

# Adapted Programs

for Youth & Adults with Diverse Abilities



## Adapted Special Events

### Adapted Bingo with Santa



(18 years & over)

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

#16937 Wednesday Dec 17

10-11 a.m.

Lewis MP Hall

\$5

### Adapted Winter Wonderland Dance



(14 years & over)

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

#16962 Friday Dec 19

12:30-2:30 p.m.

Filberg Conference Hall

\$5

### Valentine's Bingo

(18 years & over)

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

#17601 Wednesday February 11

10:30-11:30 a.m.

Lewis MP Hall

\$5

### Valentine's Day Dance

(16 years & over)

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

#17603 Friday February 13

12:30-2:30 p.m.

Lewis MP Hall

\$5

### St. Patrick's Day Bingo

(18 years & over)

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

#17607 Tuesday March 17

10:30-11:30 a.m.

Lewis MP Hall A

\$5

### St. Patrick's Day Dance

(18 years & over)

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

#17598 Friday March 13

12:30-2:30 p.m.

Lewis MP Hall

\$5

### Adapted Winter

Registration begins  
Monday November 24  
at 8:30 am

### 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.

Apply now for 2026!

250-338-5371 or 250-338-1000

All Adapted Programs  
Proudly Sponsored by:



Courtenay  
Recreation

### Adapted Programs

Lewis Centre, 489 Old Island Hwy, Courtenay  
250-338-5371 [courtenay.ca/adapted](http://courtenay.ca/adapted)



Ensuring life in the Comox Valley forever



Comox Valley  
REGIONAL DISTRICT



## Adapted Sewing Club:

### Beginner

(18 years & over)

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

#17639 Thursdays

January 15 - March 5

1-2:30 p.m.

Lewis Craft Room A

\$90/8

## Adapted Sewing Club:

### Intermediate

(18 years & over)

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

#17653 Wednesdays

January 21 - March 11

12:30-2 p.m.

Lewis Craft Room A

\$90/8

## Adapted Craftastic

(16 years & over)

Join us for epic crafting adventures, where we explore fun and unique ways to get crafty! Try new things, and learn a little about how we express ourselves through art.

#17655 Tuesdays

January 6 - March 17

1-2:30 p.m.

Lewis Craft Room A

\$75/10 or

\$8/drop-in

## Kitchen Crew

(14 years & over)

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

Mondays

#17592 January 5 - 26

#17593 February 23 - March 16

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

The LINC Kitchen

\$50/4

## Valentines Art Cards

(18 years & over)

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

#17665 Tuesday February 9

2-3:30 p.m.

LINC Multipurpose Room

\$10

## Adapted Games Club

(13-19 years)

Welcome to this new and inclusive club for teens! Come to the LINC for sensory friendly play, while connecting with community. Feel free to enjoy the space, or join in on structured activities. **No class February 6.**

#17668 Mondays

January 12 - March 16

5:30-7 p.m.

LINC Games Room

\$50/9

# New Programs!

## Odyssey Junior

(6-11 years)

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

#17605 Monday - Friday

March 23 - 27

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

Lewis Craft Room B

\$150/5

## Teen Odyssey

(12-18 years)

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

#17606 Monday - Thursday

March 30 - April 2

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

LINC Games Room

\$125/4

## Winter Odyssey

(11-17 years)

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

#17141 Monday, Dec 29

#17142 Tuesday, Dec 30

#17143 Friday, Jan 2

9 a.m. - 3 p.m.

LINC Multipurpose Room

\$20/day

## Adapted Air Dry

### Clay Creations

(14 years & over)

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

#17656 Wednesdays

January 28 - March 4

1:30-3 p.m.

Lewis Salish Building

\$50/6

# Adapted Get Active

## Adapted Floor Hockey

(16 years & over)

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

#17658 Tuesdays

January 13 - March 17

1:30-2:30 p.m.

Lewis MP Hall

\$45/10 **or**

\$5/drop-in/class

## Diverse Sports

(11 years & up)

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

Wednesdays

#17589 **16 years & over**

January 7 - March 11

10-11:15 a.m.

Vern Nichols Gym

#17657 **11 - 18 years**

January 14 - March 18

4-5 p.m.

Lewis MP Hall

\$55/10 **or**

\$6/drop-in/class

## Adapted Basketball

(16 years & over)

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

#17662 Thursdays

January 15 - March 19

1-2 p.m.

Lewis Vern Nichols Gym

\$45/10 **or**

\$5/drop-in/class

## Adapted Dancercise

(18 years & over)

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

**Instructor:** Leah

#17588 Wednesdays

January 14 - March 11

1:15-2 p.m.

Lewis MP Hall

\$65/9

## Adapted Archery

(18 years & over)

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

#17584 Fridays

January 9 - March 6

12:15-1:30 p.m.

Lewis MP Hall

\$45/8

## Adapted Dance Class

(16 years & over)

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

#17587 Thursdays

January 8 - March 12

1:10-2 p.m.

Lewis Activity Room

\$70/10

## Adapted Yoga

(16 years & over)

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

Tuesdays

#17594 January 6 - February 10

#17595 February 17 - March 24

1:15-2 p.m.

Lewis Activity Room

\$35/6

## Challenger Baseball

(16 years & over)

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

#17597 Thursdays

January 15 - March 5

10:30-11:30 a.m.

Lewis MP Hall

\$35/8

## Adapted Chair Fit

(18 years & over)

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

**Instructor:** Wendie Matte

Fridays

#17585 January 23 - February 13

\$40/4

#17586 February 20 - March 27

\$60/6

10:40-11:30 a.m.

Lewis MP Hall

*But wait! There's more fun on the back page*



*or check us out online:  
[courtenay.ca/adapted](http://courtenay.ca/adapted)*



# Adapted Special Interest

## Espresso Yourself

(16 years & over)



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

**#17590** Tuesdays

January 6 - March 10

10:30-11:30 a.m.

Lewis Craft Room A

\$45/9 **or**

\$5/drop-in/class

## Spoonie Social

(14 years & over)

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

**#17654** Wednesdays

January 14 - March 18

4:30-6 p.m.

Lewis Meeting Room

\$55/10 **or**

\$6/drop-in

## Winter Bowling League

(18 years & over)

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

**#17591** Wednesdays

January 7 - March 18

3-4 p.m.

Codes Country Bowling

\$5/11

## Art Cards

(18 years & over)

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

Mondays

January 12 - March 9

**#17583** 10-11 a.m.

**#17582** 1-2 p.m.

LINC Multipurpose Room

Free

## Adapted Sing-along

(18 years & over)

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

**#17608** Wednesdays

January 14 - March 11

10-11 a.m.

Lewis Craft Room A

\$45/9

## Young Adults Club

(18 years & over)

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

**#17596** Tuesdays

January 6 - March 17

6-8 p.m.

Lewis Craft Room A

\$30/11

**Adapted Winter Registration begins Monday November 24 at 8:30 am**

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