

# COMOX VALLEY RECREATION GUIDE | SUMMER 2023



CITY OF  
**COURTENAY**  
Recreation

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TOWN OF  
**COMOX**  
Recreation



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Comox Valley  
REGIONAL DISTRICT

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THE VILLAGE OF  
**CUMBERLAND**

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## MESSAGE FROM THE CHAIR



This summer, cool off at the CVRD's sports and aquatic centres and keep your body moving. As you'll see in the upcoming pages, there's a lot in store to keep your summer exciting and fun! Did you know we are offering new programs on the dry arena floor? Check out the schedules and details on page 109. Join the CVRD Sports Centre staff for a family movie night in Arena 1. There will be a different movie each event – see schedule on page 101. Admission fee includes popcorn and a juice box or pop.

Be sure to check for updated program and schedule information at [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec) and be sure to stay connected with us by following our Facebook page for the latest news, events and recreation tips. Enjoy an active, and safe and memorable summer!

Melanie McCollum  
Chair  
Comox Valley Recreation  
Commission

## CVRD SPORTS CENTRE

3001 Vanier Drive  
Courtenay, V9N 5Y2

Phone 250-334-9622  
Fax 250-334-1042

6-lane pool, sauna, hot tub, wellness centre, 2 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.  
Riding ring pass options available:

Monthly pass (person)	\$25.75
Monthly pass (family)	\$61.80
Annual Pass (person)	\$77.25
Annual Pass (family)	\$190.55

Reminder - pass must be on your person when using the grounds. Please bring your horse council # when purchasing at the Sports Centre front desk.

## CVRD AQUATIC CENTRE

377 Lerwick Road  
Courtenay, V9N 9G4

Phone 250-334-2527  
Fax 250-334-2587

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



 **Comox Valley**  
REGIONAL DISTRICT



# ADMISSION RATES - SEPTEMBER 1, 2022 TO AUGUST 31, 2023

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
TOT (2 & UNDER)	NO CHARGE					
CHILD (3-12) OR PWD	\$3.25	\$29.25	\$39.00	\$99.45	\$163.80	\$257.40
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.80	\$34.20	\$45.60	\$116.60	\$192.50	\$300.95
ADULT (19-59)	\$6.10	\$54.90	\$73.20	\$186.65	\$307.45	\$483.10
SENIOR (60-84)	\$5.15	\$46.35	\$61.80	\$157.60	\$259.55	\$407.90
GOLDEN AGE (85+)	NO CHARGE					
FAMILY (6 MAX - MIN 1 ADULT5/SENIOR & 1 CHILD/ TEEN)	\$13.05	\$117.45	\$156.60	\$399.35	\$657.70	\$1033.55
LOCKERS	\$0.50	N/A	<div>MEMBERSHIP PASSES:</div> <ul style="list-style-type: none"><li>Membership fees take into consideration the shorter arena season and pool shutdowns.</li><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, or proof of relocation outside the CVRD.</li><li>Membership extensions will be granted for 6 month passes (up to 7 day extension) &amp; 1 year passes (up to 14 day extension) during the term of the pass - pass will be suspended for the period. Must be requested in advance/ one time only.</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>			
SKATE RENTAL	\$3.75	\$33.75				
SKATE SHARPENING	\$5.80	\$52.20				
KAYAK SWIM	\$8.40	\$75.60				
<div>Monthly &amp; annual memberships are now available to purchase online! Please note if you do not already have a membership card, you must have one printed at the customer service desk.</div>						

## SWIMMING & ICE LESSON PRICE LIST

### ½ Hour Class

School age (ages 6-13)

10 Sessions - \$70.50

Preschool (5 & under)

10 Sessions - \$72.00

### ¾ Hour Class

10 Sessions - \$97.00

### 1 Hour Class

10 sessions - \$114.50

### Private Lessons

Private - \$32.15

### H2O x 2 Combo Classes

10 Sessions - \$114.50

*All lessons are pro-rated based on the number of sessions in each set.*

## Special Sessions

Super Saver Admission \$2.50/person

\*Professional Admission \$21.00/instructor

*\*Professional admission applies to instructors/trainers bringing clients to facilitate personal training or instruction sessions during public pool, wellness centre or arena programs. Please note that the clients are required to pay regular admission fees.*

## Economy Passes

- Minimum purchase 150 passes.

- Valid for one year from date of purchase - no refunds or extensions.

- Includes access to CVRD Sports & Aquatic Centres pool, fitness centres and arenas during public sessions.

- Registered programs are not included.

Child/Teen/Student/PWD \$2.50 each

Adult \$5.00 each

Senior \$4.00 each

**Please call 250-334-9622 ext 3707 to arrange for purchase of bulk admissions.**



# HOW TO REGISTER

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

**Fees must be paid in full at the time of registration. Online and phone registrations accept Visa or MasterCard.**

**Locations to register:**

## ONLINE

Online Registration is available and encouraged! Go to [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec) and click on the Register for Activities & Programs button or access login directly at [comoxvalley.perfectmind.com](http://comoxvalley.perfectmind.com).

## IN PERSON

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

**Sports Centre - 3001 Vanier Drive, Courtenay**

**Aquatic Centre - 377 Lerwick Drive, Courtenay**

**Please note: Front desk closes 15 minutes before the end of the swim/wellness centre closure.**

## BY PHONE

**SPORTS CENTRE 250-334-9622**

**AQUATIC CENTRE 250-334-2527**

**Until June 30**

Mon to Fri 8:00am-8:30pm

Sat & Sun 8:00am-4:00pm

**July 3-August 30**

Mon to Fri 8:00am-6:30pm

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

## COMOX VALLEY RECREATION ASSISTANCE FOR RECREATION SERVICES

### LEAP

**Leisure for Everyone Accessibility Program**

Your four local recreation departments have developed this program to help ensure all Comox Valley residents have access to recreation services. LEAP is for persons and/or families that live in the Comox Valley and have financial barriers to recreation. Each eligible applicant/family member will receive 52-drop-in's at each municipality's recreation department (CVRD, City of Courtenay, Town of Comox and Village of Cumberland). In addition they will also receive discounts on CVRD recreation programs – 1 free registered program and 4 programs at 50% off per calendar year per family member.

Please apply today at your local recreation centre (application forms are also available online). This application form will also provide access to additional recreation funding for residents of the City of Courtenay (RAP), Town of Comox (TRIP) and Village of Cumberland (FAIR) programs.

## REGISTRATION GUIDELINES

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

**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 or transfer before 7 calendar days prior to the course start date, a full refund or credit will be issued.\*

2. If you withdraw or transfer within 7 calendar days prior to course start date, or to the end of the 3rd class, a \$6.50 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.\*

3. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons or relocation outside the CVRD.\*

4. Seven days cancellation notice is required for leisure pool rentals.

*\*Exceptions apply to all leadership courses, CVHL and private lessons. Withdraws or transfers not available online - in person or by phone only.*

**Swimming & Skating Lessons - late registrations** for these courses may be accepted until the 3rd class and will be pro-rated.

**Summer Swim Lesson  
registration starts May  
9th at 8:00 AM.**



SCAN ME



TO REGISTER ONLINE



## BIRTHDAY PARTIES

Call 250-334-9622, ext 0 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, locker tokens and room rental.

Cost is \$68.85 (Pre-register)

Available **Mondays,**

**Wednesdays, Thursdays,**

**Fridays, Saturdays & Sundays**

September - June and

**Wednesday & Friday** evenings at the Sports Centre July & August.

(48 hour 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 \$68.85 (Pre-register)

Available **Saturdays & Sundays and some weekday options**

**are also available** September-

May and **Monday Evening &**

**Saturdays** in August.

(48 hour cancellation notice required)

**Does your party need a PARTYOLOGIST?** What's that? It's a fun, energetic lifeguard/swim instructor or skate/hockey instructor dedicated to making sure your party attendees have a great time. The \$34 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 0 for more information.

### EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for one hour, up to 100 people.

Includes room rental and birthday child gets a Zamboni ride! Call 250-334-9622 ext 3707 to book. Please note times are subject to ice availability.

Cost is \$177.95 (plus tax) + insurance

(14 day cancellation notice required)

#### **Birthday Party Room Damage/Cleaning Fee**

A \$40.00 fee will be charged if there is damage (i.e. holes or tape on walls) or if the facility is not lightly cleaned before end of rental (i.e. all garbage is in containers, any mess on walls/tables/chairs is wiped down and all personal items are removed).



# AQUATIC CENTRE POOLS & FITNESS

UNTIL JUNE 30, 2023 *Please note facility is CLOSED statutory holidays.*

## WAVE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN Swim</b> <b>Monday to Thursday 6:00-9:00 AM</b> <b>Friday 6:00-11:00 AM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs					<b>OPEN Swim</b> <b>6:00-9:00 AM</b> Shared Space	<b>OPEN Swim</b> <b>11:30 AM-1:00 PM</b> Shared Space
<b>Everyone Welcome</b> <b>11:00-1:00 PM</b> Waves & Slides Open					<b>Everyone Welcome</b> <b>1:00-5:00 PM</b> Waves & Slides Open	
				<b>OPEN Swim</b> <b>1:00-2:00 PM</b> Shared Space		
<b>Everyone Welcome</b> <b>6:30-8:00 PM</b> Waves & Slides Open				<b>Everyone Welcome</b> <b>2:00-9:30 PM</b> Waves & Slides Open		
<b>16+ Swim</b> <b>8:00-9:30 PM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides Open						

## 25 METRE POOL

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>6:00 AM-1:00 PM</b> Lengths (min 2)	<b>Lane Swim+</b> <b>8:00-11:30 AM</b> Lengths (min 2)
<b>Everyone Welcome</b> <b>11:00 AM-1:00 PM</b> Waves & Slides Open - Lengths (min 2)						<b>OPEN Swim</b> <b>11:30 AM-1:00 PM</b> Lengths (min 2)
<b>Lane Swim+</b> <b>1:00-8:00 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs			<b>Lane Swim+</b> <b>1:00-6:30 PM</b> Shared Space	<b>Lane Swim+</b> <b>1:00-2:00 PM</b> Shared Space -	<b>Everyone Welcome</b> <b>1:00-5:00 PM</b> Waves & Slides Open - Lengths (min 2)	
			<b>Everyone Welcome</b> <b>6:30-8:00 PM</b> Waves & Slides Open + Lengths (min 2)	<b>Everyone Welcome</b> <b>2:00-9:30 PM</b> Waves & Slides Open + Lengths (min 2)	<b>FITNESS SCHEDULE</b> <b>SEE PAGES 102 &amp; 103</b>  <b>SEE PAGE 97 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</b>	
<b>16+ Swim</b> <b>8:00-9:30 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides Open						

### AQUATIC CENTRE FITNESS STUDIO (16+)

### & HOT TUB HOURS (12+)

Until June 30, 2023

Monday – Friday 6:00 AM - 9:30 PM

Saturday 6:00 AM - 5:00 PM

Sunday 8:00 AM - 5:00 PM

Please note the facility is CLOSED statutory holidays.



# DROP-IN PROGRAM DESCRIPTIONS

PLEASE REFER TO THE APPROPRIATE POOL SCHEDULE

## 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. The backstroke flags will be up whenever possible (i.e. when the diving board is not in use). 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 in the Wave Pool. The waves, slides and various water features will be on intermittently throughout the swim. Please note the 25 M Lane Pool is not always open during the Everyone Welcome Swims (please see schedule). When the lane pool is open there is space for large toys (i.e. foam canoes, mats etc.) and the diving board is 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 generally be off and a minimum of 2 lanes will be reserved for length swimmers if the 25 M Lane Pool is open. Rentals and programs will be taking place in the pools at the same time so the space will be shared. Please give organized group activities the right of way.

## 16+ Swim

This time is for youth 16+ and adults only. 2 lanes are available for length swimming and the waves and slides will be on intermittently. Rentals and programs will be taking place in the pools at the same time. Please note the diving board will be closed if there are rentals/programs using that space.

## Rehab & Therapy Swim

A more relaxing swim targeting those with sensory challenges and/or those working on self or group rehabilitation or therapy. Associated rentals and programs will be taking place in the pool at the same time and at least 2 lengths will be available for length swimming.

## Special Swims & Schedule Changes

**May 1-Jun 2** – Monday/Wednesday/Friday 6:30-7:15 AM Aquafit class Cancelled

**May 13** - Main Pool CLOSED after 1:00 PM

**May 14** -Main Pool CLOSED until 1:00 PM

**May 22** – STAT – CLOSED

**Jul 1 – Sep 4** – CVAC CLOSED

**Jul 3 - Aug 30** - CVSC Summer Pool Schedule in Effect

**Sep 5** – Regular Pool Schedules in Effect

**Check the events listing on pages 100-101 for more info.**

### Water Polo (16+)

**Until Jun 27, 2023**

Staff will intro the basic skills/rules for the 1st 15 minutes and then set up a game with everyone on site that wants to give it a try. Regular admission rates apply.

**Tuesdays from 8:15-9:30 PM**





# SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL UNTIL JUNE 30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Lane Swim</b> <b>6:00-7:30 AM</b> Shared Space - Lengths 2 & Rentals/Programs
<b>Open Swim</b> <b>7:30 AM-1:30 PM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim		<b>Open Swim</b> <b>7:30 AM-1:30 PM</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim		<b>Open Swim</b> <b>7:30am-1:30pm</b> Shared Space - Leisure/Rehab Drop In's & Rentals/Programs - 2 lanes for lane swim

## Sports Centre Wellness Centre

The Comox Valley Sports Centre 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 Until June 30, 2023

Monday to Thursday 6:00 am-9:00 pm  
 Friday 6:00 am-7:00 pm  
 Saturday & Sunday 7:00 am-2:30 pm

### Supervised Hours until June 30, 2023

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

Monday to Friday 11:30 am-1:30 pm

## Sauna & Hot Tub Until June 30, 2023

Monday, Wednesday & Friday 6:00 am-1:30 pm  
 (plus additional hours if open for rentals.)



## COMOX VALLEY SPORTS & AQUATIC CENTRES POOL RULES

In our pool you must:

- Wear clean & appropriate bathing attire.
- Take a cleansing shower with soap and warm water before entering the pools or saunas.
- Ensure all children under the age of 7 are closely supervised (within arms reach) and accompanied in the water by a responsible person at least 16 years of age. We recommend a maximum of three children under the age of 7 to one adult.

The following is not allowed in our pool:

- Entering the pool while ill—this includes open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Strollers or outside shoes on the pool deck.
- Bringing food, gum or drinks in the pool area.
- Running, fighting, or engaging in other conduct likely to cause an injury.
- Foul language or aggressive behaviour.
- Contaminating or fouling the pool.
- Using or being under the influence of intoxicants.

Articles on the pool deck are left at your own risk. Lockers are available in the changerooms for your convenience.





# SPORTS CENTRE POOL & WELLNESS CENTRE

25 METRE LANE POOL JULY 3 - AUGUST 30, 2023 (closed Aug 7)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lane Swim+</b> <b>6:00 AM-2:00 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs				
<b>Rehab &amp; Therapy Swim</b> <b>11:00 AM-12:00 PM</b> Shared Space - Rehab & Therapy Drop Ins, Lane Swim (2) & Rentals/Programs		<b>Rehab &amp; Therapy Swim</b> <b>11:00 AM-12:00 PM</b> Shared Space - Rehab & Therapy Drop Ins, Lane Swim (2) & Rentals/Programs		<b>Rehab &amp; Therapy Swim</b> <b>11:00 AM-12:00 PM</b> Shared Space - Rehab & Therapy Drop Ins, Lane Swim (2) & Rentals/Programs
<b>Rehab &amp; Therapy Swim</b> <b>1:00-2:00 PM</b> Shared Space - Rehab & Therapy Drop Ins, Lane Swim (2) & Rentals/Programs				
<b>Open Swim</b> <b>5:00-7:00 PM</b> Shared Space	<b>Lane Swim+</b> <b>5:15-7:30 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs	<b>Open Swim</b> <b>5:00-7:00 PM</b> Shared Space	<b>Lane Swim+</b> <b>5:15-7:30 PM</b> Shared Space - Lengths (min 2) & Rentals/Programs	<b>Open Swim</b> <b>5:00-7:00 PM</b> Shared Space
	<b>Open Swim</b> <b>7:30-9:00 PM</b> Shared Space		<b>Open Swim</b> <b>7:30-9:00 PM</b> Shared Space	

See Fitness Schedule on page 103.

## Sports Centre Wellness Centre

The Comox Valley Sports Centre 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

July 3 - September 1, 2023

Monday/Wednesday/Friday 6:00 am-7:00 pm  
 Tuesday & Thursday 6:00 am-9:00 pm  
 Saturday & Sunday CLOSED

## Sauna & Hot Tub

July 3 - September 1, 2023

Monday, Wednesday & Friday 6:00 am-7:00 pm  
 Tuesday & Thursday 6:00 am-9:00 pm  
 Saturday & Sunday CLOSED



# SPECIAL EVENTS

## MAY

### 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, fruit/healthy snack and 2 slices of pizza.

**Aquatic Centre**

**Friday, May 12**

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

**\$10.00**



### Welcome to the GOO ZONE (all ages)

#### Messy Wet Aquatic Fun

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

**Aquatic Centre**

**Saturday, May 20**

**2:00-4:00 PM**

**Regular Admission**

### Tiny Tot Wrap Up Party (2022/2023 Tiny Tot Participants)

All Tiny Tot participants and their families are invited to a fun wrap up party. The event will include a fun hockey game, family skate and a pizza party. There will also be a staff photographer on hand to take pictures of your hockey star. If you wish to attend this free event simply register the number of people in your family that will be attending.

**Sports Centre Arena #1**

**Saturday, May 20**

**3:00-5:00 PM**

**FREE to all 2022/2023 Tiny Tot Participants**

**Please Note: You must pre-register for this program.**



### Graffiti Ice (all ages)

The ice is coming out! Don't miss out on all the fun and help us paint it before it's gone. We supply the spray paint, bingo dabbers and felts! Skates or shoes with spikes welcome for this artistic challenge. Prizes available for a variety of categories.

**Sports Centre Arena #1**

**Sunday, May 21**

**3:00-5:00 PM**

**FREE**



CVRD SPECIAL EVENTS





# SPECIAL EVENTS

## JUNE

### 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. Participants must feel comfortable in deep water.

#### Aquatic Centre

**Friday, Jun 30**  
**10:00-3:00 PM**  
**\$40.00**

***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!*

### Summer Kick Off (all ages)

Help us kick off the summer in style. Do all the things you have always wanted to do at the pool – but were told no: bubbles, shaving cream, water guns, sidewalk chalk.....! We will also bring out all the toys including the underwater dolphins. Celebrate the start of summer at the pool!

#### Aquatic Centre

**Friday, Jun 30**  
**6:00-8:00 PM**  
**Regular Admission**

## JULY

### Taylor Swift Pizza, Dance & Rollerskate Party (6-12)

Dance and sing to your favourite Taylor Swift songs in Arena #1. There will be dance offs, Taylor Swift trivia and lip sync competitions. Three hours of fun - includes pizza, drinks and ice cream cones. Bring your helmet and rollerskates/blades if you got them!

**Sports Centre**  
**Friday, July 7**  
**6:00-9:00 PM**  
**\$10.00**



### Friday Night at the Movies (all ages)

#### Family Popcorn and Movie Night

Join us for a family movie night in Arena 1. We will play a different movie each event – see schedule below. Admission fee includes popcorn and a juice box or pop. While the movie is playing kids can ride their trikes, bikes, rollerskates or other big toys around the rink. Strollers, skateboards and scooters welcome. Please bring helmets and wear them while using your wheeled toys. Doors open at 6:45 PM and movie starts at 7PM.

#### Sports Centre Arena #1

**Friday June 2 – Turbo (PG)**

**Friday June 16 – Ratatouille (G)**

**Friday June 30 – The Secret Life of Pets (PG)**

**7:00-9:00 PM**

**\$7 per person or \$25 per family of 6**

**NEW**



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# AQUATIC WELLNESS PROGRAMS - SPRING

## ADAPTIVE FITNESS PROGRAMS

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

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

**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. Medical professional consent required. Class take place in the warm water of the wave pool.

## 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 (floatation 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!



**COURSE PRICE LIST**  
Registered Fitness Classes  
10 Classes \$90.00  
(sessions are pro-rated)

## REGISTERED ADAPTIVE FITNESS PROGRAMS

SESSIONS/LEVELS <i>Registration is on going - sign up anytime for classes in progress.</i>	MONDAY & WEDNESDAY May 8-31 (7) No class May 22 Jun 5-28 (8)	TUESDAY & THURSDAY May 9-Jun 1 (8) Jun 6-29 (8)
<b>AQUATIC HIP &amp; KNEE</b>	10:00-11:00am Aquatic Centre 2:00-3:00pm Aquatic Centre	1:00-2:00pm Aquatic Centre
<b>AQUAMOTION 2</b>	9:00-10:00am Aquatic Centre	
<b>AQUAMOTION 3</b>	1:00-2:00pm Aquatic Centre	10:00-11:00am Aquatic Centre

## AQUATIC FITNESS CLASS SCHEDULE UNTIL JUNE 30, 2023 - AQUATIC CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<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	*M/W/F 6:30 am AquaFit canceled until Jun 2	
<b>AquaFit</b> 7:30-8:30am		<b>AquaFit</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>AquaMotion 2 Registered Class</b> 9:00-10:00am		<b>AquaMotion 2 Registered Class</b> 9:00-10:00am			<b>AquaFit</b> 9:15-10:15am	<b>AquaFit</b> 9:15-10:15am
<b>AquaFit</b> 10:00-11:00am		<b>AquaFit</b> 10:00-11:00am		<b>AquaFit</b> 10:00-11:00am	<b>Yellow classes in the</b> <div>25 M Pool</div> <b>Blue classes in the</b> <div>Wave Pool</div>	
<b>Hip &amp; Knee Registered Class</b> 10:00-11:00am	<b>AquaMotion 3 Registered Class</b> 10:00-11:00am	<b>Hip &amp; Knee Registered Class</b> 10:00-11:00am	<b>AquaMotion 3 Registered Class</b> 10:00-11:00am			
<b>AquaMotion 3 Registered Class</b> 1:00-2:00pm	<b>Hip &amp; Knee Registered Class</b> 1:00-2:00pm	<b>AquaMotion 3 Registered Class</b> 1:00-2:00pm	<b>Hip &amp; Knee Registered Class</b> 1:00-2:00pm			
<b>50+ AquaFit</b> 1:00-2:00pm	<b>AquaFit</b> 1:00-2:00pm	<b>50+ AquaFit</b> 1:00-2:00pm	<b>AquaFit</b> 1:00-2:00pm	<b>50+ AquaFit</b> 1:00-2:00pm		
<b>Hip &amp; Knee Registered Class</b> 2:00-3:00pm	<b>AquaFit Warm Water</b> 2:00-3:00pm	<b>Hip &amp; Knee Registered Class</b> 2:00-3:00pm	<b>AquaFit Warm Water</b> 2:00-3:00pm			



# AQUATIC WELLNESS PROGRAMS - SUMMER

## REGISTERED ADAPTIVE FITNESS PROGRAMS

SESSIONS/LEVELS <i>Registration is on going - sign up anytime for classes in progress.</i>	TUESDAY & THURSDAY Jul 4-27 (8) Aug 1-24 (8)
<b>AQUATIC HIP &amp; KNEE</b>	11:00-12:00pm Sports Centre 12:00-1:00pm Sports Centre
<b>AQUAMOTION 2/3</b>	9:00-10:00am Sports Centre



### Seasonal Fitness Tea

Program participants from the highly popular Warm Water Fitness classes and the 50+ Fitness classes are invited to attend a group tea. Join us for tea (and whatever delicious snacks you choose to bring) at the following dates and times – all Warm Water Fitness and 50+ Fitness participants from the 2022-2023 season are welcome to attend this free drop-in tea time:

#### 50+ Tea at the CVAC:

**Wednesday, June 28 from 2:00-3:30 PM**

#### Warm Water Tea at the CVAC:

**Thursday, June 29 from 3:00-4:30 PM**

## AQUATIC FITNESS CLASS SCHEDULE JULY 3-AUGUST 25, 2023 - SPORTS CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>AquaFit</b> 6:30-7:15am		<b>AquaFit</b> 6:30-7:15am	
<b>Swim Fit</b> 7:45-8:45am		<b>Swim Fit</b> 7:45-8:45am		<b>Swim Fit</b> 7:45-8:45am
<b>AquaFit</b> 9:00-10:00am	<b>AquaMotion 2/3</b> <i>Registered Class</i> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am	<b>AquaMotion 2/3</b> <i>Registered Class</i> 9:00-10:00am	<b>AquaFit</b> 9:00-10:00am
	<b>Hip &amp; Knee</b> <i>Registered Class</i> 11:00-12:00pm		<b>Hip &amp; Knee</b> <i>Registered Class</i> 11:00-12:00pm	
<b>50+ AquaFit</b> 12:00-1:00pm	<b>Hip &amp; Knee</b> <i>Registered Class</i> 12:00-1:00pm	<b>50+ AquaFit</b> 12:00-1:00pm	<b>Hip &amp; Knee</b> <i>Registered Class</i> 12:00-1:00pm	<b>50+ AquaFit</b> 12:00-1:00pm



### Board Fit

Are you interested in having a private Board Fit class for you and up to 4 friends? Call the Sports Centre Coordinator to discuss availability at 250-898-3708 today!

## REGISTERED PROGRAMS

### Aquatic Centre Titan's (7-14) Water Polo Club

Water polo is a combination of swimming, wrestling, basketball, soccer and baseball – what more fun could you ask for? Develop the fundamental water skills required to play water polo and see a massive improvement in your swimming, treading water and passing skills. Increase your aquatic endurance and power in a fun team environment. This is an introductory program and no previous experience is required – participants just must be comfortable in deep water (level 4 swimming minimum). Focus is on skill development, team building and fun.

**Aquatic Centre  
Sundays**



**42548 11:30-12:15 PM for  
ages 7-10**

**42552 12:15-1:00 PM for  
ages 10-14**

**Apr 16-Jun 25 (10) No class May  
15**

**\$106.70 (11)**

### Board Masters (6-13) Introduction to Springboard Diving – Level 1 & 2

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). Level 1 is for those new to the sport and Level 2 is for those students who have taken Level 1 previously.

**Aquatic Centre  
Saturdays**

**422557 10:40-11:25 AM for  
Level 1**

**42562 11:30-12:15 PM for  
Level 2**

**Apr 15-Jun 24 (11)**

**\$106.70 (11)**

### (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, life-saving, fitness, lifesaving knowledge, community education, leadership and teamwork skills. Participants will also be working on their Rookie Patrol, Ranger Patrol and Star Patrol certificates. JLC welcomes members that can swim at least 25 metres and tread water for 2 minutes.

**Aquatic Centre**

**Fridays**

**42512 5:00-7:00 PM**

**Apr 14-Jun 23 (11)**

**\$115.00 (11)**

### Babysitting Course (11+)

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.

**Aquatic Centre**

**Tuesday & Thursdays**

**42513 4:00-6:00 PM**

**June 6-22 (6)**

**\$52.00**





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

## Becoming a Lifeguard is as easy as 1, 2, 3, 4, 5

### Bronze Star (optional)

This program develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

1

### Bronze Medallion

Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. It challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

2

### Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

4

### National Lifeguard Pool (NL)

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. This course now includes the required lifeguard AMOA certification and participants will require computer/internet access. Online portion to be completed in advance on the LSS website.

5

### Lifesaving Society Swim Instructor

This course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life program.

### Lifesaving Instructor (LSI)

Lifesaving Instructors are trained to teach the Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, Bronze Cross, Lifesaving Fitness and Distinction awards. Candidates are trained in and must demonstrate skills, knowledge and attitudes at Competency Level 1 to include all aspects of learning as well as various approaches required to teach water rescue, first aid and related aquatic skills in the Canadian Lifesaving Program. Candidates also learn about long-range and short-term planning, class management, safety supervision and the principles of evaluation.

### 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 (16 credits)/CALA (credits pending).

### Emergency First Aid with CPR C/AED (EFA)

EFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.

3

### Standard First Aid with CPR C/AED (SFA)

SFA is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musculo-skeletal injuries and medical emergencies.

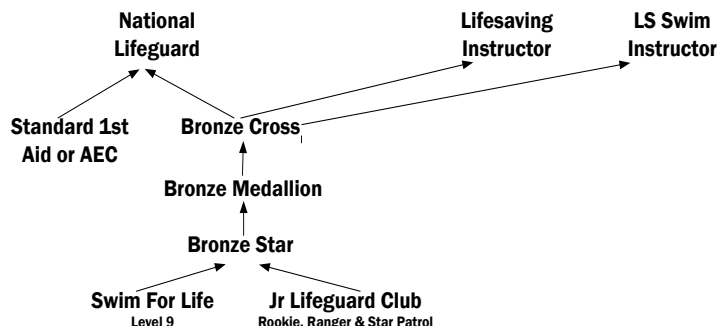


# FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	COURSE #	PRE-REQUISITES (please bring proof to 1st day)
<b>Bronze Medallion</b>	Jul 3-7	Mon-Fri	1:00-5:30 PM	\$250.00*	45304	13 years by last day of course or Bronze Star
<b>Bronze Cross</b>	May 13-21	Sat & Sun	11:30-5:00 PM	\$210.00*	42273	Bronze Medallion
	Jul 10-14	Mon-Fri	1:00-5:30 PM		45305	
<b>National Lifeguard (NL) - Pool Option</b>	Jun 2-24	Fri	5:30-9:30 PM	\$475.00*	42276	15 years by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
		Sat	9:00-5:00 PM			
	Jul 21-28	Mon-Fri	9:00-5:00 PM		45306	
<b>Lifesaving Society Swim Instructor &amp; Lifesaving Instructor Combo</b>	Jul 31-Aug 4	Mon-Fri	9:00-6:00 PM	\$500.00*	45307	15 years by last day of course and Bronze Cross (need not be current)
<b>CALA Vertical Water Training &amp; Group Aqua Fitness Combo</b>	TBA			\$650.00		16 years minimum
<b>Aquatic Fitness - Adaptive Workshop</b>	TBA			\$150.00		16 years minimum and must be a current instructor in order to be eligible for BCRPA/CALA credits
<b>Emergency First Aid (EFA) &amp; CPR C</b>	May 27	Sat	9:00-5:00 PM	\$95.00*	42159	12 years old minimum/15 years recommended
	Jul 17	Mon	9:00-5:00 PM		45308	
<b>Standard First Aid (SFA) &amp; CPR C</b>	May 27-28	Sat & Sun	9:00-5:00 PM	\$140.00*	42157	12 years old minimum/15 years recommended
	Jul 17-18	Mon & Tue	9:00-5:00 PM		45309	
<b>NL Precert/Recert</b>	Aug 26	Sat	9:00-5:00 PM	\$135.00*	45310	Previous NL award and recommended CPR C (current within the year.) Must have a current AMOA or completed the online portion of the course.
<b>LSI Recert</b>	TBA			\$125.00*		Lifesaving Instructor current within 5 years of certification
<b>SFA Recert</b>	TBA			\$75.00*		Previous SFA (need not be current)

\*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.

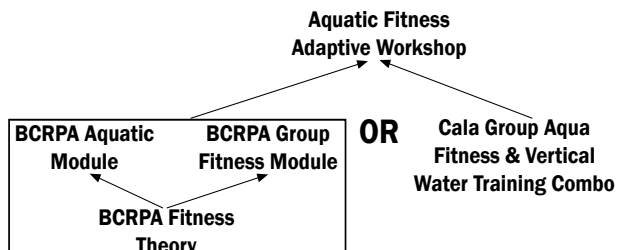
## Lifeguard Stream



## Instructor Stream

Leadership classes may be subject to a \$40.00 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. No withdrawals/refunds after class starts, except for medical reasons.

## Fitness Stream



## 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 – Pool/Core option (NLS) is worth 2 credits for Grade 12.
- Lifesaving Swim Instructor is worth 2 credits for Grade 11.



# LIFESAVING SOCIETY SWIM LESSONS



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

<b>Parent &amp; Tot 1 Jellyfish</b> 4-12 Months	Enter & exit the water safely with tot, readiness for submersion, hold tot on front with eye contact, hold tot on back with head & back support, front float (face out & asst.), back float (asst.), float wearing PFD (asst.), arms - splashing/ reaching/paddling (on front & back), & legs-tickling/splashing/kicking (on front & back).
<b>Parent &amp; Tot 2 Goldfish</b> 12-24 Months	Entry from sitting position (asst.), exit the water (asst.), blow bubbles on & in water, face wet & in water, attempt to recover object below surface, entry from sitting position wearing PFD & return (asst.), front float (face in & asst.), back float (asst.), kicking on front & back (asst.), & surface passes with continuous contact.
<b>Parent &amp; Tot 3 Seahorse</b> 24-36 Months	Jump entry (asst.), entry & submerge from sitting position (asst.), exit the water - unassisted, hold breath underwater (asst.), attempt to open eyes underwater, attempt to recover object from bottom, standing jump entry/return to edge (asst.), jump entry & float wearing PFD (asst.), front & back "starfish" floats (asst.), front & back "pencil" floats (asst.), kicking on front & back (asst.), & underwater passes.

## PRESCHOOL LESSONS (ages 3-5 years) - 30 minute classes

<b>Preschool 1 Octopus</b>	Enter & exit shallow water (asst.), jump into chest-deep water (asst.), face in water, blow bubbles in water, float on front & back (3 sec. each) asst., safe movement in shallow water wearing PFD, & glide on front & back (3m each) asst.
<b>Preschool 2 Crab</b>	Enter & exit shallow water wearing PFD, jump into chest-deep water, submerge, submerge & exhale 3 times, float on front & back (3 sec. each) wearing PFD or with buoyant aid, roll laterally front to back & back to front wearing PFD, glide on front & back (3m each) wearing PFD or with buoyant aid, & flutter kick on back with buoyant aid 5m.
<b>Preschool 3 Orca</b>	Jump into deep water wearing PFD & return & exit, sideways entry wearing PFD, hold breath underwater 3 sec., submerge & exhale 5 times, recover object from bottom in waist deep water, back float & roll to front & swim 3m, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front & back 3m each, flutter kick on back 5m, & flutter kick on front 5m.
<b>Preschool 4 Sea Lion</b>	Jump into deep water, return & exit, sideways entry, tread water 10 sec. wearing PFD, open eyes underwater, recover object from bottom in chest deep water, wearing a PFD-sideways entry into deep water-tread 15 sec.- swim/kick 5m, front float-roll to back-swim 5m, glide on side 3m, flutter kick on front 7m-on back 7m-on side 5m, & front crawl 5m wearing PFD.
<b>Preschool 5 Narwhal</b>	Forward roll entry wearing PFD, tread water 10 sec., submerge & hold breath 5 sec., recover object from bottom in chest-deep water, wearing PFD-sideways entry into deep water-tread 20 sec.-swim/kick 10m, whip kick in vertical position 20 sec. with a PFD or buoyant aid, front crawl 5m, back crawl 5m, interval training-4 x 5m flutter kick on back with 30 sec. rests.

## SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-2)/45 minute class (levels 3-6)/60 minute class (levels 7-9)

<b>Swimmer 1</b>	Enter & exit shallow water, jump into chest-deep water, jump into deep water wearing PFD, tread water 30 sec. wearing PFD, hold breath underwater 5 sec., submerge & exhale 5 times, open eyes underwater, float on front & back 5 sec. each, roll laterally front to back & back to front, glide on front/back & side 3m each, flutter kick on front & back 5m each, & front crawl 5m wearing PFD.
<b>Swimmer 2</b>	Jump into deep water-return & exit, sideways entry wearing PFD, tread water 15 sec., recover object from bottom in chest-deep water, wearing PFD-jump into deep water-tread 30 sec.-swim/kick 15m, flutter kick on front/back & side 10m each, whip kick in vertical position 30 sec. with aid, front crawl & back crawl 10m each, & interval training-4 x 5m flutter kick with 20 sec. rest.
<b>Swimmer 3</b>	Kneeling dive into deep water, forward roll entry into deep water, tread water 30 sec., handstand in shallow water, front somersault (in water), jump into deep water-tread 30 sec.-swim/kick 25m, flutter kick on back 5m-reverse direction & flutter kick on front 5m, flutter kick on front 5m-reverse direction & flutter kick on back 5m, whip kick on back 10m, front crawl & back crawl 15m each, & interval training-4 x 15m flutter kick with 20 sec. rest.
<b>Swimmer 4</b>	Standing dive into deep water, tread water 1 min., swim underwater 5m, roll entry into deep water-tread 1 min.-swim 50m, whip kick on front 15m, breaststroke arms drill 15m, front crawl & back crawl 25m each, interval training-4 x 25m front or back crawl with 20 sec. rests, & sprint front crawl 25m.
<b>Swimmer 5</b>	Shallow dive into deep water, tuck jump (cannonball) into deep water, jump entry into deep water-tread 2 min., stationary eggbeater kick 30 sec., back somersault (in water), roll entry into deep water-tread 90 sec.-swim 75m, breaststroke 25m, front crawl & back crawl 50m each, head-up front crawl 10m, interval training-4 x 50m front or back crawl with 30 sec. rests, interval training-4 x 15m breaststroke with 30 sec. rests, & sprint front crawl & back crawl 25m each.
<b>Swimmer 6</b>	Stride entry into deep water, compact jump into deep water, legs-only surface support 45 sec., swim underwater 10m to recover object, eggbeater kick on back 15m, scissor kick 15m, breaststroke 50m, front crawl & back crawl 100m each, head-up swim 25m, interval training-4 x 25m breaststroke with 30 sec. rests, sprint breaststroke 25m & workout 300m.
<b>Swimmer 7-9 Patrol</b>	After completing Swimmer 6 this is the next step. This course is a blended program where participants will work towards their Rookie Patrol, Ranger Patrol and Star Patrol certificates. Participants will continue to develop their strokes, increase their endurance and learn first aid and water rescue skills.
<b>Homeschool Lessons</b>	The regular Swimmer Program curriculum will be taught through a series of blended levels. Just indicate what level your child is at when you register. Parents & other siblings can choose to pay a drop in fee & play in the pool during the lesson time or network on the pool deck.

## 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 individuals 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? Need that extra practice to get you through to the next level? Register for a single private lesson.
<b>Personalized Lessons</b>	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? These private lessons follow the regular lesson set dates and times. Register for private lessons for the entire lesson set and receive 10% off.



# SWIMMING LESSONS

TO REGISTER SEE PAGE FOR ONLINE OR PHONE IN REGISTRATION INFORMATION

PLEASE NOTE: No Classes May 22 or Aug 7

**Summer Swim Lesson registration opens May 9th at 8:00 AM**



## SPRING LESSONS - AQUATIC CENTRE

LEVEL		MONDAY & WEDNESDAY	TUESDAY & THURSDAY
	<b>SPRING B</b>	May 8-31 (7) No class May 22	May 9-Jun 1 (8)
	<b>SPRING C</b>	Jun 5-28	Jun 6-29 (8)
<b>PARENT &amp; TOT 1 &amp; 2 JELLYFISH/GOLDFISH</b>		9:00am 4:45pm	5:20pm
<b>PARENT &amp; TOT 3 SEAHORSE</b>		9:35am 5:20pm	5:50pm
<b>PRESCHOOL 1 OCTOPUS</b>		9:00am 10:10am 3:00pm 3:35pm 4:10pm 4:45pm 5:55PM	3:00pm 3:35 pm 4:10PM 4:40pm 5:20pm
<b>PRESCHOOL 2 CRAB</b>		9:35am 3:35pm 4:45pm 5:55pm	3:00pm 4:10pm 5:20pm
<b>PRESCHOOL 3 ORCA</b>		10:10am 4:10pm	3:35pm 5:55pm
<b>PRESCHOOL 4 &amp; 5 SEA LION/NARWHAL</b>		5:20pm	4:45pm
<b>SWIMMER 1</b>		3:00pm 4:10pm 5:20pm 4:45pm	3:00pm 3:00pm 3:35pm 4:10pm 4:45pm 5:55pm
<b>SWIMMER 2</b>		3:35pm 4:10pm 5:20pm 5:55pm	3:35pm 4:10pm 4:45pm 5:15pm 5:55pm
<b>SWIMMER 3</b>		3:00pm 3:50pm 5:30pm	3:00pm 3:50pm
<b>SWIMMER 4</b>		3:00pm 3:50pm	3:00pm 3:50pm
<b>SWIMMER 5</b>		4:40pm	4:40pm
<b>SWIMMER 6</b>		4:40pm	5:30pm
<b>SWIMMER 5/6</b>			
<b>SWIMMER 7-9 PATROL</b>		5:30pm	
<b>HOMESCHOOL</b>			
<b>TEEN/ADULT BEGINNER</b>			
<b>TEEN/ADULT INT/ADV</b>			
<b>PRIVATE LESSONS</b>		5:55pm	
<b>PERSONALIZED LESSONS</b>		3:00pm	4:45pm 5:20pm 5:55pm

## SUMMER LESSONS - SPORTS CENTRE

LEVEL		MONDAY TO FRIDAY	TUESDAY & THURSDAY
	<b>SUMMER A</b>	Jul 3-14 (10)	Jul 4-27 (8)
	<b>SUMMER B</b>	Jul 17-28 (10)	
	<b>SUMMER C</b>	Jul 31-Aug 11 (9)	Aug 1-24 (8)
	<b>SUMMER D</b>	No class Aug 7 Aug 14-25	
<b>PARENT &amp; TOT 1, 2 &amp; 3 JELLYFISH/GOLDFISH/SEAHORSE</b>		4:25pm	5:50pm
<b>PRESCHOOL 1 OCTOPUS</b>		3:15pm, 3:50pm	5:15pm, 6:25pm
<b>PRESCHOOL 2 CRAB</b>		4:25pm	6:25pm
<b>PRESCHOOL 3 ORCA</b>		3:50pm	7:00pm
<b>PRESCHOOL 4 &amp; 5 SEA LION/NARWHAL</b>		4:25pm	7:00pm
<b>SWIMMER 1</b>		3:15pm	5:15pm, 5:50pm
<b>SWIMMER 2</b>		3:50pm	5:15pm
<b>SWIMMER 3</b>		3:15pm	5:50pm
<b>SWIMMER 4</b>		4:05pm	6:45pm
<b>SWIMMER 5/6</b>		3:15pm	5:50pm
<b>SWIMMER 7-9 PATROL</b>		4:05pm	6:45pm
<b>PRIVATE LESSONS</b>		3:15pm	5:15pm

CVRD SWIM LESSONS

**Please be advised we reserve the right to withdraw participants registered in the wrong level due to safety concerns.**

## LIFESAVING SOCIETY LEARN TO SWIM PROGRAM

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

### Important Swim Lesson Information:

- Participants please meet your swimming instructor on the pool deck by the sign for the appropriate level. You will have to have a cleaning shower before entering the water. If you/your child gets cold easily you may want to wait until just before the start of the class to get wet. Please remove your shoes before accessing the pool deck.
- Preschool levels and levels 1-2 generally take place in the Wave Pool with the occasional visit to the 25 meter pool Levels 3 and up will generally take place in the 25 meter pool.
- Some swim lessons such as the weekday morning lessons take place during public swimming times - so the pool space will be shared.





# SPRING/SUMMER PROGRAMS

## Learn to Ride at Unicorn Class (7-12)

Building a relationship with a horse is one of the most empowering things you can do! Through experiential learning participants will take part in daily horse care, safety, farm etiquette, animal first aid, horsemanship and learn to ride in a fun filled farm environment. For beginner levels. All abilities are welcome!

**Exhibition Grounds**  
**46394 Sundays**  
**May 21, 28 & Jun 4**  
**2:30-4:30 PM**  
**\$210.00 (3)**



## Youth Hot Shots Ball Hockey (7-13 & 14+)

Ball Hockey is played 5 on 5 on the arena floor when the ice is out and has similar rules to ice hockey. Imagine a combination of ice hockey and road hockey organized to the extreme and played on a full-sized ice hockey arena. Each class will start with skills & drills and end with a game. Gloves, helmet with a cage or face shield, stick and knee pads are required.

**Sports Centre Arena #1**  
**Saturdays**  
**May 27-Jul 15 (7) No class July 1**  
**46444 12:00-1:00 PM**  
**for 7-13 yr olds**  
**46445 4:00-5:00 PM**  
**for 14+ yr olds**  
**\$35.00**



## Rink Rats Ball Hockey (3-6)

Ball Hockey is played 5 on 5 on the arena floor when the ice is out and has similar rules to ice hockey. Imagine a combination of ice hockey and road hockey played on a half-sized ice hockey arena. Each class will start with skills & drills and end with a game. Gloves, helmet with a cage or face shield, stick and knee pads are required.

**Sports Centre Arena #2**  
**Mondays & Wednesdays**  
**46438 May 24-Jun 21 (9)**  
**46439 Jul 3-19 (6)**  
**4:00-4:45 PM**  
**\$45.00 (9)**



## Just Try It! (6-11)

### Spring Sports Extravaganza

This course will give the participants a chance to try multiple sports, meet new friends and have a blast at the Sports Centre. Participants will be introduced to a variety of sports including ball hockey, lacrosse (field & box styles), pickleball and more! Gloves, helmet with a cage or face shield, stick and knee pads are required. Participants should come dressed in comfortable athletic attire.

**Sports Centre Arena #1**  
**Saturdays**  
**46447 May 27-Jul 15 (7)**  
**No class July 1**  
**1:15-2:15 PM**  
**\$35.00**



## Intro to Rollerblade Hockey (7-13)

Just because the ice is gone, it doesn't mean hockey is over! Train in the off season on the dry arena floor. Each class will start with skills & drills and end with a game. Rollerblades, gloves, helmet with a cage or face shield, stick and knee & elbow pads are required.

**Sports Centre Arena #1**  
**Saturdays**  
**46446 May 27-Jul 15 (7)**  
**No class July 1**  
**2:30-3:30 PM**  
**\$35.00**



## Pickleball for Beginners (3-6 & 7-11)

Pickleball is a fun sport that combines many elements of tennis, badminton & ping pong. Each class will start with skills & drills and end with a game. Come dressed in comfortable athletic attire. It is recommended that you bring your own paddle if you have one and that you wear knee pads.

**Sports Centre Arena #1**  
**Mondays & Wednesdays**  
**May 24-Jun 21 (9)**  
**46440 5:00-5:45 PM 3-6 yrs**  
**46441 6:00-6:45 PM 7-11 yrs**  
**Jul 3-19 (6)**  
**46442 5:00-5:45 PM 3-6 yrs**  
**46443 6:00-6:45 PM 7-11 yrs**  
**\$45.00 (9)**



**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!



# SUMMER DAYCAMPS

## Summer Camps at a Glance

### July 3-7

River Explorers (7-12)  
Jr. Lifeguard Club (9-12)

### July 10-14

Gootastic (7-10)  
Splash Zone (7-11)

### July 17-21

River Explorers (7-12)  
Babysitter SUPERSTAR Course (11+)

### July 24-28

Wild & Wacky Outdoor Adventures (7-12)  
Ball Hockey (6-12)  
Swim to Survive (7-12)

### July 31-August 4

River Explorers (7-12)  
Ice Blades Skating Camp (6-12)  
Jr. Lifeguard Club – Open Water Challenge (9-12)

### August 8-11

Wild & Wacky Outdoor Adventures (7-12)  
H2Ox2 (6-12)  
Ships Ahoy (7-12)

### August 14-18

River Explorers (7-12)  
C.I.A. - CVRD Ice Academy (8-14)  
Splash Zone (7-11)

### August 21-25

Adventures in Magic (7-10)  
Coolest Game on Earth (7-12)  
Babysitter SUPERSTAR Course (11+)

### August 28-September 1

Impact Sports (6-12)  
C.I.A. - CVRD Ice Academy (8-14)

## River Explorers (7-12) Outdoor Adventure Daycamp

Tsolum River is the focus of this program. Learn about the river, it's history, stories, flora and fauna. Scavenge in the forest and find your craft supplies while making new friends. Program primarily takes place at the Exhibition Grounds. Each day will include a swim at the river, nature activities, games and other outdoor fun.

### Exhibition Grounds

**46753 Jul 3-7**

**46754 Jul 17-21**

**46755 Jul 31-Aug 4**

**46756 Aug 14-18**

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

**\$180.00 (5)**

## Gootastic Daycamp (7-10) Goopy, Sticky, Messy, Don't Try This at Home Camp

Spend the day making slimy concoctions, then get covered in it and get hosed off before going home. In between goo production spend the day getting wet, running around the track, getting dirty and having fun. Gloves and safety glasses provided when experiments like coke and Mentos are underway. Wear clothes you can get dirty and be prepared to sit on a garbage bag on the way home. If the weather is really nasty we may even may go for a swim or two during the week (either the pool or the river)

### Sports Centre

**46760 July 10-14**

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

**\$180.00 (5)**

## Junior Lifeguard Camp (9-12)

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.

### Sports Centre

**46768 July 3-7**

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

**\$180.00 (5)**

## Splash Zone (7-11) Aquatics Camp 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 every day! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

### Sports Centre

**46766 July 10-14**

**46767 Aug 14-18**

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

**\$180.00 (5)**



# SUMMER DAYCAMPS



## Wild & Wacky Outdoor Adventures (7-12)

### Outdoor Based Daycamp

Participate in a rainforest scavenger hunt and learn about the incredible characteristics of the rainforest – from the tallest cedar to the smallest banana slug! Explore nature in a whole new way. Play in the dirt, run through the woods and splash in the river. Program primarily takes place at the Exhibition Grounds and will include a swim at the Tsolum River each day.

### Exhibition Grounds

**46757 July 24-28 (5)**

**46758 Aug 8-11 (4)**

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

**\$180.00 (5)**

## Babysitter SUPERSTAR Course (11+)

Do you want to become an aquatic and babysitter superstar? Learn the basics of babysitting and earn your Red Cross Babysitters Certificate while also working on your junior lifeguarding skills. What a great combo – serious fun for serious kids! Includes swimming, mini first aid kit and manual. Please bring a doll or teddy bear (the approx. size of a baby), healthy lunch and swim gear.

### Sports Centre

**46772 July 17-21**

**46773 Aug 21-25**

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

**\$180.00 (5)**

## Ball Hockey Introduction Camp (6-12)

### Sports Based Daycamp

Limited ball hockey experience? Or just missing the ice? We have a camp for that. This camp will include skill-based activities focusing on ball handling, shooting and scoring techniques, passing drills, deking, tips, screens & rebounds. Tons of weeklong fun for your hockey nut. You will need to provide your own hockey stick and helmet with face guard. Gloves recommended. Be prepared to get wet at some outside water games for a quick cool down each day.

### Sports Centre Arena #2

**46493 July 24-28 (5)**

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

**\$180.00**

## Swim to Survive (7-12)

### Aquatic Daycamp

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 week. 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.

### Sports Centre

**46774 July 24-28**

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

**\$180.00 (5)**

## Ice Blades Skating Camp (6-12)

Fun, skating and games is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters that want to improve their skills. This program will help you decide what ice activities to sign up for in the fall: more skating lessons, figure skating or hockey. Lots of fun and games – at least 2 hours of ice time every day. Skate rentals are included.

### Sports Centre Arena #1

**46494 July 31-Aug 4 (5)**

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

**\$180.00**

## Surfs Up (5-11)

### Pro-D Daycamp for Kids

Ride the waves and slides at our water park all day! See further information on page 101.

### Aquatic Centre

**42565 Friday, Jun 30**

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

**\$40.00**

# SUMMER DAYCAMPS

## Junior Lifeguard Camp (9-12)

### Open Water Challenge

This Junior Lifeguard Camp is very similar to the July camp except it is primarily outside. Jr. Guards will learn and practice open water rescues at the ocean, lake and river in addition to the pool. Different drop off/pick up location each day. See daycamp schedule for more information.

### Varied Locations

**46771 July 31-Aug. 4**

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

**\$180.00 (5)**

## Ship's Ahoy (7-12)

### Nautical Themed Aquatics Camp

Does your child spend time on your friend's or family's boat? Want them to learn the boating basics and how to be safe in and around the water? This program offers participants an opportunity to learn about many aspects of safe boating including: basic navigation regulations and "rules of the road", responding to emergencies and general pleasure craft operation knowledge (i.e. safety equipment, buoys, beacons, weather, etc.). In the pool the kids will learn how to self-rescue and rescue others, practice the HELP position and capsizing/righting a canoe. Great learning opportunity and guaranteed fun.

### Sports Centre

**46776 Aug 8-11**

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

**\$144.00 (4)**

## H2O x2 (6-12)

### Swim & Skate Daycamp

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

### Sports Centre

**46589 Aug 8-11 (4)**

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

**\$144.00**

## Adventures in Magic

(7-10)

### Imagination Outdoor Daycamp

In this camp you will get to make potions and magic wands and build a fairy house in addition to going on a forest walk looking for the "hidden people" and swimming at the enchanted Tsolum River or skate on our magical frozen lake (Arena #1) each day. Skate rentals included.

### Exhibition Grounds

**46759 Aug 21-25**

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

**\$180.00 (5)**

## Coollest Game on Earth (7-12)\*\*

### Introduction Hockey Camp

Learn how to play the coolest game on earth in a fun, non-competitive environment. Our coaching staff will be focusing on skill development. Beginner's level of skating is required as well as the ability to change themselves and tie their own skates. Skate rentals are included.

### Sports Centre Arena #1

**46587 Aug 21-25 (5)**

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

**\$180.00**

***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!***





# SUMMER DAYCAMPS



## **C.I.A. - CVRD Ice Academy (8-14)\*\*\***

### **Intermediate Hockey Skills & Conditioning Camp**

This camp is designed to condition and improve the skills of intermediate players that are looking for a summer ice fix. Players will improve performance in their endurance, agility and skill development in this fast paced camp. There will be a skills competition on the last day. Full gear is required.

#### **Sports Centre Arena #1**

**46490 Aug 14-18 (5)**

**46491 Aug 28-Sep 1 (5)**

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

**\$180.00**

## **Impact Sports Daycamp (6-12)**

### **Skate & Play Sports**

This action packed camp will introduce your kids to a ton of sports. We will be using the track, playing skill development games and introducing a variety of field sports each day in addition to some ice time each day. Great daycamp for those high energy kids that just want to have fun. Come prepared for all weather and conditions. Skate rentals included.

#### **Sports Centre Arena #1**

**46492 Aug 28-Sep 1 (5)**

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

**\$180.00**

**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.

# PUBLIC ICE PROGRAMS

UNTIL MAY 21, 2023

**Please note: All programs are on Arena #1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
65+ Hockey 10:30-12:00pm	70+ Hockey 10:30-12:00pm	65+ Hockey 10:30-12:00pm	70+ Hockey 10:30-12:00pm	65+ Hockey 10:30-12:00pm	<b>PLEASE NOTE: All skaters must wear a CSA approved helmet - limited helmets available on site! Please bring one from home.</b>	
Everyone Welcome 12:15-1:15pm	Stick & Puck 12:15-1:45pm	Everyone Welcome 12:15-1:15pm	Stick & Puck 12:15-1:45pm	Everyone Welcome 12:15-1:15pm		
55+ Hockey 1:30-3:00pm		55+ Hockey 1:30-3:00pm		55+ Hockey 1:30-3:00pm		
	Everyone Welcome & Shinny 3:00-4:45pm		Everyone Welcome & Shinny 3:00-4:45pm	Everyone Welcome & Shinny 3:00-4:45pm	Everyone Welcome 3:00-5:00pm	
		Everyone Welcome & Shinny 6:30-8:30pm				

## Programs Available by Booking

**Save time and book your space online.** When you book your hockey spot the space is reserved for you. You can book your space up to 10 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online or wish to use your LEAP pass please contact a customer service representative at 250-334-9622.

### Hockey (55+, 65+ & 70+)

Full hockey gear including helmet required. **Please book your space online.** Limited to 26 players/2 goalies. Please note the various age divisions.

#### Skate Sharpening—\$5.80

Books of 10 economy tickets available

##### Hours of Operation:

Mon/Wed	10:30-3:00 PM
Wed	6:30-8:30 PM
Tue/Thu/Fri	10:30-1:45 PM
	3:00-4:45 PM
Sat/Sun	3:00-5:00 PM

#### Skate Rentals—\$3.75

Books of 10 economy tickets available

#### Hockey Sleds - FREE

2 adult & 2 child sized sleds on site - available for free use

## Drop in Programs

### Everyone Welcome Skate

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

### Shinny Hockey

All ages welcome! A soft puck will be used and a portion of the rink will be blocked off for participants to play shinny hockey. All participants must wear a helmet, gloves, long sleeve shirt and pants. Don't forget your stick. Limited to 20 players/2 goalies max.

### Stick & Puck

This session focuses on individual stick handling and puck shooting activities to help maintain your hockey conditioning and skills. Casual hockey skills practice with no passing, game play/scrimmages, group drills or competition. Limited to 20 people max. As hard pucks will be permitted - participants should be wearing full gear but at a minimum must have a helmet & gloves. All ages welcome!



# PUBLIC ICE PROGRAMS

## SUMMER PUBLIC SKATING

### Arena #1 - July 31-September 3

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
55+ Hockey 9:30-10:45 AM	55+ Hockey 9:30-10:45 AM	55+ Hockey 9:30-10:45 AM	
Everyone Welcome 6:00-7:30 PM	Everyone Welcome 6:00-7:30 PM		Everyone Welcome 3:15-5:00 PM

### Ice Blades (3-12)

#### Learn to Skate Program

These lessons are designed with the beginner in mind! Our program offers an introduction into the world of ice-skating. Skate rentals are included but participants must supply their own CSA approved helmet.

#### Sports Centre Arena #1

#### Saturdays

Aug 5-Sep 2 (5)

1:45-2:15 PM for ages 6+

(Flurry – Iceberg)

2:30-3:00 PM for ages 3-5

(Arctic Bunny – Arctic Owl)

\$34.25

### Private Skating Lessons (all ages)

Want to learn how to skate or work on your hockey skills? All ages welcome at our private lessons. Please call 334-9622 ext 0 to book your time.

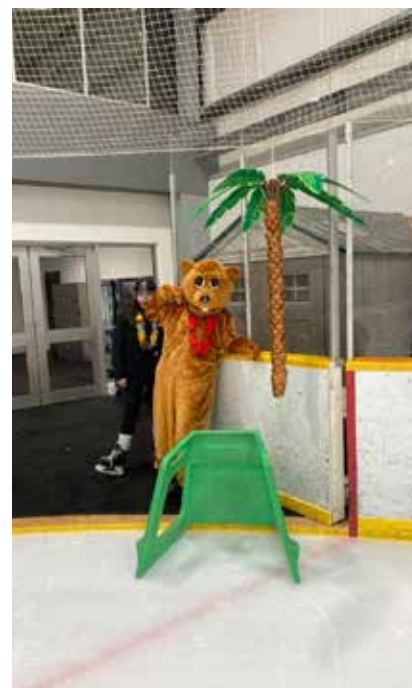
#### Sports Centre Arena #1

Saturdays Aug 5-Sep 2

12:30-1:00 PM

1:15-1:45 PM

\$32.15 per ½ hr



### Parent & Tot Skating Lessons (2-5 + Adult)

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, it's all about the fun. Skate rentals are included but all participants must supply their own CSA approved helmet.

#### Sports Centre Arena #1

#### Saturdays

46942 Aug 5-Sep 2 (5)

1:15-1:45 PM

\$34.25



### Short Notice Ice Rental

In addition to regular arena rentals we offer Short Notice Ice Rentals that are available Monday to Friday during our pre-season/regular season for \$40 per hour and spring/summer season all the days of the week for \$60 per hour (excluding statutory holidays). You can only book a maximum of 2 days in advance through the administration office and regular rental procedures are in effect including insurance requirements. Please note: you must book weekend rentals by Friday at 2 PM.

To book your ice time or register for a program please visit [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec) or call 250-334-9622.

### Tiny Tot Hockey (3-6)

#### Level 1 & 2

Learn basic hockey skills and play a real hockey game every day! Coaches will introduce your child to the world of hockey through drills and skill development. Full gear required.

#### Sports Centre Arena #1

#### Saturdays

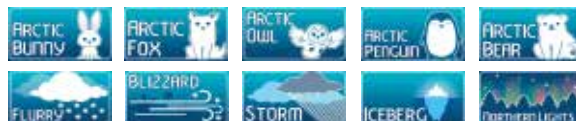
46941 Aug 5-Sep 2 (5)

12:30-1:15 PM

\$46.00



# REGISTERED ICE PROGRAM DESCRIPTIONS



<b>Parent &amp; Tot Skating Lessons (Ages 2-5 years) - 30 minute classes</b>	
<b>Parent &amp; Tot Skating Lessons</b>	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!
<b>Parent &amp; Tot Hockey Lessons***</b>	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. Kids require full gear/parents just need a helmet with cage/face shield.
<b>H2O X 2</b>	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 1/2 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 1/2 hour. Save time and money with this combo program.
<b>Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 30 minute classes</b>	
<b>Arctic Bunny</b>	Using games and activities participants will spend quality time learning how to become comfortable on the ice. Proper form and balance is introduced and practiced.
<b>Arctic Fox</b>	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
<b>Arctic Owl</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Arctic Penguin</b>	More complex skating positioning is introduced, such as slalom ski and outside edge work. Participants are encouraged to practice a combination of at least three basic skills together.
<b>Arctic Bear</b>	Participants are comfortable doing backwards crossovers and are introduced to parallel stopping. Participants are encouraged to practice a combination of at least four basic skills together.
<b>Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes</b>	
<b>Flurry</b>	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
<b>Blizzard</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Storm</b>	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
<b>Iceberg</b>	Participants are introduced to parallel stops and pumping for speed.
<b>Northern Lights</b>	Participants are comfortable with advanced skills such as pivots, mohawk turns and staggered slalom ski course.
<b>Homeschool Lessons</b>	The regular Ice Blades program curriculum will be taught through a series of blended levels. Just inform the customer service representative what level your child is in when you register. Parents and other siblings can choose to pay a drop in fee and skate during the lesson time or network in the lobby.
<b>Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots &amp; 1 hour classes for Coolest Game</b>	
<b>Tiny Tot Hockey (3-6 yr)***</b>	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. <i>All tiny tot participants and their families from the 2022-23 season are invited to the wrap up party on May 20th 3:00-5:00 PM - please register your tiny tot at the front desk.</i>
<b>Coolest Game on Earth (7-13 yr)**</b>	If you have never played ice hockey before, this is the program for you. Learn the basic skills and have fun. All participants must be able to skate on their own.
<b>Para Ice Hockey (Ages 5+ Years) - 1.25 hour classes</b>	
<b>Para Ice Hockey (5-14 yrs or 15+ yrs)***</b>	Para Ice Hockey (formerly known as Sledge Hockey) is an adapted version of stand up ice hockey. Participation is open to both people with physical disabilities and people who are able bodied. Instead of skates, players sit in specially designed sleds. Players move around on the ice using two sticks, which have a spike-end for pushing and a blade-end for shooting. Upper body strength, core stability and finger dexterity are necessary for full, independent participation in the sport. Adaptations such as push bars, anti-tippers, chest straps and higher backs on the sledges are available for those who may need the extra support. The first ½ hr of the program is spent getting ready (gear on/strapping into sled) then the 45 min class is spent developing your skills and having fun. Shin pads, helmet with cage, gloves and elbow pads.
<b>Discover Hockey (Ages 18+) - 1.25 hour classes</b>	
<b>Discover Hockey (18+)***</b>	The goal of the program is to improve participants hockey skills to the point that they would feel comfortable joining a beginner hockey league. Expect lots of support in a positive learning environment, increased love of the game and to have fun. Program includes on ice instructional sessions and 4 officiated games. Fall session is \$264.28 + \$40.00 for a hockey jersey if you don't already have one (15 classes)
<b>Private Lessons (Ages 3+) - 30 minute classes</b>	
<b>Private Lessons</b>	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$30.60 per 1/2 hour (+tax for those 14+). All ages and abilities welcome at our private lessons. Please call 334-9622 ext 0 to register or ext 3708 if you are interested in alternative days/times.



## CVHL - Comox Valley Hockey League

### Adult Recreational & Intermediate Hockey League (18+)

The CVHL is a partnership between the CVRD, Comox Valley Sports & Social Club and 19 Wing Recreation that offers a non-contact, blended, adult recreational and intermediate hockey league. Register as a team of up to 20 skaters (including goalie) or sign up for the singles team (17 players max). Round up some friends today and join in on the action. The new Recreational Division is designed to help a wider range of adults play the game we love. If you're newer to hockey or just looking to play at a slower pace than the intermediate divisions, this is the level for you.

**For more information, or to register, visit [www.comoxvalleysports.ca](http://www.comoxvalleysports.ca) or contact Scott Petersen at the Comox Valley Sports & Social Club via email at [scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca). Registration opens on May 15, 2023!**

#### Intermediate Division:

General Game Schedule Based on 20 Teams (25 games per team including playoffs):

Sep 14, 2023 – Mar 15, 2024

No Regular Games on Oct 8 & 31, Dec 21-Jan 3 & Feb 11

Extra Games on Saturday, Nov 11

Sunday – CVRD Arena #2 – 8:00 PM & 9:30 PM

Tuesday – CVRD Arena #2 – 8:45 PM & 10:15 PM

Thursday – CVRD Arena #2 – 8:15 PM & 9:45 PM

Thursday – Glacier Gardens – 7:00 PM & 8:30 PM

Friday – CVRD Arena #2 – 8:30 PM & 10:00 PM

#### Recreational Division:

General Game Schedule Based on 4 Teams (10 games per team including playoffs):

Session 1 - Sep 24 – Dec 3, 2023 No game Oct 8

Session 2 - Jan 7 – Mar 17, 2024 No game on Feb 11

Sunday – CVRD Arena #2 – 5:00 PM & 6:30 PM

#### Additional Program Information:

Per Intermediate Team of up to 20 Skaters (including goalie) – \$7,013.00 + CARHA Insurance

Per Recreational Team of up to 20 Skaters (including goalie) – \$2,805.00 + CARHA Insurance

Single Intermediate - \$413.00 + \$50.00 for jersey + \$25.00 CARHA Insurance

Single Recreational - \$165.00 + \$50.00 for jersey + \$25.00 CARHA Insurance

#### Payment & Registration Information:

##### General Information:

- Registration opens on May 15, 2023 for all divisions. Teams MUST be registered by June 15th for the 2023-2024 season. Please register by visiting [www.comoxvalleysports.ca](http://www.comoxvalleysports.ca) or by contacting Scott Petersen at the Comox Valley Sports & Social Club via email at [scott@comoxvalleysports.ca](mailto:scott@comoxvalleysports.ca).
- All teams will need to pay the CVRD a \$500 deposit to hold their spot. Teams will receive an invoice within a few days of their registration.,
- Great rates - only \$16.50 a game based on 17 players a team!

##### Intermediate Division Information:

- The second fee payment for teams is due on August 1, 2023 in the amount of \$4,760.00.
- The final fee payment for teams is due on November 30, 2023 in the amount of \$1753.00.
- Singles players will receive an invoice from the CVRD for the entire amount shortly after registration that will be due by August 1, 2023.

##### Recreation Division Information:

- The final fee payment for teams is due on August 1, 2023 in the amount of \$2,305.00 for session 1.
- Teams need to register for session 2 by November 15, 2023 and pay the CVRD invoice for the full registration amount by November 30, 2023.
- Singles players will receive an invoice from the CVRD for the entire amount shortly after registration that will be due by August 1, 2023 for session 1 and November 30, 2023 for session 2.





★ Be personally prepared

# Prepare for Disaster. Recover Faster.

## Emergency Preparedness can be:

- Knowing the hazards in your area
- Building an emergency kit
- Making a plan
- Registering for emergency notifications



For more information visit: [www.comoxvalleyrd.ca/emergency](http://www.comoxvalleyrd.ca/emergency)

IN PARTNERSHIP WITH



CITY OF  
**COURTENAY**



Kómoks First Nation



TOWN OF  
**COMOX**



**Comox Valley**  
REGIONAL DISTRICT

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