196 per person
8 one-hour sessions | $384 per person
10 one-hour sessions | $450 per person

* Sessions are valid one year from the purchase date.

Please inquire or call the Lewis Centre reception, 250-338-5371 to purchase personal training sessions or register for an orientation

Weight Room Orientation

Ages 16 and up

New to the weight room or need a refresher? This session will guide you through the basics of strength training, safe equipment use and proper weight room etiquette. Maximum of three participants. Pre-registration required.

Saturdays | 1-2 p.m. | Free
Sundays | 10-11 a.m. | Free

Youth Weight Room Orientation

Ages 13-15

This orientation is mandatory for all youth ages 13-15 who wish to use the weight room. Participants will be introduced to the safe use of equipment and review weight room guidelines and etiquette. Maximum 3 participants. Pre-registration required.

Mon, Wed and Fri | 4-5 p.m. | Free

Adapted Weight Room Orientation

Ages 16 and up

New to the weight room or looking for a little extra support getting comfortable with the space? This orientation will help you learn how to navigate the weight room in a way that works for your abilities and comfort level. Maximum 2 participants. Pre-registration required.

Fridays | 11 a.m. - 12 p.m. | Free



Accessible Strength Training

Ages 16 and up

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

Fridays

#20223 Jan 22-Feb 19 | 1:45-2:45 p.m. | $75/5
#20224 Feb 26-Mar 19 | 1:45-2:45 p.m. | $60/4
Instructor: Sarah Kendall | Location: Activity Room

Family Fitness Fun

Ages 5 and up

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

Sundays

#20246 Jan 10-Jan 31 | 10:15-11 a.m. | $60/4
#20247 Feb 7-Feb 28 | 10:15-11 a.m. | $60/4
#20248 Mar 7-Mar 21 | 10:15-11 a.m. | $45/3
Instructor: Sharon Aul | Location: Activity Room

Winter Hustle Drop in Schedule

December 20 - January 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9 am Sharon **Peak & Jingle**	**21** 6 am Tina **Merry Morning Fitness** 9 am Luis **Merry Moves & Core** (Filberg) 12:05 pm Susan **Sleigh the Day**	**22** 6 am Keara **Merry Spinmas** 9 am Alana **Hatha Yoga** 12:05 pm Susan **Yuletide Yoga** 7 pm Susan **Silent Night: Yin & Nidra Yoga**	**23** 6 am Tina **Merry Morning Fitness** 9 am Wendie **Ho Ho Ho Power Yoga** 12:15 pm Isaac **Zen & Joy** 5:30 pm Luis **Holiday Sculpt**	**24** 9 am Wendie **Merry & Mighty** **Closed at 12 pm**	**25** **Closed**	**26** **Closed**
27 9 am Sharon **Peak & Jingle**	**28** 9 am Luis **Merry Moves & Core** (Filberg) 12:05 pm Susan **Sleigh the Day** 5:30 pm Alana **Holiday Zumba**	**29** 12:05 pm Susan **Yoga Flow** 5:30 pm Sharon **Holiday Party Spin** 7 pm Susan **Silent Night: Yin & Nidra Yoga**	**30** 6 am Tina **Merry Morning Fitness** 9 am Wendie **Ho Ho Ho Power Yoga** 12:15 pm Isaac **Zen & Joy** 5:30 pm Luis **Holiday Sculpt**	**31** 9 am Wendie **Merry & Mighty** **Closed at 3 pm**	**January 1** **Closed**	**2** 9 am Luis **Polar Express**
3 9 am Sharon **Peak & Jingle** 11 am Alana **Holiday Zumba**						

Small Group Training
Ages 19 and up

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

Tuesdays
#20368 Jan 5-Jan 26 | 12:15-1:15 p.m. | $100/4
#20369 Feb 2-Feb 23 | 12:15-1:15 p.m. | $100/4
#20370 Mar 2-Mar 23 |12:15-1:15 p.m. | $100/4
Instructor: Nancy Victoria | Location: Wellness Centre

Wednesdays
#20371 Jan 6-Jan 27 | 7:30-8:30 p.m. | $100/4
#20372 Feb 3-Feb 24 | 7:30-8:30 p.m. | $100/4
#20373 Mar 3-Mar 24 | 7:30-8:30 p.m. | $100/4
Instructor: Deanna Rempel | Location: Wellness Centre

Saturdays
#20374 Jan 9-Jan 30 | 9-10 a.m. | $100/4
#20375 Feb 6-Feb 27 | 9-10 a.m. | $100/4
#20376 Mar 6-Mar 27 | 9-10 a.m. | $100/4
Instructor: Sharon Aul | Location: Wellness Centre

Grow Strong
Ages 16 and up

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

Fridays
#20249 Jan 8-Feb 12 | 9-10 a.m. | $72/6
#20250 Feb 19-Mar 19 | 9-10 a.m. | $60/5
Tuesdays
#20251 Jan 5-Feb 9 | 10:30-11:30 a.m. | $72/6
#20252 Feb 16-Mar 23 | 10:30-11:30 a.m. | $72/6
Instructor: Wendie Matte | Location: Activity Room

Register Online
courtenay.ca/reconline

Mums in the Weight Room
Ages 16 and up

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

Tuesdays
#20260 Jan 5-Feb 9 | 9-10 a.m. | $60/6
#20261 Feb 16-Mar 23 | 9-10 a.m. | $60/6
Instructor: Wendie Matte | Location: Wellness Centre



Teen Strength Training
Ages 12-15

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

Tuesdays
#20410 Jan 5-Jan 26 | 4-5 p.m. | $40/4
#20411 Feb 2-Feb 23 | 4-5 p.m. | $40/4
#20412 Mar 2-Mar 23 | 4-5 p.m. | $40/4
Instructor: Kelly Hovind | Location: Activity Room

Strength Training
Ages 55 and up

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

Mondays and Wednesdays
#20379 Jan 4-Feb 10 |12:30-1:30 p.m. | $144/12
#20380 Feb 17-Mar 24 | 12:30-1:30 p.m. | $132/11
#20381 Jan 4-Feb 10 | 2-3 p.m. | $144/12
#20382 Feb 17-Mar 24 | 2-3 p.m. | $132/11

Tuesday and Thursday
#20383 Jan 5-Feb 11 | 12:30-1:30 p.m. | $144/12
#20384 Feb 16-Mar 25 | 12:30-1:30 p.m. | $144/12
#20385 Jan 5-Feb 11 | 2-3 p.m. | $144/12
#20386 Feb 16-Mar 25 | 2-3 p.m. | $144/12

Fridays
#20387 Jan 8-Feb 12 | 12:30-1:30 p.m. | $72/6
#20388 Feb 19-Mar 19 | 12:30-1:30 p.m. | $60/5

Wednesdays
#20389 Jan 6-Feb 10 | 11 a.m. - 12 p.m. | $72/6
#20390 Feb 17-Mar 24 | 11 a.m. - 12 p.m. | $72/6
Instructor: Juan Blancas | Location: Wellness Centre

Advanced Strength
Ages 55 and up

Designed to enhance overall conditioning, this class focuses on strength, balance, agility and core strengthening for a well-rounded fitness experience.
No class Mar 1.

Mondays and Wednesdays
#20226 Jan 4-Feb 10 | 9-10 a.m. | $144/12
#20235 Feb 17-Mar 24 | 9-10 a.m. | $120/10
Instructor: Steve Thomson | Native Sons Grand Hall

Financial Access Programs:
Apply for discounts that provide healthy lifestyle opportunities.

Recreation Access Program

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

LEAP

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

Ask us how to apply!

250-338-5371 or 250-338-1000



Strictly Strength for Women
Ages 16 and up

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

Fridays
#20407 Jan 8-Feb 12 | 10:30-11:30 a.m. | $72/6
#20409 Feb 19-Mar 19 | 10:30-11:30 a.m. | $60/5
Instructor: Nancy Victoria | **Location: Activity Room**

Interval Workout
Ages 16 and up

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

Fridays
#20253 Jan 8-Feb 12 | 8-8:45 a.m. | $60/6
#20254 Feb 19-Mar 19 | 8-8:45 a.m. | $50/5
Instructor: Wendie Matte | **Location: Activity Room**



Information
See pages 18-19 for information on Evergreen membership benefits

Lose it with Kelly NEW!
Ages 16 and up

Ready to feel stronger, healthier and more confident? Join Kelly for this fun, supportive approach to weight loss!

Through practical nutrition tips, enjoyable workouts, and simple lifestyle strategies, you'll build healthy habits that fit into real life—no crash diets required!

Maximum six participants

Mondays
#20663 Jan 4-Feb 8 | 6-7:15 p.m. | $78/6

Instructor: Kelly Hovind | **Location:** Wellness Centre

Peak Performance
Ages 16 and up

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

Sundays
#20351 Jan 10-Feb 14 | 9-10 a.m. | $72/6
#20352 Feb 21-Mar 21 | 9-10 a.m. | $60/5
Instructor: Sharon Aul | **Location: Activity Room**

Updates & Schedule Changes
courtenay.ca/rec

Wellness

Pilates and More
Ages 16 and up

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

Tuesdays
#20353 Jan 5-Feb 9 | 5-6 p.m. | $72/6
#20354 Feb 16-Mar 23 | 5-6 p.m. | $72/6
Instructor: Suzy Williamson | Native Sons Lower Level

Yoga for Flexibility and Strength
Ages 16 and up

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

Tuesdays
#20418 Jan 5-Feb 9 | 4:30-5:45 p.m. | $78/6
#20420 Feb 16-Mar 23 | 4:30-5:45 p.m. | $78/6
Instructor: Alana Taylor | Location: Tsolum Building

Chair Yoga
Ages 55 and up

Combine seated and standing postures using a chair for support—no floor poses required. Move through gentle sequences and hold postures to build strength, balance, and flexibility in a calm, relaxing atmosphere. No music on Tuesdays, expect music on Thursdays.

Tuesdays
#20238 Jan 5-Feb 9 | 10:30-11:30 a.m. | $72/6
#20239 Feb 16-Mar 23 | 10:30-11:30 a.m. | $60/5
Thursdays
#20240 Jan 7-Feb 11 | 10:30-11:30 a.m. | $72/6
#20241 Feb 18-Mar 25 | 10:30-11:30 a.m. | $72/6
Instructor: Emilie Dube | Native Sons Grand Hall

Yoga Ongoing
Ages 55 and up

A progressive class building on students' skills through essential Hatha poses and creative sequencing to keep things fun. Designed to support growth at an individual pace while keeping practice engaging. **Mar 15 in the Native Sons Grand Hall.**

Fridays
#20443 Jan 8-Feb 12 | 10-11:30 a.m. | $90/6
#20444 Feb 19-Mar 19 | 10-11:30 a.m. | $75/5
Instructor: Alana Taylor | Native Sons Lower Level



Restorative Yoga
Ages 16 and up

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

Sundays
#20363 Jan 10-Feb 7 | 1:30-2:30 p.m. | $60/5
#20364 Feb 14-Mar 21 | 1:30-2:30 p.m. | $72/6
Instructor:Andres Arriola | Location: Tsolum Building

Wednesdays
#20366 Jan 6-Feb 10 | 7-8:15 p.m. | $78/6
#20367 Feb 17-Mar 24 | 7-8:15 p.m. | $78/6
Instructor: Kelly Yaskiw | Location: Activity Room

Power Yoga
Ages 16 and up

An energetic class that alternates between building strength and cultivating flexibility through repetition and creative sequencing. Each practice is different and concludes with a well-deserved savasana for rest and recovery.

Tuesdays
#20355 Jan 5-Feb 9 | 6-7 p.m. | $72/6
#20356 Feb 16-Mar 23 | 6-7 p.m. | $72/6
Instructor: Alana Taylor | Location: Tsolum Building
Wednesdays
#20357 Jan 6-Feb 10 | 9-10 a.m. | $72/6
#20358 Feb 17-Mar 24 | 9-10 a.m. | $72/6
Instructor: Wendie Matte | Location: Tsolum Building

Yoga Gentle
Ages 55 and up

A Hatha-based practice with simple poses, slow transitions, and time to settle into each shape. Emphasis on breath, comfort and using props to support accessible, adaptable movement for all bodies. **March 1 in the Native Sons Lower Level.**

Mondays
#20441 Jan 4-Feb 8 | 1:45-3 p.m. | $78/6
#20442 Feb 22-Mar 22 | 1:45-3 p.m. | $65/5
Instructor: Alana Taylor | Native Sons Grand Hall

Yin Yoga
Ages 16 and up

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

Tuesdays
#20413 Jan 5-Feb 9 | 7:30-8:45 p.m. | $78/6
#20414 Feb 16-Mar 23 | 7:30-8:45 p.m. | $78/6
Instructor: Susan Obieglo | Location: Tsolum Building

Family Yoga NEW!
Ages 5 and up

Move, stretch, and breathe together. Enjoy yoga poses designed for all ages and abilities. No previous yoga experience is needed, just come ready to have fun! Fee includes both participants.

Wednesdays
#20377 Jan 6-Feb 10 | 6-7p.m. | $108/6
#20378 Feb 17-Mar 24 | 6-7p.m. | $108/6
Instructor: Breah Dunn | Location: Tsolum Building



Yoga for Men
Ages 16 and up

Join this 75-minute class focused on joint health, flexibility, and increased range of motion. Through seated and standing poses, improve posture, boost balance, and relieve muscle tightness, promoting overall strength, mobility and well-being. Please note that this class is designed specifically for male participants. **No class Jan 18.**

Mondays
#20423 Jan 4-Feb 8 | 7:15-8:30 p.m. | $65/5
#20427 Feb 22-Mar 22 | 7:15-8:30 p.m. | $65/5
Instructor: Susan Obieglo | Native Sons Lower Level

Specialized Programs

Minds in Motion
Ages 50 and up

Minds in Motion is a fitness and social program for people living with any form of early stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. Call (778) 746-2027 for more info.

Wednesdays
#20448 Jan 13-Feb 17 | 1-3 p.m. | $60/6
#20633 Mar 17-April 21 | 1-3 p.m. | $60/6
Instructor: Nancy Victoria | Native Sons Lodge

Build your Bones (Osteo-Friendly)
Ages 55 and up

This class offers targeted, osteo-friendly exercises that improve posture, enhance balance, build bone strength, prevent falls, and boost overall energy and confidence.

Mondays
#20236 Jan 4-Feb 8 | 1:30-2:30 p.m. | $72/6
#20237 Feb 22-Mar 22 | 1:30-2:30 p.m. | $60/5
Instructor: Anne Casey | Location: Activity Room

FAME
Ages 55 and up

Fitness and Mobility Exercise (FAME) is community program developed by the University of British Columbia for people who have had a stroke or other neurological conditions. Exercises are designed to improve fitness, mobility and strength and are led by specially trained instructors.

Mondays and Wednesdays
#20244 Jan 4-Feb 10 | 2:45-3:45 p.m. | $168/12
#20245 Feb 17-Mar 24 | 2:45-3:45 p.m. | $154/11
Instructor: Anne Casey | Location: Activity Room



Better Balance: A Neurological Approach to Fall Prevention C
Ages 16 and up

Build stability and confidence in this unique neuro-based balance class. We will train your visual, vestibular and proprioceptive systems to improve movement, safety, and independence. Reclaim your balance and move with ease.

Wednesdays and Fridays
#20665 Jan 6-Feb 12 | 11 a.m. - 12 p.m. | $420/12
Instructor: Mackenzie Rutherford
Location: Tsolum Building

Information

See pages 76-77 for information on Evergreen membership benefits

Regulating Your Nervous System C
Ages 16 and up

Support your nervous system through simple, targeted exercises and shift into a calmer, more balanced state. Learn how to reduce symptoms of depression, anxiety, fatigue, tension, pain, trauma, ADHD and insomnia while building calm, resilience and balance one class at a time.

Wednesdays
#20664 Jan 6-Feb 10 | 5:30-6:30 p.m. | $180/6
Instructor: Mackenzie Rutherford | Tsolum Building

GYROKINESIS® Method C
Ages 16 and up

The Gyrokinesis method is a gentle practice performed seated, on a mat and standing, awakening the spine and senses through healthy movement. Fluid sequencing and coordinated breathing help you connect to your centre, move with ease and balance the nervous system.

Mondays
#20655 **Try it!** Jan 18 | 5:30-6:45 p.m. | Free
#20654 Feb 1- March 15 | 5:30-6:45 p.m. | $168/6
Instructor: Rebecca Halls | Location: Tsolum Building



Workshops

Moving through Menopause: A workshop for wellness & strength
Ages 16 and up

Learn simple strategies to manage menopause symptoms through movement. Maximum six participants.
#20850 Sun Jan 10 **Try It! Free**
Sundays
#20259 Jan 17-Feb 21
11:30 a.m. - 12:30 p.m. | $72/6
Instructor: Sharon Aul |
Location: Lewis Wellness Centre

Improve your Posture: A workshop to help you stand straight
Ages 16 and up

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

Saturday Feb 6
#20848 1-3 p.m. | $20
Instructor: Susan Obieglo
Location: Lewis Activity Room

Keep your Feet Healthy - A workshop to keep you moving
Ages 16 and up

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

Saturday Mar 6
#20849 1-2:30 p.m. | $20
Instructor: Susan Obieglo
Location: Lewis Activity Room

C Contractor-led Program

Drop-In Fitness

January 4 - March 27

Schedule is subject to change. Please visit courtenay.ca/fitness for updates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am	Early Bird Fitness ♥♥	Morning Ride ♥♥	Start Strong ♥♥			
9 am	Fit Groove ♥ Strength, Stretch & Core Filberg ♥	Rev Up ♥♥ Chair Fit Filberg ♥	Zumba with Milena ♥	Power Hour ♥♥♥ Strength, Stretch & Core Native Sons ♥	Chair Fit Filberg ♥	Pedal n' Sculpt ♥♥♥
10:30 am	Find Your Strength 10:15 am Filberg ♥ Simply Strength Native Sons ♥		Simply Strength Native Sons ♥	Dance Fit ♥		
12:05 pm	Monday Motivator ♥♥	Spin Express ♥♥ Flow Yoga MP Hall ♥	Total Body ♥♥ Zen Rest 12:15-12:45 pm ♥	Dynamic Fusion ♥♥	Kettle Bell & Release ♥	
5:30 pm	Spin & Strength ♥♥	Dynamic Fusion ♥♥	Chiseled ♥♥	Step & Kettle Bell ♥♥	Disco Spin ♥♥	
6:45 pm		Zumba with Stacie ♥				

No classes:
All classes: Feb 15
Dance Fit: Jan 14 & 21

♥ Suitable for everyone from beginner to advanced

♥♥ Best suited for those already active

♥♥♥ Suitable for those looking for a challenge

Classes are located in the Lewis Centre Activity Room unless otherwise noted. No classes on statutory holidays.



Admission including tax	Drop-in	11 punches	1 month	3 months	1 year
PWD	$4	$40	$40	$96	$240
Youth/Young Adult 13-24 yrs	$4	$40	$40	$96	$240
Adult 25-64 yrs	$7.50	$75	$75	$180	$450
Older Adult 65+	$5.60	$56	$56	$134	$336

NEW! Ask about our Combined Play Pass or see page 15 for more information.

55+ class

Program Offered During Childminding

Early Bird Fitness
Combine cardio, strength & balance. All fitness levels are welcome!

Mondays | 6-7 a.m.
Instructor: Jenny Nijhoff

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

Mondays starting Jan 11 | 9-10 a.m.
Instructor: Andres Arriola

Strength, Stretch & Core
Strengthen key muscles and finish with a long stretch.

Mondays & Thursdays | 9-10 a.m.
Instructor: Nancy Victoria

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

Mondays | 10:15-11:15 a.m.
Instructor: Nancy Victoria

Monday Motivator
Work on balance, strength & agility while improving heart & lung fitness.

Mondays | 12:05-12:55 p.m.
Instructor: Susan Obieglo

Simply Strength
Build balance, mobility, and strength using varied equipment and functional movements.

Mon & Wed | 10:30-11:30 a.m.
Instructor: Anne Casey

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

Mondays | 5:30-6:30 p.m.
Instructor: Sharon Aul

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

Tuesdays | 6-7 a.m.
Instructor: Keara Chichak

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

Tuesdays | 12:05-12:55 p.m.
Instructor: Susan Obieglo

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

Tues & Fri | 9-10 a.m.
Tues Instructor: Therese Sanders
Fri Instructor: Nancy Victoria

Rev Up
Blending strength, cardio and dynamic movement to build endurance, power and overall fitness.

Tuesdays | 9-10 a.m.
Instructor: Nancy Victoria

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

Tuesdays | 12:05-12:55 p.m.
Instructor: Wendie Matte

Kettle Bell & Release
Build strength & improve mobility with kettlebells. Finish with a foam roller stretch for recovery.

Fridays | 12:05-12:55 p.m.
Instructor: Nancy Victoria

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

Tuesdays | 5:30-6:30 p.m.
Thursdays | 12:05-12:55 p.m.
Instructor: Susan Obieglo

Zumba w/ Stacie
Latin-inspired dance fitness including reggaeton, hip-hop, afrobeat, salsa and more.

Tuesdays | 6:45-7:45 p.m.
Instructor: Stacie Cleveland

Start Strong
Kick-start your day with a strength and cardio training!

Wednesdays | 6-7 a.m.
Instructor: Tina Pringle

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

Wednesdays | 12:05-12:55 p.m.
Instructor: Wendie Matte

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

Wednesdays | 9-10 a.m.
Instructor: Milena Spratt

Zen Reset
Pause, breathe and reset with this meditation break.

Wednesdays | 12:15-12:45 p.m.
Instructor: Isaac Voerman

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

Wednesdays | 5:30-6:30 p.m.
Instructor: Nancy Victoria

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

Thursdays | 9-10 a.m.
Instructor: Susan Obieglo

Dance Fit
This lower intensity dance-style class features easy to follow dance moves and fun, upbeat music. No class Jan 14 & 21.

Thursdays | 10:30-11:30 a.m.
Instructor: Lyla Pettis

Step & Kettle Bell
Combines step routines with kettlebell exercises to boost both your cardio and strength.

Thursdays | 5:30-6:30 p.m.
Instructor: Nancy Victoria

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

Fridays | 5:30-6:30 p.m.
Instructor: Sharon Aul

Pedal N' Sculpt+
Blend cycling and endurance training to build your fitness experience. $11.25 for 90 minutes

Saturdays | 9-10:30 a.m.
Instructor: Luis Acosta



Recreation and Social Club for Adults 55+

The Evergreen Club is a program of the non-profit organization Courtenay Recreational Association (CRA) 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 55 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
- Seasonal free members only parties
- Lounge Library (Books, Puzzles, DVDs)

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 2027 Memberships

Renewal of the Evergreen 2027 membership will be $35 and new membership for 2027 will be $50 (Please note: renewal rates will be $45 for 2028 memberships). Memberships can be purchased at the Florence Filberg Centre, Lewis Centre, online, in person or by phone. Registration website ***courtenay.ca/reconline***.
Please note: With regards to City of Courtenay Recreation admission and membership fees, Evergreen Club members will continue to receive the 'Older Adult' rate at the age of 55.

Evergreen Club Activities

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

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

Creative Pursuits
- Quilting
- Fabric Arts
- Art Club
- Floral Arts
- Lacemakers
- Camera Club
- Hooks, Needles & Yarns
- Brazilian Embroidery

Cards & Games
- Cribbage
- Bridge
- Mahjong
- Texas Hold'em
- Mexican Train
- Cue Sports
- Trivia
- Rummikub
- Scrabble
- Bingo
- Darts
- Whist
- Canasta
- Euchre
- Chess
- Backgammon

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

Day Trips
- Lunch Outings
- Plays
- Concerts
- Shopping
- Museums
- Galleries
- Points of Interest
- Wineries

Special Events
- Dinner/Dances
- Workshops
- Guest Speakers
- Theatrical Productions
- Luncheons
- Live Concerts
- Craft Sales

Special Events

Comox Valley Concert Band

Join us while the talented Comox Valley Concert Band entertains us on Sunday, December 6th, 2:00 pm. Tickets available in advance and at the door.

Yuletide Dance

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

New Years Eve Dance Party

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



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

Evergreen Lounge



Come enjoy a fresh baked muffin, soup, salad or sandwich in the Evergreen Lounge Monday to Friday, 8:30 am - 3:00 pm! A variety of homemade, delicious hot specials such as lasagna, chicken enchiladas, pizza, beef dip and Ruebens are offered on Tuesdays, Wednesdays and Fridays.
Check our Evergreen Club newsletter to see the specials in advance. You can also grab a frozen meal for later. Our kitchen has a dedicated group of volunteers allowing us to offer affordable prices. Meet up with a friend for coffee, a meal or to play a game of cards. Everyone is welcome. Members can borrow a book, DVD or puzzle from our lending library.

Florence Filberg Centre • 250-338-1000

Volunteer Opportunities

Volunteering at the Evergreen Club is a great way to get involved, meet people and help provide a valuable service to our community. We are always looking for more volunteers so we can continue to offer a variety of clubs, special events and food at affordable prices. Hours are flexible to accommodate your busy schedule, and can start at just 3 two hour shifts a month.
If you would like to learn more, we would love to hear from you.



Like us on facebook The Evergreen Club at the Florence Filberg Centre

Courtenay Recreation Facility Rentals

Lewis Centre

489 Old Island Highway, Courtenay

The Lewis Centre is a large multi-use facility featuring craft rooms, a meeting room, two gymnasiums and out-buildings available to rent.



Lewis Centre



Tsolum Building (outbuilding)



Craft Room A



Multipurpose Hall

For more information or to book your event, call the Lewis Centre at 250-338-5371 or email rentals@courtenay.ca

Take a virtual tour of these facilities at courtenay.ca/lewis

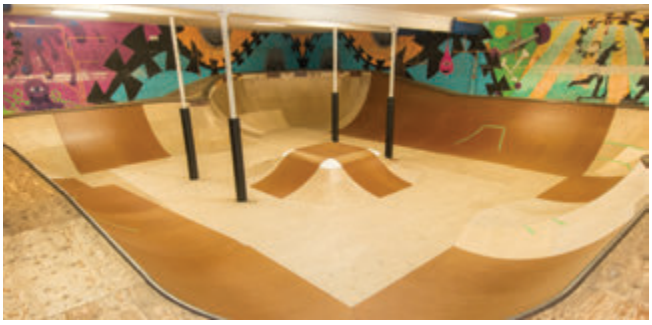
The LINC Youth Centre

300 Old Island Highway, Courtenay

The LINC Youth Centre features an indoor skate park with street section, games room, kitchen, lounge area and meeting room.



Games Room



Indoor Skatepark

Courtenay Recreation Facility Rentals

Florence Filberg Centre

411 Anderton Avenue, Courtenay

This multi-use facility features larger spaces for weddings, conferences, seminars and special events.



Florence Filberg Centre



Rotary Hall

The Rotary Hall is a 2,904 square foot space with a stage, ideal for meetings, programs and small events.



Conference Hall

The Conference Hall is a spacious 6,000 square foot venue ideal for weddings, conferences, fairs and special events.

For more information, call the Florence Filberg Centre at 250-338-1000 or email rentals@courtenay.ca
Virtual tour: courtenay.ca/filberg or courtenay.ca/nativesons

Native Sons Hall

360 Cliffe Avenue, Courtenay

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.



Native Sons Hall



Grand Hall

The Grand Hall is a 4,400 square foot space for weddings, concerts, dances and more.



Lower Level

The lower level has a Lodge Room, Dining Room and Parlour Room. Cozy and flexible spaces for meetings, programs and small events.

Let's clear the air on winter nights

Simple steps can reduce wood smoke, improve air quality and support a healthier community.

Courtenay enjoys good air quality most of the year. In winter, however, wood smoke can increase levels of fine particulate matter, which can affect everyone's health. Children, older adults, pregnant people and those with heart or lung conditions are most at risk.

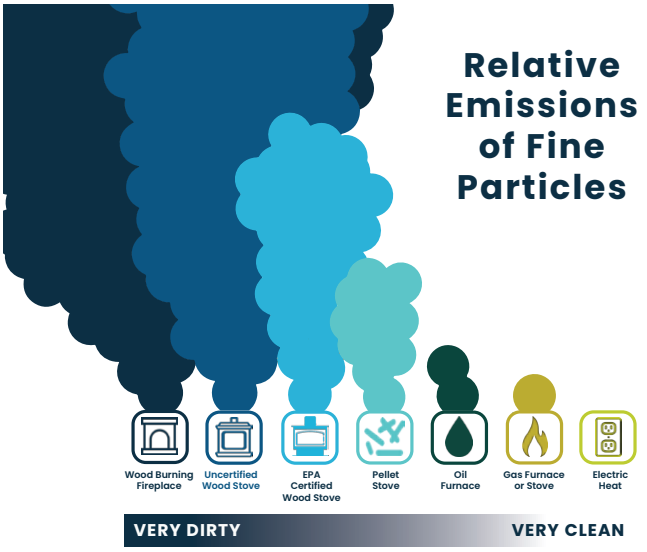
Local monitoring shows poorer air quality on winter evenings when many wood-burning appliances are in use. Courtenay's topography can also trap smoke overnight, causing pollutants to build up in neighbourhoods.

Everyone can help reduce wood smoke. Because smoke from nearby sources has the greatest impact on the air we breathe, choices at home can directly benefit our community.

Even when used according to best practices, wood-burning appliances produce more fine particulate matter than other home heating options.

Consider using a cleaner heat source, such as a heat pump, for daily heating and reserving wood-burning appliances for power outages or extreme weather.





Planning a heating upgrade?
Explore rebates and energy-efficient heating options.

courtenay.ca/air-quality

Building connections through our parks and trails

Arden Active Transportation Bridge

This summer, the City celebrated the opening of the Arden Active Transportation Bridge, a new link between the 1st Street and Lake Trail Road walking and cycling corridors. The bridge improves access between neighbourhoods, schools, parks and community destinations. It also helps close a gap in the City's active transportation network. The project supports safer travel for residents of all ages and abilities, including students and families accessing Lake Trail Community School, École Puntledge Park Elementary and Arden Elementary.



6th Street Active Transportation Bridge

The City of Courtenay continues to invest in safe, accessible and connected public spaces through a series of bridge projects that strengthen the community's parks and active transportation network. The new bridge enhances key connections throughout the community with infrastructure that supports walking, cycling, rolling and access to parks and public spaces.



Simms Millennium Park Pedestrian Bridge

The City also completed the replacement of the Simms Millennium Park Pedestrian Bridge, renewing a link within one of Courtenay's most popular waterfront parks. While smaller in scale, the bridge plays a vital role in maintaining seamless pedestrian and cycling connections through Simms Millennium Park and to the nearby 6th Street Active Transportation Bridge. The new structure provides a safe, accessible and durable crossing that will help ensure residents and visitors can continue to enjoy access throughout the park and waterfront trail system for decades to come.



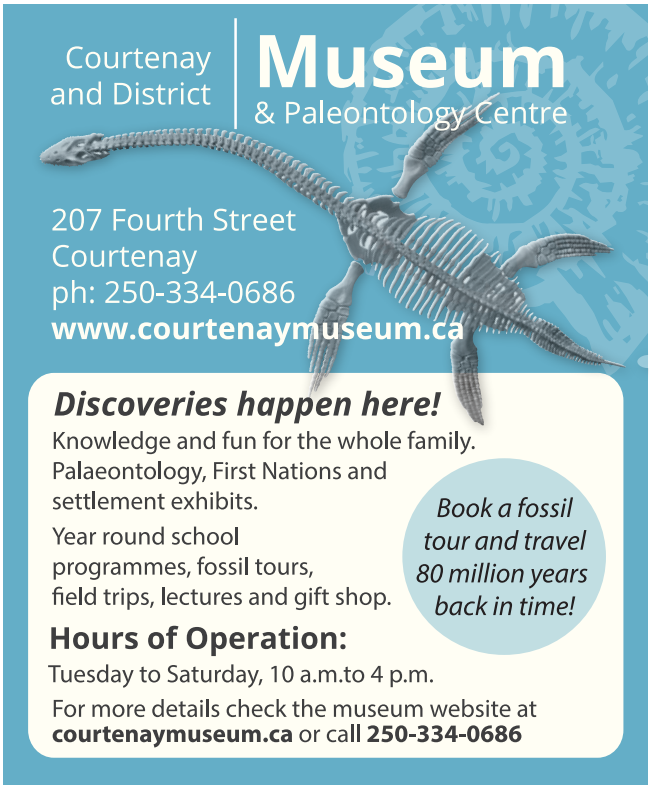
Culture

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 ART EXHIBITIONS + SPECIAL EVENTS









OCP and Zoning Bylaw updates

Earlier this year, Courtenay City Council adopted an updated Official Community Plan (OCP) and approved housekeeping amendments to the Zoning Bylaw. These changes help ensure Courtenay can implement provincial housing and community planning legislation and meet housing targets set by the Province in 2025.

The City is now undertaking a comprehensive review of the Zoning Bylaw to align the 20-year-old bylaw with the updated OCP. Community engagement will begin in early 2027 as part of the review.

Learn more engagecomoxvalley.ca/courtenay-zoning

Downtown Vitalization Local Area Plan

The OCP's growth strategy directs new development to identified growth centres and corridors while supporting moderate infill throughout the city. Downtown is one of these key growth centres.

The Downtown Vitalization Local Area Plan will translate OCP policies into area specific guidance for land use, infrastructure, public spaces and implementation. The project team has completed background studies and community engagement on the plan's vision and priorities.

The next phase will present a draft plan to the community for feedback in early 2027.

Learn more engagecomoxvalley.ca/courtenay-downtown-plan

Community Planning in B.C.

Provincial legislation requires cities to review Housing Needs Reports, OCPs and zoning bylaws every five years. These reviews help communities plan for housing while supporting ongoing community engagement.

Courtenay's OCP is guided by four cardinal directions:

- reconciliation
- climate action
- equity
- community well-being



Scan the QR code to learn about Courtenay's vision, goals and four cardinal directions.

Explore Courtenay's OCP
courtenay.ca/OCP

Volunteer Opportunities

Courtenay Recreation
courtenay.ca/rec | 250-338-5371

Volunteering is 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. See page 27 for information on info sessions.

The Evergreen Club for Adults 55+
caudia@courtenay.ca

The Evergreen Club is a fantastic club for mature adults who like to stay busy and social! With 47 clubs we truly have something for everyone! We are able to keep our clubs fees very affordable because of our fantastic volunteers. If you would like to join our community, meet new friends and give back, we would love to hear from you. We happily welcome volunteers of all ages. For more details see our 2 page spread in the Courtenay section of this guide. Questions? Contact caudia@courtenay.ca

The Salvation Army
comoxvalley.volunteer@salvationarmy.ca
www.comoxvalleysa.ca

Looking for a meaningful way to give back? Join us in bringing hope where there is hardship and making a difference in the lives of people in our community. From helping in our thrift stores and serving at the soup kitchen, to supporting Christmas kettles and community events, there are plenty of ways to get involved!
Contact Andrea to find out more: (250) 338-5133

Habitat for Humanity
volunteer@habitatnorthisland.com
habitatnorthisland.com

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!

MARS Wildlife Rescue Centre
marswildliferescue.com

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



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

Low Cost Recreation

LEAP - Leisure for Everyone Accessibility Program
250-334-9622

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 programs at the CVRD Sports and Aquatic Centres.

City of Courtenay Recreation Access Program
250-338-5371 or 250-338-1000

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**.

Town of Comox TRIP
250-339-2255 | comox.ca/accessible-rec

Town of Comox Recreation Inclusion Program (TRIP) low cost recreation opportunities are available for Comox residents on limited income. Qualified applicants receive $425/per year towards a 50% discount on eligible programs and Fitness Studio memberships.

Village of Cumberland FAIR Program
cumberland.ca/rec-financial-assistance
250-336-2231

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.

189 Port Augusta Sea Cadets
PortAugusta189@outlook.com
189sea@cadets.gc.ca | 250-207-2709

For youth ages 12 - 18. 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).

KidSport™
comoxvalleykidsport@kidsportcanada.ca
kidsportcanada.ca | 250-334-9294

Comox Valley KidSport provides support to children to remove the financial barriers of playing organized sports. For application forms and guidelines visit kidsportcanada.ca



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

New Discoveries Parent & Child Learning Centre
250-338-6200

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

Prenatal Classes
viha.ca/children | 250-331-8520

FREE prenatal classes are available at Public Health to pregnant women and their support people. Register with Public Health's *Right from the Start* program as soon as you know you are pregnant.

Canadian Tire JumpStart
jumpstart.canadiantire.ca

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.

19 Seal Bay Traditional Scouting Group
barbkenney18@gmail.com
bpsa-bc.ca | 250-941-8874

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. Mission Hill/Seal Bay Area.

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 Primary Care Network
Vancouver Island Region First Nations Health Authority
Comox Valley Division of Family Practice
island health

Courtenay Recreation

Family Day!

Monday, February 15

11 a.m. - 3 p.m.

Lewis Centre Free!

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

courtenay.ca/family



CANADIAN RED CROSS
CROIX-ROUGE CANADIENNE

SERVING THE COMOX VALLEY

Health equipment on loan, by donation.

WHO WE HELP

The Canadian Red Cross lends health equipment to people living at home, including those recovering from illness or injury.

With an appropriate referral from a health care professional, you can borrow equipment on a by-donation basis from one of our HELP locations.

HOW WE HELP

Short-Term Loans

HELP BASIC in B.C. is available for people who need health equipment up to six months, such as walkers, wheelchairs and other mobility aids or raised toilet seats, bath stools and other bathing aids.

ABOUT THE PROGRAM

The Canadian Red Cross Health Equipment Loan Program (HELP) provides Canadians with short-term loans of health equipment on a donation basis.

The Health Equipment Loan Program (HELP) is a community-based service that is made possible through the support of health authorities, donations of used equipment, and the efforts of hundreds of volunteers and professional staff.

This program is an integral part of our healthcare system and the health and safety of our clients is our top priority.



HOW YOU CAN HELP

Just a few hours a week could make the future brighter for people in our community.

Red Cross Client Services volunteers support clients and caregivers by helping them access equipment during recovery from surgery, illness or to assist people spending their final days at home.

Scan to apply
redcross.ca
/volunteer

Courtenay HELP office 250-334-1557
10 - 2683 Moray Ave., Courtenay | Monday to Friday, 9:30 a.m. - 1:00 p.m. | redcross.ca

Gently used equipment donations gratefully accepted.



bgc Central Vancouver Island

Ladysmith | Nanaimo | Lantzville | Parksville | Courtenay | Comox

$10/day sites!

- Nanaimo
- Parksville
- Ladysmith

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

early years



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

parenting programs



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

out of school care

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



Get **paid to play!**

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

Learn more:

www.bgccvi.com/careers

youth drop-ins and programs

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

scan to get started!

bgc Central Vancouver Island

bgccvi.com
@bandgclubofcvi
@bgc.cvi

opportunity changes everything.

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**









Courtenay Recreation

Volunteer with Us!

Volunteering with Courtenay Recreation is a fun and easy way to give back to your community, build new skills and complete Work Experience requirements. Find out more by joining us at an upcoming Volunteer Info Night:

#20602 Jan 27 | 4:30-5:30 p.m.
#20603 Feb 24 | 4:30-5:30 p.m.

courtenay.ca/volunteer
250-338-5371



Courtenay Recreation

Children's Christmas Party

Saturday, December 5

11 a.m. - 1 p.m.

Lewis Activity Room

- Craft, games, letters to Santa
- Santa photos (bring your camera)
- Evergreen Seniors ukulele sing-along

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

courtenay.ca/christmas



COMOX VALLEY
SPORTS & SOCIAL CLUB

SPORTS LEAGUES

Volleyball | Indoor Soccer | Basketball
Dodgeball | Floor Hockey



Winter Sports deadline is December 15

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

THE BRAZILIAN CULTURAL FOUNDATION
Transformation through culture

GRUPO AXÉ CAPOEIRA – MESTRE BARRÃO

Winter Schedule!



KIDS INTRO
MINIS (4-7y/o) Tues/Thurs 4:30pm

JACARES (8-13y/o) Tues/Thurs 5:15pm

KIDS INTERMEDIATE
MACAQUINHOS (6-8y/o) **Mon/Wed 4pm**

ACROBATICS - Mondays 6pm

MACACOS (9-13y/o) **Mon/Wed 5pm**

AFRO-BRAZILIAN DANCE - Wed 6pm

ADULTS
INTRO ADULTS - Mondays 6:45pm

MIXED ADULTS - Tues/Thurs 6:30pm

All students and RODA - Saturdays 10am

BCF & Axé Capoeira Comox Valley contact: 250-898-7918 info@capoeiracomox.com


Comox Valley
United
Soccer
Super Soccer Saturdays
- Winter Futsal
Mid-January to End of Feb
(6 sessions total) 2027
Registration OPENS
November 9th, 2026
Closes January 10th, 2027
Limited spaces
Spring 2027
'Valley Youth Soccer League'
- Recreation soccer!
April to June 2027
For players U4-U18
Registration Opens
January 4th 2027!!
To register for our programs please visit:
registration.cvusc.org/register/public/login
For more information on our programming, please email us at registrar@cvusc.org


COMOX VALLEY
WILD
LACROSSE
Registration opens in January for the Spring season.
Free learn-to-play drop-ins in January and February.
comoxvalleywild.com


YOUR KID'S NEW
FAVOURITE
SPORT
MIGHT BE ONE THEY
HAVEN'T TRIED YET.
Fast. Fun. Team-focused.
And built to get everyone
into the game.
COME TRY RINGETTE!
★ PROGRAMS FOR KIDS 5+ | BEGINNERS WELCOME ★
COMOX VALLEY
RINGETTE
FAST
SKATING.
TEAM
PLAY.
NEW
FRIENDS.
SCAN TO
LEARN MORE!
comoxvalleyringette.com
CVRingette
@comoxvalleyringette

Adult Education

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

Community Services

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

Clubs & Organizations

Church Groups

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

Dog Clubs

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

Horticulture

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

Public Speaking

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

Other

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

Dance Groups

Argentine Tango.....250-703-3057
CV Line Dance - Joan.....250-703-6660
Line Dance Collective.....250-897-9689
Line Dancing with Brenda.....250-890-2054
LUV2 Line Dance - Darlene.....
.....linedanceluv@gmail.com
Ocean Waves Square Dance Club
.....oceanwavesquaredance@gmail.com
Scottish Country Dance
- Heather 250-338-9060
Dolyna Ukrainian Dancers - Karen
.....cvdolynadancers@gmail.com
West Coast Swing Collective.....cvwcs.ca

Fairs & Festivals

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

Health & Wellness

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

Seniors

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

Service Clubs

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

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

Sports

Adult Leagues

CV Sports & Social Club....c.omoxvalleysports.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

CV Senior's Slowpitch.....facebook: cv55+slowpitch

Basketball

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

CV Youth Basketball Assoc.
- Anthony.....250-898-9973

Wheelchair Basketball - Stephane .....
.....cvwssdocs@gmail.com

Ice Sports

CV Glacier Kings Jr. Hockey
- Iris 250-338-5409

CV Minor Hockey..simonmorgan360@gmail.com

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

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

Women's Ice Hockey
Teresa - Breakers.....250-702-1614

Martial Arts

CV Karate Club - Pam. 250-792-3836

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

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

The Academy of Martial Arts & Fitness.....
.....250-465-9073

Racquet Sports

CV Tennis Club.....comoxvalleytennis.org

Courtenay Sr. Badminton Club
- Cameron.....250-339-0739

CV Squash Club - Jayson
.....jayson@fuerstenberg.ca

Skiing/Snowboarding

JumpCamp.....jumpcamp.com

Mt Washington Ski Club .....
John (head coach).....250-897-6058

Mt Washington Volunteer Ski Patrol
Tim.....250-334-0609

Strathcona Nordics Cross Country
Angela.....info@strathconanordics.com

Vancouver Island Society for Adaptive
Snowsports.....visasweb.ca

Sports cont.

Soccer

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

Women's Soccer
.....cvwomensspringsoccer@gmail.com

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

Other

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

Courtenay Lawnbowling Club
.....courtenaylawnbowling.ca

CV Cougars Track & Field Club
.....comoxcougars.org

CV Curling Centre 250-334-4712

CV Pickleball Assoc.....cvpickleball.ca

CV Road Runners ....cvrr.ca

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

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

Island Charity Wrestling - Tim 250-792-3332

Killerwhale/G.P. Vanier Olympic
Weightlifting - Ed.....edlfler@icloud.com

Minor Lacrosse Association, CV Wild
.....comoxlacrosse.ca

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

Junior Roller Derby.....stonecoldstellas.com

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

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

Outdoor Groups

Boating

Canadian Power & Sail Squadron
- Curt 250-339-1964

Comox Bay Sailing Club.. . comoxbaysailingclub.ca

Compass Adventures.....compassadventure.ca

Courtenay Airpark - Parkrun
.....parkrun.ca/courtenayairpark

Dragon Boat Society (Blazing Paddles)
- Joanne.....250-334-2450

Dragon Boat Team (Dragon Rider Youth Team)
- Joanne.....probert99@gmail.com

Dragon Boat Team - Hope Afloat (Women Cancer Survivors) - Gaetane.....250-650-1956

Dragon Boat Team (Dragonflies)
- Colleen..... 250-334-3676

Dragon Boat Team (Prevailing Wins)
- Leon..... 250-339-5772

Dragon Boat Team (Flying Dragons Ladies)
- Stacey ..... comoxflyingdragons@gmail.com

Comox Valley Canoe Racing Club.....
.....cvcanoeracing.ca

CV Rowing Club.....comoxvalleyrowingclub.ca

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

Comox Valley Paddlers Club.....
.....comoxpaddlers@gmail.com

Other

Coal Hills BMX.....bmxcanada.org/tracks/1538

Comox District Mountaineering (Hiking) Club.....comoxhiking.com

CV Disc Golf Club.....cvdiscgolf.com

CV Ground Search & Rescue.....250-334-3211

Comox Golf Club.....comoxgolfclub.ca

Courtenay Fish & Game Protective Association .....courtenayfishandgame.org

Fanny Bay Salmonid Enhancement Society
....250-335-1575

WildSpirit - Bruce.....250-338-8431

Visual/Performing Arts

Comox Community song Circle - Dave.....
.....778-822-1305

Comox Valley Art Gallery.....
.....comoxvalleyartgallery.com

Comox Valley Concert Band.....
... comoxvalleyconcertband.com

CV Children's Choir
.....comoxvalleychildrenschoir.com

CV Clown Club - Jacqui.....250-650-0582

Courtenay Little Theatre - Gail.....250-334-3494

Comox Valley Arts.....250-334-2983

Co-Val Chorister - Beryl.....250-339-4429

CYMC/CV Youth Music Centre.....cymc.ca

Fiddlejam - Craig.....250-339-4249

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
strathconasymphony.ca

Theatreworks - Kim..... 250-792-2031

Youth

Scouting

Scouting Inquiries - Chris 250-339-2424

Cadets

386 Komox Royal Canadian Air Cadet Squadron.....386komox.com

Army Cadets.....250-339-8211

H.M.C.S. Quadra.....250-339-8211

St John Ambulance - Cadet Brigade.....250-897-1098

Other

Dragon Boating Youth Team (Dragon Riders)..... . cvdragonriders@gmail.com

CV German Language School
.....comoxvalleygls.org

CV Girls Group - Shelby.....250-897-0511

Nature Kids.....comox@naturekidsbc.ca

CV Waldorf School - Maurissa.....250-871-7777

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

Advertising Opportunity!



Reach Your Audience in the Community

Ask us how. Spaces are limited.

For more information, prices and to book please contact
Deanne at *dgendron@courtenay.ca* or 250-338-5371

Comox Valley Regional District | 19 Wing Comox | Town of Comox Recreation | The Village of Cumberland | Courtenay Recreation

COMOX VALLEY
Financial Assistance Programs for Recreation Services



The Leisure for Everyone Accessibility Program (LEAP) provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department. Application forms for all regional financial assistance programs (see below) have been combined into one simple form that you can use to apply for LEAP and your home community's program in a single step. Apply by visiting your local recreation department in person or online or call one of the numbers below.

CVRD SPORTS & AQUATIC CENTRES'S LEAP Program
250-334-9622

All residents of Courtenay, Comox, Cumberland and Areas A, B & C of the CVRD are eligible for the LEAP Program - 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres. Plus each family member receives a $350 credit that can be used towards the cost of registered CVRD recreation programs.

comoxvalleyrd.ca/rec

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COMOX RECREATION'S
TRIP Access Program
250-339-2255

TRIP financial assistance is awarded to eligible Town of Comox residents and can be used for a 50% discount towards registered, non-contract programs and Fitness Studio memberships. Financial Assistance amount is awarded per person, per calendar year and can be used online, in person or over the phone for registrations and memberships.

comox.ca/rec

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COURTENAY RECREATION'S
Recreation Access Program
250-338-5371
250-338-1000

City of Courtenay Residents are eligible for the Recreation Access Program (RAP) - scan cards and program discounts can be used at the Lewis Centre, Florence Filberg Centre, Courtenay Outdoor Pool and LINC Youth Centre. RAP program includes annual scholarship amount to be used towards discounted programs and services, and the LEAP 52 free drop-in card.

courtenay.ca/rec

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CUMBERLAND RECREATION'S
FAIR Program
250-336-2231

The Financial Assistance in Recreation (FAIR) program gives qualifying Village of Cumberland residents a $350 credit that can be used toward a 50% discount on registered programs. Credit is valid for the calendar year.

cumberland.ca/rec

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Comox Valley Recreation Guide

Winter Registration Starts Monday, November 16, 2026



RECREATION & CULTURE
THE VILLAGE OF
CUMBERLAND

The Village of Cumberland

250-336-2231
cumberland.ca/rec



CITY OF COURTENAY

Courtenay Recreation

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



Comox Valley
REGIONAL DISTRICT

CVRD Sports & Aquatic Centres

250-334-9622
comoxvalleyrd.ca/rec



19 Wing Comox

250-339-8211
ext 252-8315
cfmws.ca/comox



TOWN OF COMOX

Comox Recreation

250-339-2255
comox.ca/rec