

# COMOX VALLEY RECREATION GUIDE | FALL 2017



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### MESSAGE FROM THE CHAIR

Fall brings a sense of renewal and our staff at the CVRD's sports and aquatic centres have been busy behind the scenes planning some active fun for the upcoming season! We've taken a look at the way we design our schedules and our aim is to make them more at-a-glance so you can find what you're looking for at each facility with ease and learn about new types of activities you may want to participate in. We're also listing all of our exciting special events coming up for the entire year. I encourage you to check them out and hope you can join in the fun!

Manno Theos  
Chair  
Comox Valley Sports Centre  
Commission

### CVRD SPORTS CENTRE 3001 Vanier Drive Courtenay

Phone 250-334-9622

6-lane pool, sauna, hot tub, wellness centre, two ice arenas, outdoor track and field and meeting rooms.

### EXHIBITION GROUNDS 4839 Headquarters Road Courtenay

Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2017 Casual rider passes available. Purchase your annual pass at the CVRD sports centre customer service desk. Must present horse council #.

Individual: \$56.08 + GST  
Family: \$140.66 + GST  
Happy Trails!

### CVRD AQUATIC CENTRE 377 Lerwick Road Courtenay

Phone 250-334-2527

Wave pool, 2 indoor waterslides, tot slide, 8-lane pool, fitness studio, sauna, steam room, hot tub, meeting rooms and swim shop.



# ADMISSION RATES - EFFECTIVE SEPTEMBER 1, 2017 TO AUGUST 31, 2018

ADMISSION	POOLS, FITNESS & WELLNESS CENTRES		ARENAS ONLY		MEMBERSHIPS - FULL FACILITIES ACCESS			
	*SINGLE DROP IN	*10 VISIT PASS	*SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
ADULT (19-59)	\$5.80	\$52.20	\$5.25	\$47.20	\$69.60	\$177.50	\$292.30	\$459.35
SENIOR (60+)	\$4.90	\$44.10	\$4.30	\$38.70	\$58.80	\$149.95	\$246.95	\$388.10
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.65	\$32.80	\$3.25	\$29.20	\$43.80	\$111.70	\$183.95	\$289.10
CHILD (3-12)	\$3.10	\$27.90	\$2.70	\$24.30	\$37.20	\$94.85	\$156.25	\$245.50
TOT (2 & UNDER)	NO CHARGE	NO CHARGE	NO CHARGE	NO CHARGE	<b>MEMBERSHIP PASSES:</b> <ul style="list-style-type: none"> <li>Drop-in activities may be subject to change or cancellation.</li> <li>Prorated refunds may be granted for medical reasons with a doctor's note.</li> <li>Pass extensions will be granted for 6 month (7 day extension) &amp; 1 year (14 day extension) during the term of the pass - pass will be suspended for the period, must be requested in advance.</li> <li>For 1 year passes - pre-authorized monthly payment plans are available - 50% due at time of purchase and three subsequent monthly payments with Visa or MC.</li> </ul>			
FAMILY (6 MAX - MIN 1 ADULT/SENIOR & 1 CHILD/TEEN)	\$12.40	\$111.60	\$11.00	\$99.00				
LOCKERS	\$.50	N / A	N/A	N/A				
SKATE RENTAL	N/A	N/A	\$2.00	N/A				
SKATE SHARPENING	N/A	N/A	\$5.40	N/A				

\*Pool 10 visit passes may also be used at the Sports Centre arenas. Regular swim admission includes use of pool and fitness areas.

## SWIMMING LESSON PRICE LIST

### ½ Hour Class

6 Sessions - \$32.40  
 7 Sessions - \$37.20  
 8 Sessions - \$43.20  
 9 Sessions - \$48.60  
 10 Sessions - \$54.00  
 11 Sessions - \$59.40  
 12 Sessions - \$64.80  
 Private <14 yr - \$28.45  
 Private >14 yr - \$32.15

### ¾ Hour Class

6 Sessions - \$49.20  
 7 Sessions - \$57.40  
 8 Sessions - \$65.60  
 9 Sessions - \$73.80  
 10 Sessions - \$82.00  
 11 Sessions - \$90.20  
 12 Sessions - \$98.40

## ICE PROGRAMS LESSON PRICE LIST

### ½ Hour Class

7 Sessions - \$31.01  
 8 Sessions - \$35.44  
 9 Sessions - \$39.87  
 10 Sessions - \$44.30  
 11 Sessions - \$48.73

### ¾ Hour Class

7 Sessions - \$46.55  
 8 Sessions - \$53.20  
 9 Sessions - \$59.85  
 10 Sessions - \$66.50  
 11 Sessions - \$73.15

### H2O x 2 Combo Classes

7 Sessions - \$52.50  
 8 Sessions - \$60.00  
 9 Sessions - \$67.50

## SKATE SHARPENING—\$5.40 Books of 10 economy tickets available

### Hours of Operation:

**Mon** 10:30-2:00 PM (#1)  
 6:30-8:30 PM (#2)  
**Tue** 10:30-2:00 PM (#1)  
 3:00-5:00 PM (#2)  
 10:15-11:30 PM (#2)  
**Wed** 10:30-2:00 PM (#1)  
 6:30-8:30 PM (#2)  
**Thu** 10:30-2:00 PM (#1)  
 3:00-5:00 PM (#2)  
 10:15-11:30 PM (#2)  
**Fri** 10:30-2:00 PM (#1)  
 3:00-5:00 PM (#2)  
**Sat** 3:00-5:00 PM (#2)  
**Sun** 1:15-3:15 PM (#2)

**SKATE RENTALS—\$2.00**  
 Books of 10 economy tickets available

Please note all fees include the applicable taxes - excluding facility rentals.



# HAVE A BIRTHDAY PARTY WITH US!



## BIRTHDAY PARTIES

Call 250-334-9622, ext 2 for party registration and information, or drop into the Sports or Aquatic Centres.

### SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

Includes swimming for up to 10 children and 2 adults during an everyone welcome swim & slide, locker tokens and room rental.

Cost is \$59.05 (Pre-register)  
Available **Fridays, Saturdays & Sundays**  
September - June  
(48 hour cancellation notice required)

### WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides **5:00-6:00 pm Saturdays!**

Cost is \$76.40 (Pre-register)  
Available Saturdays  
September - June  
(Locker tokens and room rental are an additional cost - 7 day cancellation notice required)

### SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

Includes skating for up to 10 children and 2 adults during an everyone welcome skate, skate rentals and room rental.

Cost is \$59.05 (Pre-register)  
Available **Saturdays & Sundays**  
September - May  
(48 hour cancellation notice required)

### EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for up to 100 people. Includes room rental and birthday child gets a Zamboni ride!

Cost is \$159.60 (Pre-register)  
Available **Saturdays & Sundays**  
July - May  
(48 hour cancellation notice required)

**Does your party need a PARTYOLOGIST? What's that you ask? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$30 cost includes a 1 hour activity leader to organize and lead a variety of age appropriate games for your party. Call 250-334-9622 ext 2 for more information.**

*Did you know the pools, arenas, meeting rooms and Exhibition Grounds are available to rent? For facility bookings phone 250-334-9622 ext 233 or visit the CVRD Sports Centre, 3001 Vanier Drive for rental information.*

## HOW TO REGISTER

You may register for any of our programs or classes in person or by phone.

**Fees must be paid in full at the time of registration.**

### IN PERSON

At the Sports Centre or the Aquatic Centre during operating hours. Payment methods include cash, cheque, debit card, Visa or MasterCard. We also accept Quality Foods Rec Bucks.

#### Locations to register:

**Sports Centre 3001 Vanier Drive, Courtenay**

**Aquatic Centre 377 Lerwick Road, Courtenay**

### BY PHONE

**250-334-9622, EXT 2**

#### September to June

Monday to Thursday	8:00am-8:00pm
Friday	8:00am-2:30pm
Saturday	8:00am-1:30pm
Sunday	8:00am-1:30pm

**Phone-in registration is not available on statutory holidays.**



## REGISTRATION GUIDELINES

**Course Full?** Add your name to a waitlist so we can contact you if space becomes available.

**Cancellations:** Classes may be cancelled due to low registration numbers. Register early to avoid disappointment.

**Classes missed** due to illness, weather, power failures or other events beyond our control will not be refunded or credited.

**Change of plans?** Unless advised otherwise:

1. If you withdraw prior to the course start date, a full refund or credit will be issued.\*
2. If you withdraw prior to the end of the 3rd class, a pro-rated refund or credit will be issued.\*
3. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons.\*
4. Seven days cancellation notice is required for leisure pool rentals.

\*Exceptions apply to all leadership courses.

**Red Cross Swim & Ice Quest Skating Lessons - late registrations** for these courses may be accepted until the 3rd class and will be pro-rated.

## FINANCIAL ASSISTANCE

### PROVIDING LEISURE ACCESS FOR YOU (PLAY)

The Comox Valley Regional District, through the Sports Centre commission, offers financial assistance to qualifying residents in Comox, Courtenay and Electoral Areas A, B & C who would like to participate in any of our recreational activities but find it difficult to do so because of financial limitations. Assistance includes limited free or discounted admissions and programs.

Ask our recreation customer service representatives for more information.



# AQUATIC CENTRE SCHEDULE

25 METRE LANE POOL- SEPTEMBER 11, 2017-JUNE 30, 2018

Please note facility is **CLOSED** statutory holidays

CVRD AQUATIC CENTRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lane Swim+</b> <b>6:00-11:00 AM</b> Shared Space - Lengths (min 2) & Rentals/Programs					<b>Lane Swim+</b> <b>9:00 AM-1:00 PM</b> (lengths min 2)	<b>Family Swim</b> <b>9:00 AM-1:00 PM</b> (lengths min 2)
<b>Everyone Welcome</b> <b>11:00 AM-1:00 PM</b> Waves & Slides Open + Lengths (min 2)					<b>Everyone Welcome</b> <b>1:00-5:00 PM</b> Waves & Slides Open + Lengths (min 2)	
<b>Lane Swim +</b> <b>1:00-6:00 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs				<b>Lane Swim+</b> <b>1:00-3:00 PM</b> (min 2)	<b>Lane Swim +</b> <b>(min 2)</b> <b>Kayak Hour</b> <b>5:00-6:00 PM</b> *cancelled after May 25	<b>FITNESS SCHEDULE</b> <b>SEE PAGE 34</b>
<b>Everyone Welcome</b> <b>6:00-7:30 PM</b> Waves & Slides Open + Lengths (min 2)				<b>Everyone Welcome</b> <b>3:00-9:00 PM</b> Waves & Slides Open + Lengths (min 2)	<b>Everyone Welcome</b> <b>6:00-9:00 PM</b> Waves & Slides Open + Lengths (min 2) *cancelled after May 25	
<b>16+ Swim</b> <b>7:30-9:00 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides Open						

## WAVE POOL- SEPTEMBER 11, 2017-JUNE 30, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Rehab &amp; Therapy Swim</b> <b>6:00-9:00 AM</b> Shared Space - Rehab & Therapy Drop In's & Rentals/Programs						
<b>Open Swim</b> <b>Monday, Wednesday, Friday 9:00-11:00 AM</b> <b>Tuesday &amp; Thursday 10:00-11:00 AM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs						<b>Family Swim</b> <b>9:00 AM-1:00 PM</b> Shared Space
<b>Everyone Welcome</b> <b>11:00-1:00 PM</b> Waves & Slides Open + min 2 Lanes					<b>Everyone Welcome</b> <b>1:00-5:00 PM</b> Waves & Slides Open	
	<b>Open Swim</b> <b>2:00-3:00 PM</b> Shared Space - Leisure/Rehab Drop in's & Rentals/Programs					
<b>Everyone Welcome</b> <b>6:00-7:30 PM</b> Waves & Slides Open				<b>Everyone Welcome</b> <b>3:00-9:00 PM</b> Waves & Slides Open	<b>Birthday Party Rentals</b> <b>5:00-6:00 PM</b>	<b>FITNESS SCHEDULE</b> <b>SEE PAGE 34</b>
<b>16+ Swim</b> <b>7:30-9:00 PM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides Open					<b>Everyone Welcome</b> <b>6:00-9:00 PM</b> Waves & Slides Open *Cancelled after May 25	

### AQUATIC CENTRE FITNESS STUDIO, SAUNA & HOT TUB HOURS (16+)

September 11, 2017 – June 30, 2018

Monday – Friday 6:00 AM – 9:00 PM  
 Saturday (until May 25) 9:00 AM – 9:00 PM  
 Saturday (May 26-Jun 30) 9:00 AM - 5:00 PM  
 Sunday 9:00 AM – 5:00 PM

Please note the facility is **CLOSED** statutory holidays.

### Water Play (all ages)

Join the guards at the Aquatic Centre for a variety of activities including group challenges, games, dance offs and more. Regular admission.

**Fridays 7:00-8:30 PM**

**Saturdays 2:00-3:30 PM & 7:00-8:00 PM**

**Sundays 2:00-3:30 PM**



## DROP-IN PROGRAM DESCRIPTIONS

### Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted and the backstroke flags will be up. Lane etiquette pamphlets are available on site and online for your convenience.

### Everyone Welcome Swim

All ages welcome and fun encouraged at this high energy swim time. The waves, slides and various water features will be on intermittently throughout the swim. The diving board and space for large toys (i.e. foam canoes, mats etc.) in the lane pool is also available. 2 lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals. See special event calendar & Water Play schedule for the "extra" fun times.

### OPEN Swim

Although this swim is open to everyone it is targeted at people looking for a more relaxed pace than the Everyone Welcome Swim. The waves and slides will be off and a minimum of 2 lanes will be reserved for length swimmers. Rentals and programs will be taking place in the pools at the same time.

**FACILITY SCHEDULES ARE SUBJECT TO CHANGE. FOR DAILY SCHEDULE INFORMATION CALL 250-334-9622 EXT 1.**

### SPECIAL SWIMS & SCHEDULE CHANGES

**Sep 24** – Early Year's Free Family Swim – CVAC 5:00-6:30 PM  
**Oct 9** – STAT – Thanksgiving – EW CVSC 1-5 PM /CVAC CLOSED  
**Oct 14** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1:00-7:00 PM  
**Oct 15** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM  
**Oct 22** – Early Year's Free Family Swim – CVAC 5:00-6:30 PM  
**Nov 11** – STAT – Remembrance Day – EW CVSC 1-5 PM /CVAC CLOSED  
**Nov 26** – Early Year's Free Family Swim – CVAC 5:00-6:30 PM  
**Dec 17** – Early Year's Free Family Swim – CVAC 5:00-6:30 PM  
**Dec 24** – CVAC CLOSED at 3 PM  
**Dec 25/26** – STAT – CLOSED  
**Dec 31** – New Year's Eve Free Swim & Skate 5-8 PM at CVSC sponsored by Tim Hortons  
**Jan 1** – STAT – CLOSED  
**Jan 28** – Early Year's Free Family Swim – CVAC 5:00-6:30 PM  
**Feb 12** – STAT – Family Day – CVAC FREE Comox Valley McDonalds Swim 1-5 PM  
**Feb 17** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed  
**Feb 17** – CVSC Pool Open for Length Swimming from 9:00-1:00 PM

### Family Swim

Same description as an open swim but children under the age of 12 must be accompanied into the pool by an adult.

### 16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides are on. Rentals and programs will be taking place in the pools at the same time including an AquaFit class you are welcome to participate in. Please note the diving board will be closed.

### Rehab & Therapy Swim

A more relaxing warm water swim targeting those working on self or group rehabilitation or therapy. The waves and slides will be off – great time for those with sensory challenges. Associated rentals and programs will be taking place in the warm pool at the same time.

### Kayak Hour (Saturdays 5-6)

Bring your kayak and practice your moves. \$7 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.

#### POOL CLOSURE INFORMATION 2018

**Jul 1-Aug 6** – CVAC CLOSED for Maintenance  
**Jul 2-Aug 3** – CVSC Summer Schedule in Effect  
**Aug 4-Sep 3** – CVSC CLOSED for Maintenance  
**Aug 7-31** – CVAC Summer Schedule in Effect  
**Sep 4** – Both CVAC & CVSC Open for Regular Season

**Feb 18** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM  
**Feb 18** – CVSC Pool Open for Length Swimming from 9:00-1:00 PM  
**Mar 26-29** – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:00 PM  
**Apr 3-6** – CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:00 PM  
**Mar 30** – STAT – Good Friday – EW CVSC 1-5 PM /CVAC CLOSED  
**Apr 2** – STAT – Easter Monday – EW CVSC 1-5 PM /CVAC CLOSED  
**May 5** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1:00-7:00 PM  
**May 6** – Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM  
**May 21** – STAT – CLOSED  
**May 26-Jun 30** – CVAC Pool CLOSED on Saturdays after 5 PM

**Check the events listing on pages 42-44 for more information.**



# SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL SEPTEMBER 5, 2017-JUNE 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/ Programs			Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/ Programs		<b>FITNESS SCHEDULE SEE PAGE 34</b>  <b>SEE PAGE 31 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</b>			
<b>Rehab &amp; Therapy Swim 7:30-9:00 AM</b> Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs								
Lane Swim+ 10:00-11:30 AM Lengths (2) & Rentals/Programs	Lane Swim+ 9:00-11:30 AM Lengths (2) & Rentals Programs	Lane Swim+ 10:00-11:30 AM Lengths (2) & Rentals/Programs	Lane Swim+ 9:00-11:30 AM Lengths (2) & Rentals Programs	Lane Swim+ 10:00-11:30 AM Lengths (2) & Rentals/Programs				
<b>Rehab &amp; Therapy Swim 11:30-12:30 PM</b> Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs								
Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs	Lane Swim+ 12:30-3:30 PM Lengths (2) & Rentals/Programs	Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs	Lane Swim+ 12:30-3:30 PM Lengths (1) & Rentals/Programs	Lane Swim+ 12:30-1:15 PM Lengths (4) & Rentals/Programs				
Rehab & Therapy Swim (2+ lanes) 2:15-3:00 PM Shared Space		Rehab & Therapy Swim (2+ lanes) 2:15-3:00 PM Shared Space		Rehab & Therapy Swim (2+ lanes) 2:15-3:00 PM Shared Space				
	Lane Swim+ 6:30-8:00 PM Lengths (4) & Rentals Programs		Lane Swim+ 6:30-8:00 PM Lengths (4) & Rentals/Programs					

## HOT TUB & SAUNA

September 5, 2017 - April 27, 2018

Monday – Friday 6:00 AM – 8:00 PM

April 28-June 30, 2018

Monday, Wednesday & Friday 6:00 AM - 6:00 PM

Tuesday & Thursday 6:00 AM - 8:00 PM

*FACILITY SCHEDULES ARE SUBJECT TO CHANGE. FOR DAILY SCHEDULE INFORMATION CALL 250-334-9622 EXT 1.*

## WELLNESS CENTRE

The Wellness Centre is open to everyone aged 16+ or for 12-15 year olds that are supervised by an adult. See pool schedule for list of special events and/or cancellations.

**General Hours of Operation September 5, 2017 - June 30, 2018**

Monday to Friday 6:00 am-8:00 pm

Saturday & Sunday 8:00 am-2:00 pm

**Supervised Hours until April 27, 2018**

This is a great time for youth aged 12-15 to use the facility without an adult or for anyone with questions about equipment or workouts to drop-in.

Monday/Wednesday 12:00-2:00 pm & 6:00-8:00 pm

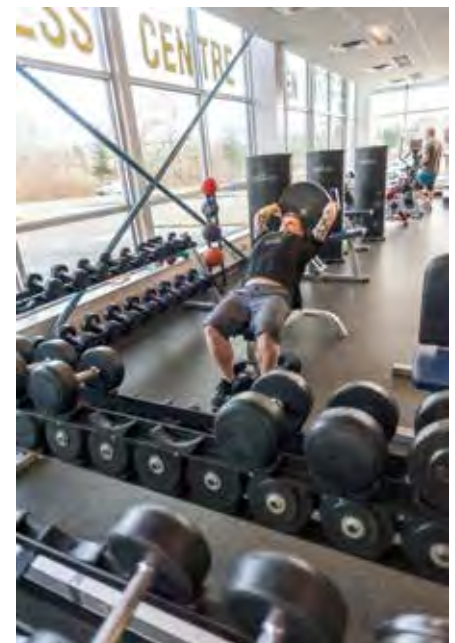
Tuesday/Thursday 6:00-8:00 pm

Friday 12:00-2:00 pm

Saturday/Sunday 9:00 am-1:00 pm

**Supervised Hours April 27 – June 30, 2018**

Monday/Wednesday/Friday 12:00-2:00 pm







## DROP-IN PROGRAM DESCRIPTIONS

### Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted and the backstroke flags will be up. Lane etiquette pamphlets are available on site and online for your convenience.

### Rehab & Therapy Swim

This swim is ideal for those working on self or group rehabilitation or therapy. Two lanes are also reserved for length swimmers and other areas of the pools may be set aside for other programs or rentals.

***Did you know all our facilities may be available to rent? Perhaps you have a special event to plan or are looking for some fitness or recreation activities for your group. Contact our Booking Coordinator at 250-334-9622 ext 233 for further information.***



# AQUATIC FITNESS SCHEDULE TO JUNE 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aquafit</b> *6:30-7:15am	<b>Aquafit</b> 6:30-7:15am	<b>Aquafit</b> *6:30-7:15am	<b>Aquafit</b> 6:30-7:15am	<b>Aquafit</b> *6:30-7:15am	
<b>Aquafit</b> 7:30-8:30am	<b>Swim Fit</b> 7:30-8:30am	<b>Aquafit</b> 7:30-8:30am	<b>Swim Fit</b> 7:30-8:30am	<b>Aquafit</b> 7:30-8:30am	
<b>Swim Fit</b> 8:45-9:45am	<b>Aquafit</b> 9:00-10:00am	<b>Swim Fit</b> 8:45-9:45am	<b>Aquafit</b> 9:00-10:00am	<b>Swim Fit</b> 8:45-9:45am	
<b>Aquafit</b> 9:00-10:00am	<b>AquaMotion 2</b> 9:00-10:00am <i>Registered class</i>	<b>Aquafit</b> 9:00-10:00am	<b>AquaMotion</b> 9:00-10:00am <i>Registered class</i>	<b>Aquafit</b> 9:00-10:00am	<b>Aquafit</b> 9:05-10:05am
<b>Aquafit</b> 10:00-11:00am	<b>AquaMotion 3</b> 10:00-11:00am <i>Registered class</i>	<b>Aquafit</b> 10:00-11:00am	<b>AquaMotion 3</b> 10:00-11:00am <i>Registered class</i>	<b>Aquafit</b> 10:00-11:00am	
<b>Aquatic Hip &amp; Knee</b> 10:00-11:00am <i>Registered class</i>	<b>AquaMotion 4</b> 10:00-11:00am <i>Registered class</i>	<b>Aquatic Hip &amp; Knee</b> 10:00-11:00am <i>Registered class</i>	<b>AquaMotion 4</b> 10:00-11:00am <i>Registered class</i>	<b>Aquatic Hip &amp; Knee</b> 10:00-11:00am <i>Registered class</i>	
<b>Aquatic Hip &amp; Knee</b> 10:30-11:30am <i>Registered class</i>	<b>AquaMotion 3</b> 10:30-11:30am <i>Registered class</i>	<b>Aquatic Hip &amp; Knee</b> 10:30-11:30am <i>Registered class</i>	<b>AquaMotion 3</b> 10:30-11:30am <i>Registered class</i>		
	<b>Aquatic Hip &amp; Knee</b> 12:30-1:30pm <i>Registered class</i>		<b>Aquatic Hip &amp; Knee</b> 12:30-1:30pm <i>Registered class</i>		
<b>50+ Aquafit</b> 1:15-2:15pm	<b>Aquatic Hip &amp; Knee</b> 1:45-2:45pm <i>Registered class</i>	<b>50+ Aquafit</b> 1:15-2:15pm	<b>Aquatic Hip &amp; Knee</b> 1:45-2:45pm <i>Registered class</i>	<b>50+ Aquafit</b> 1:15-2:15pm	
<b>Seniors Water Circuit</b> 2:00-3:00pm <i>Registered class</i>	<b>Aquafit Warm Water</b> 2:00-3:00pm	<b>Seniors Water Circuit</b> 2:00-3:00pm <i>Registered class</i>	<b>Aquafit Warm Water</b> 2:00-3:00pm		
<b>Aquafit</b> 7:30-8:30pm	<b>Aquafit</b> 7:30-8:30pm	<b>Aquafit</b> 7:30-8:30pm	<b>Aquafit</b> 7:30-8:30pm		
	<b>Board Fit</b> 6:45-7:45pm <i>Registered class</i>		<b>Board Fit</b> 7:35-8:35pm <i>Registered class</i>		



**DROP-IN  
AQUATIC CENTRE**

**DROP-IN  
SPORTS CENTRE**

**REGISTERED  
CLASSES**

\*Mon-Wed-Fri 6:30 AM Aquafit classes cancelled April 30-June 1

## REGULAR FITNESS PROGRAMS

**Aquafit** – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (flotation belts provided).

**Swim Fit** – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!



# REGISTERED WELLNESS PROGRAMS

SESSIONS/ DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	TUESDAY	THURSDAY	FRIDAY
	Sep 11-Oct 11 (9) Oct 16-Nov 15 (10) Nov 20-Dec 20 (10) <i>No class Oct 9</i>	Sep 12-Oct 12 (10) Oct 17-Nov 16 (10) Nov 21-Dec 21 (10)	Sep 12-Oct 10 (5) Oct 17-Nov 14 (5) Nov 21-Dec 19 (5)	Sep 14-Oct 12 (5) Oct 19-Nov 16 (5) Nov 23-Dec 21 (5)	Sep 15-Nov 3 (8) Nov 10-Dec 22 (7)
<b>AQUATIC HIP &amp; KNEE</b>	Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30 am	Sports Centre 12:30-1:30pm or 1:45-2:45pm			Aquatic Centre 10:00-11:00am
<b>AQUAMOTION 2</b>		Sports Centre 9:00-10:00am			<b>COURSE PRICE LIST</b>  <b>Board Fit</b> 5 Sessions \$65.00  <b>All other Registered Fitness Classes</b> 10 Sessions \$86.00
<b>AQUAMOTION 3</b>		Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30am			
<b>AQUAMOTION 4</b>		Aquatic Centre 10:00-11:00am			
<b>BOARD FIT</b>			Sports Centre 6:45-7:45pm	Sports Centre 7:35-8:35pm	
<b>SENIORS WATER CIRCUIT</b>	Aquatic Centre 2:00-3:00pm				

## COURSE DESCRIPTIONS

### Adaptive Fitness Programs:

**AquaMotion Level 2** – gentle shallow water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

**AquaMotion Level 3** – shallow & deep water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

**NEW! AquaMotion Level 4** - shallow to deep water class that is designed to bridge the gap between AquaMotion 3 and a drop-in fitness class. This class will be in the 25 m lane pool and will focus on improving your cardiovascular fitness and core strength.

Phone 250-334-9622 ext 2 to register.

**Aquatic Hip & Knee** – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Physician’s consent required.

**NEW! Seniors Water Circuit** - - improve your strength, flexibility and balance in this fun and unique strength training program. Using a variety of resistant equipment and stations this program is sure to improve your strength.

**Board Fit** – the Valley’s first indoor stand up paddle board exercise class! Join us for a fun and unique core and balance fitness class. As we are in the pool, bring active wear that you do not mind getting wet. This class offers participants a great cross training opportunity.



# RED CROSS SWIM LESSONS



## PARENT & TOT LESSONS (Ages 4 months-3 years) - 30 minute classes

<b>Starfish</b> 4-12 months	Facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.
<b>Duck</b> 12-24 months	Active supervision, Stop Look Ask!, shallow water entries and exits, PFD and Me, when and how to get help, choking response, rhythmic breathing, buoyancy and movement and submersion (optional.)
<b>Sea Turtle</b> 24-36 months	Stop Look Ask!, jumping into chest deep water, PFD and Me, assisted front and back floats and assisted front swims.

## PRESCHOOL LESSONS (ages 3-6 years) - 30 minute classes

<b>Sea Otter</b>	Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 m. They also learn age-appropriate water safety skills.
<b>Salamander</b>	Learn about active supervision. Stop Look Ask an adult, jump into chest deep water, buoyant objects rhythmic breathing, front float and recovery, front glides with kick and a distance swim of 2m.
<b>Sunfish</b>	Safe entries, surface support, floats and recovery in deep water, front and back and side glides with kick, roll over glides and a distance swim of 5m.
<b>Crocodile</b>	Changing direction in deep water, jumping into deep water, surface support, calling for help, glides with kick, front and back swims for 5m and a distance swim of 10m.
<b>Whale</b>	Learn when and where it is safe to swim, jump into deep water and tread water for 20 seconds, stop throw and call for help, front and back swims for 7m as well as a 15m continuous swim.

## SWIM KIDS LESSONS (ages 5-12 years) - 30 to 45 minute classes

<b>Level 1</b>	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
<b>Level 2</b>	Work on propulsion skills to move through the water and to remain at the surface, the front swim (5m) and learn about deep water activities and proper use of a PFD. Fitness activities include the 10m flutter kick and a 10m distance swim.
<b>Level 3</b>	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.
<b>Level 4</b>	Intro to the front crawl (10m) and back swim with shoulder roll (15m.) Swimmers work on kneeling dives, surface support (45 seconds-deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.
<b>Level 5</b>	Intro to the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
<b>Level 6</b>	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Also includes front dive, treading water in deep water for 1.5 minutes, dolphin kick and a 75m swim.
<b>Level 7</b>	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
<b>Level 8</b>	Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300m.
<b>Level 9</b>	Wise choices and peer influence, boating regulations, self ice rescues, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke as well as a 400m distance swim.
<b>Level 10</b>	Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500m endurance swim.
<b>Homeschool lessons</b>	The regular Swim Kids Program curriculum will be taught through a series of blended levels. Just inform the Customer Service Representative what level your child is at when you register. Parents and other siblings can choose to pay a drop in fee on the Wednesday class and play in the Wave Pool during the lesson time or network on the pool deck. <b>NEW!</b>

## TEEN & ADULT LESSONS (ages 12+) - 45 minute classes

<b>Teen/Adult Beginner</b>	Beginner swimmers welcome! Don't like getting your face wet? Never felt comfortable floating? Want to learn how to do more than just dog paddle?
<b>Teen/Adult Inter/Advanced</b>	Designed for swimmers that feel comfortable in the water and can swim at least 2 lengths. Small class size means we can cater to each individual's needs whether you just want to learn how to do butterfly or work on your strokes for your next triathlon.

## PRIVATE LESSONS (ages 3+) - 30 minute classes

<b>Single</b>	Does your child keep repeating the same level? Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? Registering more than one child in the same level?
<b>Personalized Lesson Package</b>	Do the scheduled lessons not fit into your schedule? Have difficulty concentrating in a class situation? These private lessons follow the regular lesson set dates and times. Register for personalized lessons for the entire lesson set and receive 10% off.



# SWIMMING LESSONS

TO REGISTER CALL 250-334-9622 EXT 2

Our swimming lessons offer a progressive program of swimming, fitness and water safety skills that allow participants to learn in a fun and encouraging environment.

Please note that children under the age of 7 must have a parent or guardian in the building during their lesson. For prices please see fees on page 27.



## AQUATIC CENTRE FALL LESSON SCHEDULE

LEVEL	MON & WED	TUE & THU	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FALL A SEP 11-OCT 4 (8)  FALL B OCT 11-NOV 8 (9)  FALL C NOV 15-DEC 20 (11)	FALL A SEP 12-OCT 5 (8)  FALL B OCT 10-NOV 9 (10)  FALL C NOV 14-DEC 21 (12)	FALL A SEP 12-OCT 31 (8)    FALL C NOV 7-DEC 19 (7)	FALL A SEP 14-NOV 2 (8)    FALL C NOV 9-DEC 21 (7)	FALL A SEP 15-NOV 3 (6)    FALL C NOV 10-DEC 22 (6)	FALL A SEP 16-OCT 28 (7)    FALL C NOV 4-DEC 23 (7)	FALL A SEP 17-OCT 29 (6)    FALL C NOV 5-DEC 17 (7)
TOTS STARFISH/ DUCKS	10:30am, 3:00pm, 4:30 pm	10:30am, 5:00pm		10:30am	10:30am	9:00am, 10:00am, 11:00am	9:00am
TOTS 3 SEA TURTLE	10:00am, 4:00pm, 5:00pm	10:00am, 4:30pm		10:00am	10:00am	9:30am, 10:30am	9:30am
SEA OTTER	9:00am, 9:30am, 10:00am, 10:30am, 3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:00pm	9:00am, 9:30am, 10:00am, 10:30am, 3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:00pm, 5:30pm	10:00am, 10:30am	10:00am, 10:30am	9:00am, 9:30am, 10:00am, 10:30am	9:00am, 9:30am, 10:00am, 11:00am, 11:30am, 12:00pm	9:00am, 10:00am, 11:00am, 12:00pm
SALAMANDER	9:00am, 9:30am, 3:00pm, 3:30pm, 5:30pm	9:00am, 9:30am, 3:00pm, 4:00pm	10:00am		9:00am, 9:30am	11:00am, 11:30am, 12:00pm, 12:30pm	9:30am, 10:30am, 11:30am, 12:00pm
SUNFISH	3:30pm, 4:00pm	5:00pm	10:30am			9:30am, 10:30am	10:30am, 12:30pm
CROCODILE/ WHALE	5:30pm	5:30pm				12:30pm	12:30pm
LEVEL 1	3:00pm, 4:30pm, 5:30pm	3:30pm, 5:30pm				9:00am, 10:00am, 11:00am	10:00am, 11:30am
LEVEL 2	3:30pm, 5:00pm	3:00pm, 3:30pm			3:00pm	10:30am, 11:30am, 12:30pm	9:00am, 11:00am
LEVEL 3	4:30pm, 5:30pm	3:00pm, 4:00pm	6:30pm	6:30pm	3:30pm	9:00am, 10:00am, 12:00pm	9:30am, 10:30am
LEVEL 4	4:00pm, 5:00pm	3:30pm, 4:30pm	7:00pm	7:00pm	3:15pm	9:30am, 11:30am, 12:30pm	9:30am, 11:00am
LEVEL 5	4:00pm	4:00pm	6:00pm (level 5/6)		4:15pm (level 5/6)	10:15am, 11:45am	10:30am, 11:30am
LEVEL 6	4:45pm	4:45pm				11:00am	11:15am
LEVELS 7/10	4:45pm		6:45pm		4:15pm	10:30am	12:15pm
HOMESCHOOL	2:00pm, 2:30pm						
TEEN/ADULT BEGINNER				6:00pm		9:30am	
TEEN/ADULT INTERMEDIATE/ ADVANCED				6:45pm		12:15pm	
PRIVATE LESSONS	4:00pm, 5:30pm	3:00pm, 3:30pm, 4:00pm, 4:30pm, 5:30pm	6:00pm	6:00pm	3:00pm	9:00am, 12:00pm, 12:30pm	9:00am, 10:00am, 12:00pm, 12:30pm
PERSONALIZED LESSON PACKAGE	4:00pm, 4:30pm, 5:00pm, 5:30pm					10:00am, 10:30am, 11:00am, 11:30am	

CVRD SWIMMING LESSONS

**PLEASE NOTE - NO CLASSES ON FRIDAYS, SEP 29, OCT 20, NOV 24 - SATURDAY, NOV 11 - SUNDAY, OCT 15**



# ARE YOU INTERESTED IN EMPLOYMENT AS A LIFEGUARD/INSTRUCTOR?

You will need Lifesaving Society courses AND Red Cross Water Safety Instructor courses:

**BRONZE STAR (optional)** Bronze Star is excellent preparation for the Bronze Medallion. Candidates develop problem-solving and decision-making skills as individuals and partners. They learn self-rescue techniques, in-water searches, water rescue skills and some first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills. By end of course must swim 400 m in 12 mins.



**BRONZE MEDALLION**  
Learn tows, carries, defences & release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims. Lifesavers develop stroke efficiency in an endurance-timed swim. By end of course must swim 500 m in 15 mins.



**BRONZE CROSS**  
This is designed for the lifeguard that wants the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. It is a prerequisite for all advanced training programs including the National Lifeguard Award. By end of course must swim 600 m in 18 mins.



**STANDARD FIRST AID with CPR C**  
Standard First Aid trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage medical, musco-skeletal and environmental emergencies. Includes AED training & CPR-C certification.



**NATIONAL LIFEGUARD**  
Learn the basic skills required to become a certified lifeguard. This involves in-depth material on aquatic emergencies. Both theory and practical application is required. 100% attendance mandatory.

## RED CROSS WATER SAFETY INSTRUCTOR

**(min 15 yrs)** Need to have level 10 swimming skills. The water safety instructor course requires skill assessment, online theory modules, teaching experience and classroom work. This course is 3 parts:

**WSI 1** - Skills assessment. Candidates need to have Red Cross level 10 strokes and knowledge.

**WSI 2** - Online module and teaching experience. Course registration includes online PIN and instructions, WSI instructor will arrange for the teaching hours once online portion is completed. Upon completion, candidates will have 1 year to complete WSI 3.

**WSI 3** - Evaluation on knowledge and ability to apply theory for effective planning, teaching and evaluating swimmers in the Red Cross swim program. This portion consists of classroom and pool sessions.

[www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

[www.redcross.ca/swim](http://www.redcross.ca/swim)

**For further information access websites above, or call the Aquatic Coordinator at 250-334-2527 ext 303.**

## ADVANCED LEADERSHIP COURSES

**Lifesaving Instructor (LSI)** Lifesaving Instructors are trained to teach and evaluate Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and Distinction. Candidates are introduced to basic learning approaches and teaching strategies and apply them to teaching water rescue, first aid, and other lifesaving skills. Instructor candidates also learn about long-range and short-term planning, class management, safety supervision, and the principles of evaluation. This introductory instructor level is the base for most Lifesaving Society instructor certifications.

**CALA Vertical Water Training** This comprehensive course includes the essential tools necessary to design and lead safe, effective, holistic water based group classes and one to one sessions geared to a variety of people with a diversity of health conditions from healthy to post rehabilitation. A combination of land and water 'activity-based' sessions are complimented with applied theoretical sessions. Course fee includes CALA registration and open book exam.

**CALA Group Aqua Fitness** Group Aqua Fitness is taken after completing the compulsory Vertical Water Training. This course provides the opportunity for aspiring aquafitness leaders and participants to expand their knowledge about fitness theory related to water. Anatomy and physiology is presented in an applied manner with respect to exercising in water. Group Aqua Fitness provides increased opportunity to practice and fine tune leadership skills to gain confidence in preparation for the certification process. Course fee includes cost of the formal evaluation if completed during the course. If participants wish to have additional practice time before being evaluated the cost of an evaluation is \$35.

**Aquatic Fitness - Adaptive Workshop** This course is for trained instructors wanting to work with and teach aquatic fitness classes to groups with various chronic conditions (i.e. Parkinson's Disease, MS, post polio, hip/knee replacements etc.). This course includes classroom and practical study. Be prepared to be in the pool for up to five hours over the weekend. BCRPA/CALA credits pending. **NEW!**

### Emergency First Aid (EFA)

Using hands-on training and practice this basic first aid course will give you the confidence to respond effectively to an emergency. You will learn lifesaving skills such as patient assessment, rescue breathing, CPR, and obstructed airway procedures. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, bleeding, shock, heart attack and stroke. Includes CPR-A certification.

# 2017/18 FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	PRE-REQUISITES
<b>BRONZE STAR</b>	Sep 12-28	Tue & Thu	3:30-5:30pm	\$90.00*	8 years and ability to swim 250 metres (10 lengths) but recommended age 12
	Apr 8-22	Sun	12:00-4:00pm		
<b>BRONZE MEDALLION</b>	Nov 15-29	Mon & Wed	4:00-8:00pm	\$225.00*	13 years by last day of course or Bronze Star
<b>BRONZE MEDALLION &amp; BRONZE CROSS COMBO</b>	Aug 21-25	Mon-Fri	9:00am-4:00pm	\$375.00*	13 years old by last day of course or Bronze Star
	Oct 7-Nov 18	Sat (no class Nov 11)	10:00am-5:00pm		
	Jan 7-Feb 4	Sun	10:00am-5:00pm		
	Feb 20-Mar 22	Tue & Thu	4:00-8:00pm		
<b>BRONZE CROSS</b>	Apr 14-May 19	Sat	9:00-4:00pm	\$205.00*	Bronze Medallion
	Dec 4-18	Mon & Wed	4:00-8:00pm		
<b>NATIONAL LIFEGUARD (NL)</b>	Nov 24-Dec 16	Fri Sat	5:00-9:00pm 11:00am-7:00pm	\$465.00*	16 years old by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
	Feb 23-Mar 17	Fri Sat	5:00-9:00pm 11:00am-7:00pm		
	May 25-Jun 16	Fri Sat	5:00-9:00pm 11:00am-7:00pm		
<b>WATER SAFETY INSTRUCTOR - SKILLS EVALUATION (WSI 1)</b>	Oct 20	Fri	3:00-7:00pm	\$35.00	15 years by last day of course. Level 10 swimming skills & previous first aid certification (EFA, Bronze Cross or higher) - does not have to be current
	Feb 3	Sat	9:00am-1:00pm		
<b>WATER SAFETY INSTRUCTOR - ONLINE AND TEACHING (WSI 2)</b>	Complete by Jan 1 Complete by Mar 16	Contact pool to get package & schedule teaching hours		\$150.00	Successful completion of WSI Skills Evaluation
<b>WATER SAFETY INSTRUCTOR CLASSROOM &amp; POOL (WSI 3)</b>	Jan 13-27	Sat	9:00am-5:00pm	\$220.00	Successful completion of WSI Skills Evaluation, Online & Teaching Experience Components.
	Mar 26-28	Mon, Tue, Wed	9:00am-5:00pm		
<b>EMERGENCY FIRST AID (EFA)</b>	Nov 12	Sun	9:00am-5:00pm	\$95.00*	12 years old minimum/15 years recommended
	Feb 9	Fri	9:00am-5:00pm		
	May 13	Sun	9:00am-5:00pm		
<b>STANDARD FIRST AID (SFA) &amp; CPR C</b>	Nov 12 & 13	Sun & Mon	9:00am-5:00pm	\$140.00*	12 years old minimum/15 years recommended
	Feb 9 & 10	Fri & Sat	9:00am-5:00pm		
	May 13 & 20	Sun	9:00am-5:00pm		
<b>CALA VERTICAL WATER TRAINING &amp; GROUP AQUA FITNESS COMBO</b>	Aug 28-Sep 1	Mon-Fri	8:30 am-4:30pm	\$650.00	16 years min
<b>AQUATIC FITNESS - ADAPTIVE WORKSHOP</b>	Sep 9 & 10	Sat & Sun	8:30am-4:30pm	\$150.00	16 years min and must be a current instructor in order to be eligible for BCRPA/CALA credits
<b>NL RECERT</b>	Feb 4	Sun	9:00am-6:00pm	\$125.00*	Previous NL award and recommended CPR C (current within the year)
	May 13	Sun	9:00am-6:00pm		
<b>WSI RECERT</b>	Feb 18	Sun	9:00am-1:00pm	\$90.00	WSI Award (issued within 5 years of the expiry date)
	Jun 17	Sun	1:00-5:00pm		
<b>LSI RECERT</b>	Apr 7	Sat	1:00-5:00pm	\$90.00*	LSI Award (issued within 5 years)

\*Reuseable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one.

## GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor, NLS and WSI certifications for credit toward high school graduation. Credits available:

- Bronze Cross is worth 2 credits for Grade 11.
- Lifesaving Instructor + Bronze Cross are worth 3 credits for Grade 11.
- National Lifeguard Service - Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Red Cross Water Safety Instructor (WSI) is worth 2 credits for Grade 11.



## REGISTERED PROGRAMS

### **(JLC) Junior Lifeguard Club (8-14)**

The Junior Lifeguard Club offers a unique aquatic alternative for those kids who really love the water. JLC keeps kids interested and active in aquatics – especially quick learners and those caught between levels or programs. Friends can join together even if they are of different ages and abilities. Sign up today and develop your swimming, lifesaving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

**Fridays, 5:00-7:00pm**

**Sep 15 – Dec 22 (12)**

**(No class Sep 29, Oct 20, Nov 24)**

**\$120.00 (12)**

### **Board Masters (6-13)**

#### **Introduction to Springboard Diving *NEW!***

Learn basic jumping and diving skills through progressive land, water and springboard movements. Progress at your own level and learn more advanced skills such as front and back pike jumps and dives, hurdle jumps, tucks, flips and somersaults. Candidates must be comfortable in deep water (level 4 swimming minimum).

#### **Saturdays**

**Ages 8-13, 11:15-12:00pm**

**Ages 6-8, 12:00-12:30pm**

**Sep 10-Oct 29 (7) (No class Oct 8)**

**Sep 16-Oct 28 (7)**

**Nov 4-Dec 23 (7) (No class Nov 11)**

**\$60.00 for 8-13 yr olds**

**\$40.00 for 6-8 yr olds**

### **Babysitting Course (11-14)**

Do you want to become a certified Red Cross babysitter? This course will help you understand all the aspects of caring for children and prepare you for the responsibility. Register now, so you can babysit and earn some money while having fun. Fee includes snack, manual and mini first aid kit.

#### **Tuesdays & Thursdays**

**3:30-5:30pm**

**Oct 3-19 (6)**

**Jan 9-25 (6)**

**\$45.00**

### **H2O X 2 Swimming & Skating Lesson Combo**

2 lessons for 1 great price!

See page 49 for more information!

### **Seal Pups Adventure Club (3-5)**

Let your preschooler run wild during this exciting new adventure camp. Seal Pups will learn about the life cycles of bugs, birds, plants and animals, and will explore the great outdoors as one of nature's wild things. Activities will include guided walks, nature games and arts and crafts. Please ensure your Seal Pup comes prepared for the weather and brings healthy snacks and a bottle of water. Although not necessary, parents are welcome to explore with the group.

**Thursdays, 11:30am-5:15pm**

**September 7-October 26 (8)**

**\$50.00**

***NEW!***



We have a limited number of seats on the public transit (12), if you require your seal pup to go with the leader to Seal Bay Park please sign up when registering. Parents driving their child to the park please meet the group in the parking lot at 12:10pm for drop off and 4:30 for pick up.

Please note that Seal Pups must be toilet trained to participate in the adventure club unless their guardian is with them for the duration of the program.

Meet at the Aquatic Centre at 11:30 and catch the 11:58am bus to Seal Bay, arriving at 12:10pm. Walk to the beach and have a Parks Person meet the group there for a 1pm to chat with the kids about animals, the ecosystem etc. (new topic each week). 2-3pm explore and snack time, 3-4pm craft in nature. 4pm walk back to the bus stop to catch the 4:45pm bus back and pick up is at the Sports Centre.



# EVENTS

## SEPTEMBER

## OCTOBER

### Welcome to the GOO ZONE (All Ages)

#### Messy Wet Aquatic Fun!

Lifeguards have stocked up on all kinds of goo for this event including pudding, jello and shaving cream. Come prepared to get covered and have fun.

#### Aquatic Centre

**Saturday, Sep 16, 2:00-4:00 PM**

**Regular Admission**

### Minion Mayhem Themed Pool Party (7-12)

#### Pizza & Swimming Party

Yellowist participant wins – wear a yellow swim suit, come dressed as a banana.....up to you. Pin the banana on the minion, enter the minion lab and make an accidental human sundae, banana tube races, pudding drops and more yellow events planned. 2 hours of fun - includes admission, snacks and pizza.



#### Aquatic Centre

**Friday, Sep 22**

**6:00-8:00 PM**

**\$10.00**

### FREE Family Swim

(All Ages)

Sponsored by the Early Years

#### Aquatic Centre

**Sunday, Sep 24, 5:00-6:30 PM**

**FREE**

[valleychild.ca](http://valleychild.ca)

### ADAPTIVE PADDLE BOARDING (8+)

The CVRD is partnering with SUP4ALL to offer this unique program at the CVSC. Adaptive stand up paddle boarding is for youth and adults of all ages and abilities including those living with a variety of barriers, including cognitive and physical disabilities, mental health considerations, injuries and illnesses. Come give it a try!

#### Sports Centre Pool

**Monday, Sep 25, 8:00-9:00 PM**

**Regular Admission**



### TURKEY CURL & STATUTORY DAY

#### SPECIAL (all ages)

#### 2 for 1 Swim & Skate

For one fee today you can swim and skate – great, cheap family fun. On this extra special day there will be a number of fun events planned on the ice including a Turkey Curl. Best turkey curler wins. Lots of giveaways and prizes including a turkey, ham, a box of stuffing (don't ask) and kid friendly items.

#### Sports Centre

**Thanksgiving – Monday, Oct 9**

**CVSC Skate – 1:00-3:00 PM**

**CVSC Swim – 1:00-5:00 PM**

**Regular Admission - 2 Activities for the Price of 1**

### SCUBA (13+)

The CVRD has partnered with 2 local dive companies so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18 must have a waiver signed by a guardian.

#### Try It Scuba

Pacific Pro Dive offers this program. 30 minute sessions available – 1st come, 1st served. Sign up on the pool deck starting at 6:00 PM.

#### Aquatic Centre

**Mondays Oct 2-Dec 18**

**(No class Oct 9)**

**6:00-7:30 PM**

**Regular Admission**



#### Discover Scuba

UB Diving offers this full lesson, sign up at [www.ubdiving.com](http://www.ubdiving.com)

#### Aquatic Centre

**Fridays Oct 6 - Dec 15**

**January 12- Mar 23rd**

**April 6 - May 25th**

**7:00-8:45 PM**

**Regular Admission**



CVRD SPORTS & AQUATIC EVENTS



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## EVENTS

## OCTOBER

**Come Try It Canada**

(all ages)

October is Participaction 150 month at the CVRD! Bang off 13 of the 150 activities in 1 visit to the pool – swimming, aquafit, canoeing, water polo, diving, surfing, wake/boogie boarding, paddle boarding, underwater hockey, tug-of-war, water volleyball, triathlon swim training and synchronized swimming! Visit the facilities 10 times and collect your stamps during the month of October and you will be entered into a prize draw.

**Aquatic Centre****Sundays, Oct 1, 8, 22 & 29****1:00-5:00 PM****Regular Admission****Come Try It Canada**

(all ages)

Sponsored by Participaction 150 October is Participaction 150 month at the CVRD! At the rinks we have Canada 150 sports scheduled on Saturdays during the Everyone Welcome skates in October. Come try it for FREE – all you need is a helmet and mitts! Visit the facilities 10 times and collect your stamps during the month of October and you will be entered into a prize draw.

**Sports Centre Arena 2****Saturdays****Oct 7 Ringette & Hockey****Oct 14 Broomball & Skating****Activities****Oct 21 Ringette & Hockey****Oct. 28 Broomball & Skating****Activities****3:00-5:00 PM - FREE****Welcome to the****GOO ZONE** (All Ages)

Messy Wet Aquatic Fun!

See previous event description for more information.

**Aquatic Centre****Saturday, Oct 21, 2:00-4:00 PM****Regular Admission****FREE Family Swim**

(All Ages)

Sponsored by the Early Years

**Aquatic Centre****Sunday, Oct 22, 5:00-6:30 PM****FREE** [valleychild.ca](http://valleychild.ca)**ADAPTIVE PADDLE BOARDING** (8+)

The CVRD is partnering with SUP4ALL to offer this unique program at the CVSC. See previous description.

**Sports Centre Pool****Monday, Oct. 23, 8:00-9:00 PM****Regular Admission****FRIDAY NIGHT FUN TGIF Teen Night - 11-15 years**

Try something fun and different the first Friday of every month! Brought to you in partnership with Courtenay, Comox and CVRD recreation departments! Free busing may be available – watch for more info!

**SWIMAPOLOOZA****TGIF Teen Night** (11-15)

Come hang at the pool for this night of extreme teen fun! 8-9 PM when the public is still here there will be a series of food challenges and water trials including the “gauntlet”. Stay for our extended exclusive hour 9-10 PM to participate in all the teen only activities such as water tube dodgeball, seadoo’s races, water jousting and all of the other activities that you are usually told not to do! Loud music, candy bar and drinks included. This TGIF event is in partnership with all of the Comox Valley recreation departments!

**Aquatic Centre****Friday, October 6, 8:00-10:00 PM****\$2.00****TEEN SPORTS NIGHT** (11-15)

See details on page 17 of the Town of Comox section of the Recreation Guide! **Friday, Nov 3, 7:00-9:00 PM**

**FLASHBACK FRIDAY AT THE LINC** (11-15)

See details on page 69 in City of Courtenay section of the Recreation Guide! **Friday, Dec 1, 7:00-9:00 PM**

**MONSTER MADNESS****Halloween Themed Swim**

(all ages)

Costume contest – come dressed in your best swimmable costume – prizes for best dressed. In addition to the skeleton building relay, ghouling scavenger hunt and pumpkin bowling there will also be numerous slimy activities and food challenges.

**Aquatic Centre****Friday, Oct 27, 6:00-8:00 PM****Regular Admission**

# EVENTS

## NOVEMBER

### Taylor Swift Themed Pool Party (7-12)

#### Pizza & Swimming Party

Come dance, sing and swim to your favourite Taylor Swift songs. There will be fun dance offs, karaoke, Taylor Swift trivia and lip sync competitions. 2 hours of fun - includes admission, snacks and pizza.

#### Aquatic Centre

**Friday, Nov 17, 6:00-8:00 PM**

**\$10.00**



### Welcome to the GOO ZONE (All Ages)

Messy Wet Aquatic Fun

See previous event description for more information.

#### Aquatic Centre

**Saturday, Nov 18, 2:00-4:00 PM**

**Regular Admission**

### Dads Night Out

(Dads with Kids under 12)

#### Water Safety Lesson & Everyone Welcome Swim

Great chance for male family members/caregivers to get out with the kids. Free admission to the pool for "dads" and their kids - evening includes free ½ hour water safety lessons (ran every ½ hr) and visit to the Everyone Welcome in the wave/lane pool. Funding for this program provided by the Early Years Collaborative and is part of the ValleyDads initiative.

#### Aquatic Centre

**Wednesday, Nov 22, 6:00-7:30 PM**

**Free Admission to Dads with Kids under 12**



### FREE Family Swim

(All Ages)

Sponsored by the Early Years

#### Aquatic Centre

**Sunday, Nov 26, 5:00-6:30 PM**

**FREE** [valleychild.ca](http://valleychild.ca)

### Frozen Games & Treats

(all ages)

Everything is better frozen! Try milk jug curling, frozen bean bag toss, frozen hockey jerseys, penguin dives and have a freezie on ice.

#### Sports Centre Arena #2

**Wednesday, Nov 29**

**6:30-8:30 PM**

**Regular Admission**

## DECEMBER

### Welcome to the GOO ZONE (All Ages)

Messy Wet Aquatic Fun

See previous event description for more information.

#### Aquatic Centre

**Saturday, Dec 16, 2:00-4:00 PM**

**Regular Admission**

### FREE Family Swim

(All Ages)

Sponsored by the Early Years

#### Aquatic Centre

**Sunday, Dec 17, 5:00-6:30 PM**

**FREE** [valleychild.ca](http://valleychild.ca)

**CHECK OUT ALL OUR  
NEW  
ACTIVITIES, DAYCAMPS &  
PROGRAMS!**

## DECEMBER

### Parents Day Off (5-10)

#### Saturday Aquatics Daycamp for Kids

Parents - got plans? Need great daycare while you run errands? Register for Parents Day Off and let your kids ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop their swimming skills while having a blast. Plan of having a bunch of wet, organized fun. Fee includes a snack. Participants must feel comfortable in the water.

#### Aquatic Centre

**Saturdays, Dec 9 & 30 & Jan 6**

**9:00-4:00 PM**

**\$40.00 per day**

### SANTA SKATE (all ages)

Sponsored by Comox Valley McDonald's. Come skate with Santa and get your picture taken with him in front of the Zamboni. Skate rentals included - bring your camera!

#### Sports Centre Arena #2

**Sunday, Dec 17, 1:15-3:15 PM**

**FREE**



### RED & GREEN SWIM

(all ages)

Candy canes for anyone wearing a red or green swim suit! Lots of red and green activities planned including the jello slide, strawberry syrup squirt, candy cane hockey and gingerbread splot.

#### Aquatic Centre

**Saturday, Dec 23, 2:00-4:00 PM**

**Regular Admission**



# EVENTS

## DECEMBER

### Winter Wonderland

(all ages)

Arena #1 is transformed into a winter wonderland every year by our skate staff. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer. Shiny hockey players will get to enjoy a 1/3rd of the rink and experience what it's like to play pond hockey while others can enjoy their skate among the trees. This area is available for rent outside of the public times for family, community or corporate.

**Dec 20-23 & 2, 1:00-6:00 PM**

**Dec 24 from 1:00-4:00 PM**

**Regular Admission**

### NEW YEAR'S EVE

**Family Swim & Skate** (all ages)

**Sponsored by Tim Hortons**

Join us at the Comox Valley Sports Centre for an evening of family fun. In addition to free swimming, skating and hockey activities there will also be a series of prize draws and Tim Hortons hot chocolate and goodies on site.

**Sports Centre Pool & Arena**

**Sunday, Dec 31, 5:00-8:00 PM**

**FREE – Donations to the Comox Valley Food Bank will be accepted**

*Tim Hortons*



## PRO-D DAY ACTIVITIES

### Shiny Hockey Tournament

(6-12)\*\*

If your kid loves hockey – you've got to register them for this fun Pro-D Day Program! It is open to everyone - there is no minimum skill required (other than the ability to stand up on skates). Skate Shop staff will divide the players into teams based on age and experience. Registration fee includes pizza lunch/juice, snacks and medals for the top teams. Please Note: \*\*basic hockey gear, running shoes & water bottle required!

**Aquatic Centre**

**Friday, Sep 29, 9:00-3:00 PM**

**\$45.00**

**H2O x2** (6-10)

**Swim & Skate Daycamp**

Swim and skate all day! Program includes swimming and skating instructional sessions plus free time swims/skates, games, crafts and outdoor activities. Program fee includes all facility drop-in fees, skate rentals and a snack.

**Sports Centre**

**Friday, Oct 20, 10:00-3:00 PM**

**\$30.00**

**C.I.A. - CVRD Ice Academy**

(8-14)\*\*\*

**Intermediate Hockey Skills & Conditioning Camp**

Players will work on their endurance, agility and skill development in this fast paced camp. There will be a fun skills competition at the end of the day. Full gear is required and snack is included.

**Sports Centre**

**Friday, Nov 24, 10:00-3:00 PM**

**\$30.00**

**DID YOU KNOW?** If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!



# PRO-D DAY ACTIVITIES

## **Stay Safe! Program** (9-13)

Real-world scenarios often call on children to respond to challenges. The Red Cross Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Learn about:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits).
- Basic first aid & water rescue

### **Aquatic Centre**

**Friday, Nov 24, 10:00-3:00 PM**  
**\$30.00**

## **Babysitting Course PLUS** (11+) **Level 1 & 2 - Crash Course**

Students that complete level 1 & 2 will receive their Red Cross Babysitters' Certificate. Includes swimming, mini first aid kit, manual and 2 kid approved snacks each day. Please bring a healthy lunch and swim gear.

### **Aquatic Centre**

**Fridays, Sep 29 & Oct. 20 (2)**  
**9:00-4:00 PM**  
**\$65.00**

## **Swim to Survive** (6-12)

### **Pro-D Daycamp for Kids**

This program was designed to teach young people the necessary self-rescue skills they will need if they are going to be around the water. This is an extremely fun and educational day that includes use of the pool SeaDoo's, slides and waves. Don't forget to bring a lunch, lots of towels and a change of clothes you can swim in (including shoes). Learn essential self-rescue skills including how to get oriented after an unexpected entry, support yourself at the surface and how to swim to safety. Fee includes a snack.

### **Aquatic Centre**

**Friday, Oct 20, 10:00-3:00 PM**  
**\$30.00**

## **Surfs Up** (5-11)

### **Pro-D Daycamp for Kids**

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear - we will be going outside if the weather is nice. Fee includes a snack. Participants must feel comfortable in deep water.

### **Aquatic Centre**

**Friday, Sep 29, 10:00-3:00 PM**  
**\$30.00**

## **Junior Lifeguard Daycamp** (6-12)

Calling all future lifeguards! Join us for an action packed day of lifeguarding training. The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards - in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

Participants must be able to swim at least 25 metres and tread water for 2 minutes to sign up. Fee includes a snack.

### **Aquatic Centre**

**Friday, Nov 24, 10:00-3:00 PM**  
**\$30.00**

## **Parents Day Off** (5-10)

### **Saturday Aquatics Daycamp for Kids**

Parents - got plans? Need great daycare while you run errands? Register for Parents Day Off and let your kids ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop their swimming skills while having a blast. Plan on having a bunch of wet, organized fun. Fee includes a snack. Participants must feel comfortable in the water.

### **Aquatic Centre**

**Saturdays, Dec 9 & 30 & Jan 6**  
**9:00-4:00 PM**  
**\$40.00 per day**

**CHECK OUT ALL OUR**

**NEW**

**ACTIVITIES, DAYCAMPS & PROGRAMS!**



# WINTER BREAK DAYCAMPS



## **Surfs Up (5-11)**

### **Aquatic Daycamp**

Ride the waves and slides at our water park all day! Our aquatics staff will play games and lead activities that will further develop your swimming skills while having a blast. Try a number of aquatic sports like water polo, underwater hockey and synchronized swimming. Plan on having a bunch of wet, organized fun. Please bring a lunch, swim suit, several towels and active wear – we will be going outside if the weather is nice. Fee includes a snack & drink each day. Participants must feel comfortable in deep water.

### **Aquatic Centre**

**Wednesday-Friday, Dec 27-29**

**10:00-3:00 PM**

**\$72.00 (3)**

## **Splash Zone (5-11)**

### **Aquatics Daycamp for Kids**

Wet, wet fun! Each day kids will work on their swimming and water sport skills in a structured class but they will also get plenty of game and free time in the pool. During the “dry” portion of the day they will be playing active games outside and creating some cool crafts. At least 3 hours of pool time and a healthy snack everyday! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

### **Aquatic Centre**

**Tuesday-Friday, Jan 2-5**

**10:00-3:00 PM**

**\$96.00 (4)**

## **Stay Safe! Program (9-13)**

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth’s capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Learn about:

- Importance of responsibility and respect while being accountable for yourself.
- Importance of setting and following rules around safety when staying on your own.
- How to stay safe at home and within the community.
- How to prepare, recognize and respond to unexpected situations, (i.e. inclement weather, strangers, unanticipated visits).
- Basic first aid & water rescue

### **Aquatic Centre**

**Friday, Dec 29, 10:00-3:00 PM**

**\$30.00**

## **Red Cross Babysitting Course PLUS (11+)**

### **Level 1 & 2 – Crash Course**

Students that complete level 1 & 2 will receive their Red Cross Babysitters’ Certificate. Includes swimming, mini first aid kit, manual and 2 kid approved snacks each day. Please bring a healthy lunch and swim gear.

**Wednesday & Thursday, Dec 27-28**

**9:00-4:00 PM**

**\$65.00 (2)**

***DID YOU KNOW? If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!***



# PUBLIC SKATING

## DROP-IN ICE PROGRAMS SEPTEMBER 5, 2017-MAY 20, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>65+ Drop-in Hockey</b> 10:30-12:00 PM Arena #1	<b>45+ Drop-in Hockey</b> 10:30-12:00 PM Arena #1	<b>65+ Drop-in Hockey</b> 10:30-12:00 PM Arena #1	<b>45+ Drop-in Hockey</b> 10:30-12:00 PM Arena #1	<b>65+ Drop-in Hockey</b> 10:30-12:00 PM Arena #1		
<b>55+ Drop-in Hockey</b> 12:15-1:45 PM Arena #1						
	<b>Everyone Welcome Skate &amp; Shiny Hockey</b> 3:00-4:45 PM Arena #2		<b>Everyone Welcome Skate &amp; Shiny Hockey</b> 3:00-4:45 PM Arena #2	<b>Everyone Welcome Skate &amp; Shiny Hockey</b> 3:00-4:45 PM Arena #2	<b>Everyone Welcome Skate</b> 3:00-5:00 PM	<b>Everyone Welcome Skate</b> 1:15-3:15 PM
<b>Everyone Welcome Skate &amp; Shiny Hockey</b> 6:30-8:30 PM Arena #2		<b>Everyone Welcome Skate &amp; Shiny Hockey</b> 6:30-8:30 PM Arena #2			<b>PLEASE NOTE: No helmets available on site - we strongly encourage all skaters to bring one from home.</b>	
	<b>16+ Drop-in Hockey</b> 10:15-11:30 PM Arena #2		<b>16+ Drop-in Hockey</b> 10:15-11:30 PM Arena #2			

### DROP-IN PROGRAM DESCRIPTIONS

#### Drop-in Hockey

Full hockey gear including helmet required. Participants must sign in and pay in person at the reception area. Sign in starts 45 minutes before each session starts. Please note the various age divisions. Limited to 26 players/2 goalies.

#### Everyone Welcome Skate

All ages welcome. Shiny Hockey is only available during designated times where indicated on the schedule

#### Shiny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shiny hockey. All participants must bring a helmet from home and wear it while playing. Don't forget to bring your hockey stick, gloves and long sleeve shirt and pants! Sign in is required and starts 15 minutes before the start of each session - 20 players/2 goalies max.

### SPECIAL SKATES & SCHEDULE CHANGES

**Sep 28** - Islander Tourney - 16+ Cancelled 10:15-11:30 PM  
**Sep 29** - Pro-D Day Supersaver - EW/Shiny 3:00-4:45 PM  
**Oct 9** - STAT - Thanksgiving - Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM  
**Oct 20** - Pro-D Day Supersaver - EW/Shiny 3:00-4:45 PM  
**Nov 11** - STAT - Remembrance Day - Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM  
**Nov 24** - Parent/Teacher Day Supersaver - EW/Shiny 3:00-4:45 PM  
**Dec 20-23 & 27** - Winter Wonderland - Special Skate 1:00-6:00 PM  
**Dec 21/22** - 3:00-4:45 PM EW/Shiny Cancelled  
**Dec 23** - 3:15-5 PM EW Cancelled  
**Dec 24** - 1:15-3:15 PM EW Cancelled/Winter Wonderland 1-4 PM Added  
**Dec 25/26** - STAT - CLOSED  
**Dec 31** - New Year's Eve Free Swim & Skate 5-8 PM, sponsored by Tim Hortons  
**Jan 1** - STAT - CLOSED  
**Feb 9** - Pro-D Day Supersaver - EW/Shiny 3:00-4:45 PM  
**Feb 12** - STAT - Family Day - Open FREE EW 1-3 PM sponsored by Comox Valley McDonald's/55+ Hockey 11:15-12:45 PM  
**Mar 30** - STAT - Good Friday - Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM  
**Apr 2** - STAT - Easter Monday - Open EW 1-3 PM/55+ Hockey 3:15-4:45 PM  
**Apr 9-May 14** - EW on Monday's 6:30-8:30 PM Cancelled  
**Check the events listing on pages 42-43 for more info.**

#### Challenge Skates (All Ages)

This drop-in program is open to everyone with physical and developmental disabilities.

**Arena #2 - Tuesdays, 10:00-11:00 AM**

**Sep 5-Dec 19**

**Regular Admission**



# REGISTERED ICE PROGRAMS

Ice skating is a great way to get exercise, meet people and have fun. To learn the basics of skating, it is important to start out on the right 'foot' by taking a few lessons. On-ice instruction prevents the development of bad habits, improves confidence and helps to master the basic techniques. Learning to skate also develops coordination, poise and good posture. Getting started takes only a little knowledge and plenty of enthusiasm! **For ice program fees see page 27.**

CVRD REGISTERED ICE PROGRAMS

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
<b>FALL 2017</b>	Sep 6-Oct 4 (9)	Sep 7-Oct 26 (8)	Sep 9-Oct 28 (7) No class Sep 30	Sep 10-Oct 29 (7) *No class Oct 1
	Oct 11-Nov 8 (9)	Nov 2-Dec 14 (7)	Nov 4-Dec 16 (6) No class Nov 11	Nov 5-Dec 17 (7)
	Nov 15-Dec 18 (10)			
<b>Parent &amp; Tot Skating Lessons (2-5)</b>	11:00-11:30 AM			
<b>**Parent &amp; Tot Hockey Lessons (2-5)</b>	11:30 AM-12:00 PM			
<b>H2O x2 (2-5) Parent &amp; tot class</b>		1:15-2:30 PM		
<b>Skate, Snack &amp; Story (3-5) Parent &amp; Tot</b>	3:00-3:45 PM			
<b>Ice Quest Preschool (3-5)</b>			12:45-1:15 PM 1:30-2:00 PM 2:15-2:45 PM	
<b>Ice Quest School Aged (6+)</b>			12:45-1:15 PM 1:30-2:00 PM 2:15-2:45 PM	
<b>Ice Quest Homeschool (3+)</b>		2:00-2:30 PM (3-5) 2:30-3:00 PM (6+)		
<b>***Tiny Tot Hockey (3-6)</b>			12:45-1:30 PM	
<b>**Coolest Game (6+)</b>			1:45-2:45 PM	
<b>***Pre-Atom Power Lesson &amp; Scrimmage (7-9)</b>				*11:45 AM-1:00 PM
<b>***Crashed Kids (7-12)</b>	3:00-3:45 PM			
<b>***Adult Learn to Play Hockey (13+)</b>				8:15-9:30 PM

**PLEASE NOTE:** All on ice participants (caregivers & children) MUST wear a CSA approved helmet. Please bring one from home—hockey helmet with face shield recommended. Skate rentals included in lesson fee.

\*\* Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick. Full gear is recommended.

\*\*\* Participants must supply their own gear including a helmet with a cage or face shield, hockey gloves & stick, neck guard, shin/shoulder/elbow pads, hockey pants/socks & jock or jill.



**DID YOU KNOW?** If the minimum number of registrants is not met, we may have to cancel our courses. These decisions are made up to one week prior to the start date so register early to avoid disappointment!



# REGISTERED ICE PROGRAMS

**Parent & Tot Skating Lessons:** Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant – it's all about the fun!

**\*\*Parent & Tot Hockey Lessons:** Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun – emphasis on skill development.

**H2O x2 - Swimming & Skating Lesson Combo - 2 Lessons for 1 Great Price:** This program combines both activities in one trip to the CV Sports Centre. Parents and tots will spend the first ½ hour on the ice with a skating instructor, then have 15 minutes to get changed and head to the pool for a swimming lesson for the last ½ hour. Save time and money with this combo program. Padding recommended for children.

**Skate, Snack & Story:** Looking for a fun way to get your toddler skating? Caregivers and children are invited to join us for a fun introduction to ice skating. Lesson includes a 30 minutes skating lesson followed by a healthy snack and story in the lobby.

**Ice Quest - Learn To Skate Program:** These lessons are designed with the beginner in mind! Our six-step program offers an introduction into the joy of ice-skating. Preschool (ages 3-5), school age (ages 6+) and homeschool (preschool and school age) options are available.

**\*\*\*Tiny Tot Hockey:** Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. All Tiny Tot participants and their families from the 2017-2018 season are invited to the Wrap Up Party on May 19th from 3:00-5:00 PM – please register your Tiny Tot at the front desk. FREE

**\*\*Coolest Game on Earth – Intro to Hockey:** If you have never played ice hockey this is the program for you. Learn basic hockey skills and have fun. All participants must be able to skate on their own.

**\*\*\*Power Lesson & Scrimmage:** This program will allow children a chance to practice and enhance their skills to prepare for the next level in hockey. Teams will have a minimum of 10 to a maximum of 15 players and meet each week for a warm up/lesson and (2) 15 minute periods with a line change every 3 minutes.

**\*\*\*Crashed Kids - Ice Obstacle Training Program:** push your limits to the max and join us for this high-paced and exciting ice obstacle course. Participants will run through a variety of on ice challenges to develop speed and agility.

**\*\*\*Adult Learn to Play:** These coed sessions are suitable for beginners and those that have some recreational experience.

## Comox Valley Stars Hockey League (15+)\*\*

This is a great program for all athletes aged 15+ with developmental disabilities. We will help you work on your skating and hockey skills - it doesn't matter if you have never played or skated before. This season we will play at least 1 game against another diverse ability hockey team. Sign up this fall for some fun on the ice. Full gear required.

**Arena #2 - Thursdays, 10:00-11:00am**

**Sept. 7-Dec. 14 (15)**

**Jan. 11-Mar. 22 (11)**

**\$70.00**

**NEW!**

## Private Lessons

(all ages welcome)

Want to learn how to skate or work on your hockey skills? Private lessons only cost \$27.90 per ½ hour (+ tax for those 14+). All ages welcome at our private lessons.

**Please call 334-9622 ext. 225 to book your time.**

