

COMOX VALLEY RECREATION GUIDE

FALL 2026



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THE VILLAGE OF
CUMBERLAND

37



Courtenay
Recreation

47



Comox Valley
LOCAL GOVERNMENT

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19 Wing
Comox

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Message from the Senior Manager of Recreation Services

Welcome to our Fall Recreation Guide!

As the days grow shorter and the routines return, we invite you to explore the many programs, activities, and events available throughout the Comox Valley. Whether you are looking to stay active, learn a new skill, connect with others, or spend quality time with family and friends, our Recreation Services team is committed to providing welcoming and inclusive opportunities for all ages and abilities.

Thank you for being part of our community. We look forward to seeing you in our facilities and programs this fall.

For more details on special events and programs go to our website at www.comoxvalleyrd.ca

Trish Morgan
Senior Manager of Recreation Services



CVRD SPORTS CENTRE EXHIBITION GROUNDS

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.

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 25m pool, fitness studio, sauna, steam room, hot tub, meeting room and swim shop.

4839 Headquarters Road Courtenay
Phone 250-334-9622

Horseback riding, special events and other seasonal activities. Riding ring pass options available:

Monthly Pass (person) \$28.57
Monthly Pass (family) \$68.57
Annual Pass (person) \$85.72
Annual Pass (family) \$211.44

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

Facilities Closed for Stat Holidays

Sep 30
Oct 12
Nov 11
Dec 24
Dec 25
Dec 26
Dec 31
Dec 31
Jan 1, 2027

National Truth & Reconciliation Day - closed
Thanksgiving - Pools are closed
Remembrance Day - Pools are closed
Both Facilities closed at 3:00 pm
Christmas - closed
Boxing Day - closed
Aquatic Centre closed at 3:00 pm
CV Sports Centre - See page 127 for NYE Event!
New Year's Day - closed



Shower First

Before Swimming



Cleanliness Matters

Taking a shower before swimming helps remove dirt, sweat, and oils from your body, reducing the risk of contaminants in the pool.

Respect Others

Showering before entering the pool shows respect for fellow swimmers by maintaining a clean and sanitary environment.

Enhanced Comfort

Starting your swim with a quick shower keeps the pool clean and refreshes your body, improving your overall swimming experience.

Community Responsibility

Keeping our public pools clean is a shared responsibility. Showering before you swim contributes to the entire community's well-being.



ADMISSION RATES - SEPTEMBER 1, 2026 TO AUGUST 31, 2027

<i>Please note: Cash payments will be penny rounded.</i>	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	\$3.63	\$32.69	\$43.58	\$111.16	\$183.06	\$287.64
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$4.26	\$38.37	\$51.16	\$130.48	\$214.85	\$337.65
ADULT (19-59)	\$6.79	\$61.11	\$81.48	\$207.80	\$342.22	\$537.76
SENIOR (60-84)	\$5.74	\$51.63	\$68.85	\$175.59	\$289.17	\$454.39
GOLDEN AGE (85+)	NO CHARGE					
FAMILY (6 MAX - MIN 1 ADULT/SENIOR & 1 CHILD/TEEN)	\$14.53	\$130.74	\$174.32	\$444.55	\$732.14	\$1150.52
LOCKERS	\$0.50	N/A	MEMBERSHIP PASSES: Membership fees take into consideration the shorter arena season and pool shutdowns. - Drop-in activities may be subject to change or cancellation. - Prorated refunds may be granted for medical reasons with a doctor's note, or proof of relocation outside the CVRD. - 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.			
SKATE RENTAL	\$4.21	\$37.90				
SKATE SHARPENING	\$6.42	\$57.79				
KAYAK SWIM	\$9.37	\$84.32				
<i>Monthly & annual memberships are now available to purchase online! Please note if you do not have a membership card, you must have one printed at the customer service desk.</i>						

Swimming & Ice Lesson Costs

30 Minute Class

School age (ages 6-13)

10 Classes - \$79.00

Preschool (5 & under)

10 Classes - \$80.50

45 Minute Class

10 Classes - \$108.40

1 Hour Class

10 Classes - \$127.90

Private Lessons

Private - \$35.90

All lessons are pro-rated based on the number of classes in each course.

Special Sessions

Super Saver Admission \$2.63/person

Professional Admission \$23.47/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 \$3.16 each

Adult \$5.79 each

Senior \$4.74 each

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

BIRTHDAY PARTIES

Call 250-334-9622, ext 0 for party 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, plus 12 locker tokens and 3 hour room rental.

Cost: \$76.90

*Additional admissions can be purchased upon arrival.

Availability

Most Everyone Welcome Swims at the Aquatic Centre - *pre registration required.*

Cancellations & refunds

*If you cancel more than 48 hours before your booking, a \$7.90 withdraw fee applies.

*If you cancel within 48 hours, no refunds will be issued.

Cancellation in person or by phone only.

Register Online!

SKATE BIRTHDAY PARTY PACKAGES (Sports Centre)

Includes skating for up to **10 children and 2 adults** during an Everyone Welcome Skate, plus skate rentals and room rental.

Cost: \$76.90

*Possible Add on: Zamboni ride for the Birthday child- \$37.90 (*subject to availability in Arena 2*)

Availability

(September - May)
Saturdays, Sundays and select weekdays- *pre registration required.*

Cancellations & refunds

*If you cancel more than 48 hours before your booking, a \$7.90 withdraw fee applies.

*If you cancel within 48 hours, no refunds will be issued.

Cancellation in person or by phone only.

Register Online!

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for one hour, for up to 100 people. Includes room rental and birthday child gets a Zamboni ride! Please note times are subject to ice availability, which are often very limited due to full programming. Cost is \$198.75 plus tax + insurance

(14 day cancellation notice required)

To book ice time please visit www.comoxvalleyrd.ca/parks-recreation/recreation-facilities/facility-rentals to check ice availability, and **submit a booking request form.**

WAVE POOL PARTY AQUATIC CENTRE

Up to 25 people can enjoy the wave pool and waterslides at this shared rental space

12:00-1:00 pm Saturdays & Sundays!

Room booking **may** be available on Saturdays for an additional charge. Cost is \$142.80 plus tax (Pre-register)

Sep 12 - Dec 27, 2026

(Locker tokens and room rental are an additional cost - 7 day cancellation notice required) **Register Online!**

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 \$37.90 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.

Birthday Party Room Damage/Cleaning Fee

A \$47.37 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).



Fall registration opens Monday, August 10 at 8:00 am!



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Fall Registration starts August 10

COMOX VALLEY AQUATIC CENTRE POOLS

(377 LERWICK ROAD, COURTENAY, B.C.)

SEPTEMBER 8, 2026 - DECEMBER 31, 2026

WAVE POOL Please note facility is CLOSED statutory holidays.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Easy Flow Swim Monday to Friday 6:00-9:00 am Shared Space - Leisure/Rehab Drop In's & Rentals/Programs					Easy Flow Swim 6:00-8:00 am	
				Tot w/ Adult 9:00-11:00 am	Tot w/ Adult 8:00-9:00 am	
Everyone Welcome 11:00-1:00 pm Waves & Slides Open					Wave Pool Party Rentals 12:00-1:00 pm Register online or call to book!	
Everyone Welcome 6:30-8:00 pm Waves & Slides Open				Everyone Welcome 1:00-9:30 pm Waves & Slides Open	Everyone Welcome 1:00-4:30 pm Waves & Slides Open	
16+ Swim 8:00-9:30 pm Shared Space - Leisure/Rehab Drop In's & Rentals/Programs Waves & Slides & Diving Board Open						

25 METRE POOL Please note facility is CLOSED statutory holidays.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim+ 6:00-11:00 am Shared Space - Lengths (min 2) & Rentals/Programs <i>No Lanes M/W/F 10-11am, T/T 9-10 am</i>					Lane Swim+ 6:00 AM-1:00 pm Lengths (min 2)	
						Lane Swim + 8:00-4:30 pm 8:00-9:00 am - Lengths (up to 8) 9:00-4:30 pm-Lengths (min 2)
Everyone Welcome /Lane swim 11:00 am-1:00 pm Waves & Slides Open - Lengths (min 2)					Kayak Hour 12:00-1:00 pm	
Lane Swim+ 1:00-8:00 pm Shared Space - Lengths (min 2) & Rentals/Programs					Everyone Welcome 1:00-4:30 pm Waves & Slides Open - Lengths (min 2)	
				Everyone Welcome 2:00-9:30 pm Waves & Slides Open +Lengths (min 2)	FITNESS SCHEDULE See Page 122 See Page 116 for SPECIAL SWIMS and SCHEDULE CHANGES	
16+ Swim 8:00-9:30 pm Shared Space - Lengths (min 2) & Rentals/Programs Waves & Slides & Diving Board Open						

AQUATIC CENTRE FITNESS STUDIO (*16+) & HOT TUB HOURS (12+)

September 8, 2026 - March 13, 2027

Monday – Friday 6:00 am - 9:15 pm
 Saturday 6:00 am - 4:15 pm
 Sunday 8:00 am - 4:15 pm

*Please note: persons 12-15 may use the Fitness Studio when supervised by an adult.

SPORTS CENTRE WELLNESS CENTRE (*16+)

September 8, 2026 - March 13, 2027

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

*Please note: persons 12-15 may use the Wellness Centre when supervised by an adult.

SPORTS CENTRE POOL & WELLNESS CENTRE

(3001 VANIER DRIVE, COURTENAY, B.C.)

SEPTEMBER 8, 2026 - DECEMBER 31, 2026

25 METRE LANE POOL

Please note Sports Centre Pool is **CLOSED** for Winter Break Dec 18, 2026- January 3, 2027 and statutory holidays.

MON	TUES	WED	THUR	FRI
Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2) & Rentals/Programs				Lane Swim 6:00-7:30 am Shared Space - Lengths (min 2) & Rentals/Programs
Swim Fit 7:45-8:45 am REGISTERED Swim with workout and stroke correction		Swim Fit 7:45-8:45 am REGISTERED Swim with workout and stroke correction		Swim Fit 7:45-8:45 am REGISTERED Swim with workout and stroke correction
Easy Flow Swim 8:45 am-1:30 pm Shared Space - Leisure/ Rehab Drop In's & Rentals/ Programs - 2 lanes for lane swim		Easy Flow Swim 8:45 am-1:30 pm Shared Space - Leisure/ Rehab Drop In's & Rentals/ Programs - 2 lanes for lane swim		Easy Flow Swim 8:45 am-1:30 pm Shared Space - Leisure/ Rehab Drop In's & Rentals/ Programs - 2 lanes for lane swim
	Water Polo 8:15pm - 9:30pm		Water Polo 8:15pm - 9:30pm	

COMOX VALLEY SPORTS & AQUATIC CENTRE POOL RULES

In our pools 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 glass containers 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 all the changerooms for your convenience.

WELLNESS CENTRE SUPERVISED HOURS

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 - Thursday **7:00pm - 9:00pm**
Friday **5:00pm - 7:00pm**

SPORTS CENTRE SAUNA & HOT TUB (*12+)

September 8, 2026- June 30, 2027

Monday 6:00 am - 1:30 pm
Wednesday 6:00 am - 1:30 pm
Friday 6:00 am - 1:30 pm

**Plus additional hours if open for rentals.*

Please Note: Sauna & Hot Tub will be closed for Winter Break (Dec 18, 2026-Jan 3, 2027) and on Statutory Holidays.



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Fall Registration starts August 10

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. 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.

Tot with Adult Swim **NEW!**

This swim is targeted for toddlers/child(ren) with their adult looking for a more relaxed pace than the Everyone Welcome Swim. At all times in & out of water, children less than 6 years of age **MUST** be under the direct supervision of a responsible adult. The wave and slides will not be available. Rentals and programs could take place in the pools at the same time so the space will be shared. Please give organized group activities the right of way.

Easy Flow 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 not be available and a minimum of 2 lanes will be reserved for length swimmers if the 25 M Lane Pool is open. Rentals and programs could take 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. Some nights have value added programs such as scuba, water polo or volleyball. Check the schedule for dates/times.

Kayak Hour

Bring your kayak and practice your moves. \$9.37 per person with kayak. Sharing a kayak - extra kayakers pay regular admission. - *limited spots available*

Water Play (all ages)

September 11, 2026 - April 30, 2027

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

Regular admission rates apply.

Fridays 7:00-8:30 pm

Saturdays 1:00-2:30 pm

Sundays 1:00-2:30 pm

Special Swims & Schedule Changes

Sept 21 Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-5:00 pm

Oct 17 Sharks Swim Meet - CVAC 25 Metre Lane Pool Closed at 1:00 pm

Oct 23 Pro-D Day CVAC Wave Pool SuperSaver Swim 3:00-5:00 pm

Nov 14 Sharks Swim Meet - CVAC 25 Metre Lane Pool Closed at 1:00 pm

Dec 20 Extra Easy Flow Swim 9:00 am-1:00 pm at CVAC

Dec 21- 23 Winter Break CVAC Wave Pool Extra Easy Flow Swim 3:00-5:30 pm

Dec 27 Extra Easy Flow swim 9:00-1:00 pm at CVAC

Dec 28 - 30 Extra Easy Flow Swim 3:00-5:30 pm

Dec 31 CVSC New Year's Eve Swim & Skate 5:00-8:00 pm

Jan 1 STAT - CLOSED

SCUBA (13+)

The CVRD has partnered with Pacific Pro Dive so youth aged 13+ and adults can give scuba a try at no additional cost. Please note: youth aged 13-18

Try It Scuba

30-minute sessions available - 1st come, 1st served. Sign up on the pool deck starting at 8:00 pm.

Contact www.pacificprodive.com for more info.

Aquatic Centre

Mondays Oct 19 -Dec 14

Mondays Jan 4 -Mar 8

8:00-9:30 pm

Regular Admission



Water Polo (13+) at the SPORTS CENTRE

September 10, 2026 - April 29, 2027

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 8:15-9:30 pm

Thursdays 8:15-9:30 pm

HOW TO REGISTER FOR LESSONS & PROGRAMS

You may register for 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.

ONLINE

The preferred option!

Go to www.comoxvalleyrd.ca/rec and click on the Register for Activities & Programs button or access login directly at 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

September to June

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

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

July and August

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

Sat 8:00 am-11:30 am

phone-in registrations are not available on statutory holidays.

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 prior to a course start date, or before the end of the 3rd class, a \$7.90 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.*

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

3. 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.*

Late Registrations:

Most programs allow for late registration. Swimming and ice lesson registration will only be accepted until the 3rd class.

**Fall Registration Opens
Monday, Aug 10, 2026
at 8:00 am!**



FINANCIAL ASSISTANCE FOR RECREATION SERVICES

Leisure for Everyone Accessibility Program (LEAP)

LEAP provides eligible Comox Valley residents with 52 FREE drop-ins to each municipal recreation department – the CVRD, City of Courtenay, Town of Comox and Village of Cumberland. LEAP participants also receive a \$350 subsidy per family member, that can be used towards the cost of registered CVRD recreation programs at the CVRD Sports and Aquatic Centres. The subsidy can be applied when registering for programs online or in-person.

Regional financial assistance programs have been combined into one simple form that you can use to apply for LEAP and your home community's program (City of Courtenay RAP, Town of Comox TRIP and Village of Cumberland FAIR) in a single step. Please apply at your local recreation centre or online.

www.comoxvalleyrd.ca/parks-recreation/admission-fees-memberships/financial-assistance



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Fall Registration starts August 10

SWIM LESSON COURSE DESCRIPTIONS



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

Parent & Tot 1 Jellyfish (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).
Parent & Tot 2 Goldfish (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.
Parent & Tot 3 Seahorse (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)

Preschool 1 Octopus	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.
Preschool 2 Crab	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.
Preschool 3 Orca	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.
Preschool 4 Sea Lion	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.
Preschool 5 Narwhal	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)

Swimmer 1	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.
Swimmer 2	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.
Swimmer 3	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.
Swimmer 4	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.
Swimmer 5	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.
Swimmer 6	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.
Swimmer 7-9 Patrol	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.

TEEN & ADULT LESSONS Ages 12+ (45 minute classes)

Teen/Adult Beginner	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?
Teen/Adult Inter/Advanced	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)

Single	Does your child keep repeating the same level? Need that little extra practice to get you through? Do you have two kids around the same skill level and regular lesson times don't work for you? Register for a single private lesson. Book up to two children per private session.
Personalized Lesson Package	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.

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

SWIMMING LESSONS

TO REGISTER SEE PAGE 117 FOR ONLINE OR PHONE IN REGISTRATION INFORMATION

FALL Swim Lesson REGISTRATION OPENS AT 8:00 AM, MONDAY AUGUST 10

LESSONS - AQUATIC CENTRE

	MONDAY ONLY Sep 14-Dec 7 (11) <i>No class Sep 21 & Oct 12</i>	TUESDAY & THURSDAY Sep 10-Oct 8 (9) Oct 13-Nov 12 (10) Nov 17-Dec 17 (10)	WEDNESDAY ONLY Sep 9-Dec 9 (12) <i>No class Sep 30 & Nov 11</i>	SATURDAY ONLY Sep 12-Oct 31 (8) Nov 7- Dec 19 (7)	SUNDAY ONLY Sep 13 -Oct 25 (7) Nov 1-Dec 13 (7)
Fall A					
Fall B					
Fall C					
Parent & Tot 1 & 2 Jellyfish/Goldfish	9:00am, 4:30pm	4:45pm	9:00am, 4:30pm	10:00am	9:30am
Parent & Tot 3 Seahorse	9:30am, 4:45pm	4:30pm	9:30am, 4:45pm	10:45am	11:15am
Preschool 1 Octopus	9:00am, 10:00am, 3:30pm, 4:00pm, 5:15pm	10:00am, 10:30am, 3:30pm, 4:00pm, 5:45pm	9:00am, 10:00am, 3:30pm, 4:00pm, 5:45pm	9:00am, 9:30am, 10:00am, 10:15pm, 10:45am, 11:15am	9:00am, 9:30am, 10:00am, 10:45am, 11:15am
Preschool 2 Crab	9:30am, 3:30pm, 5:15pm	10:00am, 3:30pm, 4:00pm	10:00am, 3:30pm, 5:15pm	9:00am, 10:15am	9:00am, 10:00am, 10:45am, 11:15am
Preschool 3 Orca	10:00am, 4:00pm	10:30am, 5:15pm	9:30am, 4:00pm	9:30am, 10:30am	9:00am, 10:30am, 11:15am
Preschool 4 Sea Lion	5:15pm	5:45pm	5:15pm	11:15am	9:30am
Preschool 5 Narwhal	5:45pm	5:15pm	5:45pm	10:30am	10:45am
Swimmer 1	3:30pm, 4:30pm, 5:45pm	5:15pm, 5:45pm	3:30pm, 4:00pm, 4:30pm, 5:45pm	9:00am, 9:30am, 10:15am, 10:30am, 11:15am	9:00am 9:30am 10:00am 10:30am 11:15am
Swimmer 2	4:00pm, 5:45pm	5:15pm, 5:45pm	3:30pm, 4:00pm,	9:00am, 9:30am, 11:15am	9:00am, 10:00am, 11:15am
Swimmer 3	6:30pm	3:30pm, 6:30pm	4:45pm, 6:30pm	9:00am, 9:45am	9:45am, 10:45am
Swimmer 4	6:30pm	3:30pm, 7:15pm	5:30pm, 6:30pm	9:00am	9:00am, 11:30am
Swimmer 5	7:15pm	4:15pm	7:15pm		9:45am
Swimmer 6	7:15pm	4:15pm	7:15pm		9:00am
Swimmer 5/6		6:30pm		9:45am	
Swimmer 7-9 Patrol		7:15pm	7:00pm	10:45am	
Teen/Adult Beginner		6:30pm			
Teen/Adult Int/Adv		7:15pm			
Private Lessons			5:15pm	9:30, 11:15am	10:00am
Private Lessons-Single Lane Pool	7:00pm, 7:30pm		6:30pm, 7:00pm, 7:30pm		
Personalized Lessons	6:30pm		6:30pm	9:00am, 10:45am	9:30am, 10:45am

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. Please have a cleansing shower before entering the water. If you/your child gets cold easily you may wait until just before the start of the class to get wet. Remove 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.



follow us



Fall Registration starts August 10

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.

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.

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.

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 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.

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 complemented 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).

Intermediate First Aid (Standard First Aid) - plus CPR C

Previously known as WorkSafeBC occupational level 2, Intermediate First Aid 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 musculoskeletal injuries and medical emergencies.

GET HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Bronze Cross, Lifesaving Instructor and Swim Instructor and NLS 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.

FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES	DAYS	TIME	COST	COURSE#	PRE-REQUISITES (please bring proof to 1st day)
Bronze Medallion	Sep 12-Oct 3	Sat Sports Centre	1:00-7:00pm	\$275.00*	76588	13 years by last day of course or Bronze Star
Bronze Cross	Oct 4-25	Sun Sports Centre	12:00-6:00pm	\$210.00*	76589	Bronze Medallion
National Lifeguard (NL) - Pool Option	Nov 27 & 28 Dec 4 & 5 Dec 11&12 Dec 18 & 19	Fri & Sat Sports Centre	5:00-9:00pm 11:00-7:00pm	\$525.00*	76593	15 years by last day of course, Bronze Cross & SFA (recommended to be current)
Lifesaving Society Swim Instructor & Lifesaving Instructor Combo	Dec 20, 21,22 & 23 Dec 27, 28, 29 &30	Sun - Wed Sports Centre	11:00-7:00 pm	\$650.00*	76617	15 years by last day of course and Bronze Cross (need not be current)
Intermediate First Aid - SFA 2/CPR-C	Oct 10, 17 & 24	Sat Sports Centre	10:00-4:00pm	\$140.00*	76620	12 years old minimum/15 years recommended
NL Recert	Dec 14 & 16	Mon & Wed *Aquatic Centre	3:30-7:30 pm	\$175.00*	76628	Previous NL Award and recommended CPRC (current within the year)
LS Swim Instr Recert	Nov 8	Sun Sports Centre	1:00-6:00pm	\$125.00*	76631	Lifesaving Swim Instructor current within 5 years of certification
LS Instructor Recert	Nov 15	Sun Sports Centre	1:00 - 5:30	\$125.00*	76632	Lifesaving Instructor current within 5 years of certification

Leadership classes will be subject to a \$7.90 withdrawal/transfer fee. And \$47.37 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. **No withdrawals/refunds after class starts, except for medical reasons.**

To view upcoming courses in BC please visit:
www.lifesaving.bc.ca/courses

Interested in working as a lifeguard or swim instructor? Individuals who are close to completing their required certifications are encouraged to apply. Applicants should indicate any certifications in progress and anticipated completion dates on their resume.

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!



follow us



Fall Registration starts August 10

AQUATIC WELLNESS PROGRAMS

ADAPTIVE FITNESS

Program Description (Registered)

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. Classes take place in the warm water of the wave pool.

ADAPTIVE FITNESS

\$97.47 for 10 classes
(sessions are pro-rated)

Fall registration opens Monday, August 10 at 8:00 am!

ADAPTIVE FITNESS Schedule (Registered)

SESSIONS/LEVELS <i>Registration is on going - sign up anytime for classes in progress.</i>	MONDAY & WEDNESDAY Sep 9-Oct 7 (7) <i>no class Sept 21 & 30</i> Oct 14-Nov 9 (8) Nov 16-Dec 16 (10)	TUESDAY & THURSDAY Sep 10-Oct 8 (9) Oct 13-Nov 12 (10) Nov 17-Dec 17 (10)
AQUATIC HIP & KNEE Aquatic Centre	10:00-11:00am 2:00-3:00pm	1:00-2:00pm
AQUATIC HIP & KNEE Sports Centre	10:00-11:00am	
AQUAMOTION 2 Aquatic Centre	9:00-10:00am	
AQUAMOTION 3 Aquatic Centre	1:00-2:00pm	10:00-11:00am

FITNESS PROGRAMS

Aquafit (Drop-in) – 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 available).

*** 45 minute Class**

Swim Fit (Registered)– This class is all what you make it. We have qualified swim instructors on deck with intense workouts planned. Need stroke correction? – We can help you with that too! Save time and book your space online. When you book your swim 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 swim time. If you are unable to book online please contact a customer service representative at 250-334-9622.
(drop-in may be available if space permits)

AQUATIC FITNESS CLASS SCHEDULE COMOX VALLEY AQUATIC CENTRE September 8, 2026 - December 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am	Aquafit 6:30-7:15am
Swim Fit 7:45-8:45am <i>Registered</i>	Aquafit 9:00-9:45am	Swim Fit 7:45-8:45am <i>Registered</i>	Aquafit 9:00-9:45am	Swim Fit 7:45-8:45am <i>Registered</i>
Aquafit 10:00-10:45am		Aquafit 10:00-10:45am		Aquafit 10:00-10:45am
Aquafit 1:00-1:45pm		Aquafit 1:00-1:45pm		Aquafit 1:00-1:45pm
	Aquafit Warm Water 2:00-2:45pm		Aquafit Warm Water 2:00-2:45pm	*All Drop in Fitness classes 45 min
Aquafit 5:15-6:00pm		Aquafit 5:15-6:00pm		

AQUATIC CENTRE

25 M Pool

Wave Pool

Sports Centre

46TH ANNUAL

TERRY FOX RUN



September 20, 2026

Fundraise. Donate

Support cancer research at terryfox.org

Walk. Run. Skate. Roll. Cycle.



Registration 10:30 am - Warm up 10:45 am - Start time 11:00 am
(Start to Close 10:45 am - 1:00 pm)

Comox Valley Sports Centre, Vanier Track 3001 Vanier Drive

Please Make your Donation Online!



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Fall Registration starts August 10

SPECIAL EVENTS

SEPTEMBER

Galactic Glow (all ages)
Ice Event

Just GLOW this Wednesday. Enjoy the low light atmosphere, chill with your friends, skate, snack, listening to tunes and have fun! This time is to relax and participate in some fun galactic themed games/ challenges and group activities. Admission includes glow item, games and skate rentals.

Sports Centre Arena #2**Wednesday, Sep 9****3:00-4:45 pm****Supersaver Rate - \$2.63****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, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre**Saturday, Sep 19****2:00-4:00 pm****Regular Admission****Hockey Skills**
Challenge (all ages)

Test your hockey skills in a fun non-competitive event. Participants will be able to test their shot speed, skate speed and shooting accuracy. Prizes will be given out to all who participate.

Sports Centre Arena #2**Wednesday, Sep 23****3:00-4:45 pm****Regular Admission**

OCTOBER

Pool Party Kick Off
(7-12)**Pizza & Swimming Party**

Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre**76652 Friday, Oct 2****6:00-8:00 pm****\$10.80**

Registration starts day of event online or call in to 250-334-9622 @ 7am

**limited spaces available.*

Parent & Tot Pool Party (all ages)

Toddler friendly games and activities are planned to make this visit to the pool extra fun. Don't miss out!

Aquatic Centre**Sunday, Oct 4****8:00-9:00 am****Regular Admission****International Family Recreation Program - Newcomer Family Swim & Skates (all ages)**

The CVRD has partnered with the Immigrant Welcome Centre to offer a series of free Newcomer Family Swims & Skates at the Comox Valley Sports & Aquatic Centres. Come and enjoy recreation opportunities and also meet families who are new to the Comox Valley. **Registration is required so please visit <https://immigrantwelcome.ca/services/events-calendar/> or reach out to staff at IWC in Courtenay 250-338-6359.**

In offering this program we would like to acknowledge the financial support of the Province of British Columbia.

**NEW! Full Ice Shinny! (ages 5-16)**

A soft puck will be used and the whole rink will be available 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 26 players/2 goalies max. *These are drop in sessions - no registration required.*

Sports Centre Arena #2**Monday, Sep 21****1:15-2:15 pm****Friday, Oct 23****10:15-11:15 am****& 12:15-1:15 pm****Thursday, Nov 19****9:15-11:15 am****Regular Admission**

SPECIAL EVENTS

OCTOBER

Turkey Curl (all ages)
This special skate includes a number of fun events like the Turkey Curl. Best curler wins a Turkey!!!

Sports Centre Arena #2
Saturday, Oct 10
3:45-5:15 pm
Regular Admission

SuperSaver Skate
(all ages)
Have fun at the rink this Pro-D Day. Great rates in effect.
Sports Centre Arena #2
Friday, Oct 23
3:00-4:45 pm
SuperSaver rate \$2.63

SuperSaver Pro-D Day Swim (all ages)
Visit the CVAC Wave Pool this Pro-D Day!
Aquatic Centre

Friday, Oct 23
3:00-5:00 pm
SuperSaver Rate \$2.63

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, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre
Saturday, Oct 24
2:00-4:00 pm
Regular Admission

Monster Mash (all ages)
Halloween Themed Skate
Get into the haunting spirit and join us for fun Halloween games such as, Monster Mash Dance Off, Pumpkin Shiny and trick or treat at the skate shop. Prizes for the most creative costumes.

Sports Centre Arena #2
Friday, Oct 30
3:00-4:45 pm
SuperSaver rate \$2.63

NOVEMBER

Epic Beach Party Night (7-12)
Pizza & Swimming Party
Night full of games, crazy challenges, hula hoop competition, pineapple bowling, bad karaoke, dance off, limbo contest, trivia and more. Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Aquatic Centre
76653 Friday, Nov 13
6:00-8:00 pm
\$10.80

Registration starts day of event online or call in to 250-334-9622 @ 7am
**limited spaces available.*



follow us    

Fall Registration starts August 10

SPECIAL EVENTS

NOVEMBER

Glow in the Dark Skate (all ages)

We are turning down the lights and getting the glow on during this fun skate. Skate in our atmosphere of dimmed lighting and special effects. Complementary glow item.

Sports Centre Arena #2

Wednesday, Nov 4

3:00-4:45 pm

Regular Admission

Frozen Themed Skate Party (6-12)

Pizza & Skating Party

Join us for an afternoon of sleigh races, reindeer rescues, Olaf ice bowling, building a snowman and breaking the ice to free the frozen toys. This fun event includes: admission, fruit/healthy snack and 2 slices of pizza. Participants will get wrist bands.

Sports Centre Arena #2

78059 Saturday, Nov 7

3:45-5:15 pm

\$10.80

**NEW! Full Ice Shinny! (ages 5-16)**

A soft puck will be used and the whole rink will be available 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 26 players/2 goalies max. *These are drop in sessions*

Sports Centre Arena #2

Thursday, Nov 19

9:15-11:15 am

Regular Admission

SuperSaver Skate (all ages)

Enjoy your Parent/Teacher Interview Day. Great rates in effect.

Sports Centre Arena #1

Thursday, Nov 19

11:45-1:30 pm

SuperSaver rate - \$2.63

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, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Nov 21

2:00-4:00 pm

Regular Admission

Community Sponsored Skate (all ages)

Proudly sponsored by Fisher-Smith & Associates, Royal LePage Comox Valley

Fisher-Smith & Associates of Royal LePage Comox Valley will be onsite hosting a community BBQ during the community skate and invite participants to support the Royal LePage Shelter Foundation through a monetary donation. In place of a skating admission fee, guests are asked to contribute a cash donation. Please note that only monetary donations can be accepted.

Sports Centre Arena #2

Saturday, Nov 21

3:45-5:15 pm

By Donation

**Hockey Jersey Contest (all ages)**

Break out your old jersey and wear them to the rink for a chance to win prizes. Fun hockey skills and skating activities planned.

Sports Centre Arena #2

Wednesday, Nov 25

3:00-4:45 pm

Regular Admission

Extreme Rec Night (11-16)

Proudly Sponsored by Active Comox Valley

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

LINC Youth Centre

19309 Friday, Nov 20

3:30-10:30 pm

\$15

LINC Youth Centre

Please pre-register through <https://bit.ly/extremerec> by Nov 20 or call the Lewis Centre at 250-338-5371



SPECIAL EVENTS

DECEMBER



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 splat.

Aquatic Centre

Saturday, Dec 5

2:00-4:00 pm

Regular Admission

Red and Green Skate (all ages)

Come dressed in your best red and green outfit for this winter themed skate. Prizes for those who participate. We will also have some fun stations set up like candy hockey, box hockey and snowflake making.

Sports Centre Arena #2

Wednesday, Dec 5

3:00-4:45 pm

Regular Admission

Santa Skate (all ages)

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

Saturday, Dec 12

3:45-5:15 pm

Regular Admission

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, pudding and shaving cream. Come prepared to get covered and have fun.

Aquatic Centre

Saturday, Dec 19

2:00-4:00 pm

Regular Admission

Winter Wonderland (all ages)

Arena #1 will be transformed into a winter wonderland by the CVRD skate staff this holiday season. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer. If space permits, shinny 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 functions.

Sports Centre Arena #1

Saturday-Tuesday,

Dec 19-23

1:00-3:00 pm & 6:00-8:00 pm

Thursday Dec 24

Sunday Dec 27

1:00-3:00 pm

Regular Admission



New Year's Eve Family Swim & Skate (all ages)

Proudly sponsored by Robbins and Company

Join us at the Comox Valley Sports Centre for an evening of family fun. Activities include swimming, skating, shinny hockey, face painting and cool prize draws. The concession will also be open!

Sports Centre

Thursday, Dec 31

5:00-8:00 pm

FREE



follow us



Fall Registration starts August 10

PRO-D DAY PROGRAMS *(Registered Programs)*

Surfs Up (7-11)

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

76728 Monday, Sep 21

76730 Friday, Oct 23

10:00-3:00 pm

\$46.25

Swim to Survive (7-12)

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.

Aquatic Centre

76732 Friday, Oct 23

10:00-3:00 pm

\$46.25

NEW! Full Ice Shinny! (ages 5-16)

A soft puck will be used and the whole rink will be available 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 26 players/2 goalies max. *These are drop in sessions - no registration required.*

Sports Centre Arena #2

Monday, Sep 21

1:15-2:15 pm



Friday, Oct 23

10:15-11:15 am & 12:15-1:15 pm

Thursday, Nov 19

9:15-11:15 am

Regular Admission

WINTER BREAK PROGRAMS

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 healthy lunch and swim gear.

Aquatic Centre

76733 Dec 21-24

10:00-3:00 pm

\$185.00 (4)

**Fall registration
Opens Monday, August 10 at
8:00 am!**

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 everyday! Please bring a lunch, swim suit, several towels and active wear/runners. Must feel comfortable in the water.

Aquatic Centre

76734 Dec 28, 29, 30 & 31

10:00-3:00 pm

\$185.00 (4)

WINTER BREAK SWIMMING LESSONS AT THE SPORTS CENTRE

LEVELS	MONDAY TO FRIDAY
Winter Break	Dec 21-23, 28-30 (6)
Jellyfish/Goldfish	4:45pm
Seahorse	5:15pm
Octopus	3:00pm 3:30pm 4:45pm
Crab	4:45pm 5:45pm
Orca	4:00pm
Sea Lion	4:00pm
Narwhal	5:15pm
Swimmer 1	3:00pm 5:15pm
Swimmer 2	3:30pm 5:45pm
Swimmer 3	3:00pm 3:45pm
Swimmer 4	3:00pm 3:45pm
Swimmer 5/6	4:45pm
Swimmer 7-10 Patrol	5:30pm
Private Lessons - Single	5:45pm

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. 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

76638 Fridays, Sep 11-Dec 18 (14)

No class Oct 16

4:00-6:00 pm

\$142.80 (14)

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 manual and a mini first aid kit.

Aquatic Centre

76643 Tuesday & Thursdays

Oct 6-22 (6)

4:30-6:30 pm

\$61.50

**Fall registration
Opens Monday, August 10 at
8:00 am!**

Aquatic Centre Titan's (10-14)

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

76649 Sep 13 -Oct 18 (6)

76650 Nov 1-Dec 13 (7)

12:00-12:45 pm

\$62.70 (6) or \$73.15 (7)

Learn to Ride at Unicorn Class - Level 1 (ages 6-12)

Our introductory Class for beginner riders. Building a relationship with a horse is one of the most empowering things you can do! Each session is divided into a number of experiential learning activities such as daily horse care, safety, farm etiquette, animal first aid, horsemanship, as well as a 20min riding lesson.

Exhibition Grounds

Sundays

70518 Session 1 - Sep 13-Oct 4

70519 Session 2 - Oct 11-Nov 8

1:00 - 3:00 pm

\$225.00

*Meeting at the Stonehedge Site
(look for the red barn, entrance
from Dove Creek Rd)*

Learn to Ride at Unicorn Class - Level 2 (ages 7-16)

Our intermediate class for riders who are comfortable riding independently off lead at the walk and are learning to trot on lead. Building a relationship with a horse is one of the most empowering things you can do! Each session is divided into a number of experiential learning activities such as daily horse care, safety, farm etiquette, animal first aid, horsemanship, as well as a 30min riding lesson.

Exhibition Grounds

Sundays

70521 Session 1 - Sep 13-Oct 4

3:30 - 5:00 pm

\$500.00

*Meeting at the Stonehedge Site
(look for the red barn, entrance
from Dove Creek Rd)*

Learn to Ride at Unicorn Class - Level 3 (ages 7-16)

Our more advanced class for riders who are comfortable riding independently off lead at the walk and are starting to trot independently. Building a relationship with a horse is one of the most empowering things you can do! Each session is divided into a number of experiential learning activities such as daily horse care, safety, farm etiquette, animal first aid, horsemanship, as well as a 30min riding lesson.

Exhibition Grounds

Sundays

70523 Session 1 - Oct 11-Nov 8

3:30 - 5:00 pm

\$500.00

*Meeting at the Stonehedge Site
(look for the red barn, entrance
from Dove Creek Rd)*



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Fall Registration starts August 10

PUBLIC ICE PROGRAMS

Facilities Closed for Stat Holidays

Sep 30	National Truth & Reconciliation Day closed
Oct 12	Thanksgiving Pools are closed
Nov 11	Remembrance Day Pools are closed
Dec 24	Both Facilities <i>closed at 3:00 pm</i>
Dec 25	Christmas closed
Dec 26	Boxing Day closed
Dec 31	Aquatic Centre <i>closed at 3:00 pm</i>
Dec 31	CV Sports Centre <i>*See page 127 for NYE Event!</i>
Jan 1, 2027	New Year's Day closed

Special Skates & Schedule Changes

Sep 21	Full Ice Shinny 1:15-2:15 pm Arena # 2
Oct 23	Pro-D Day SuperSaver EW 3:00-4:45 pm
Oct 23	Full Ice Shinny 10:15-11:15 am & 12:15-1:15 pm Arena # 2
Nov 21	Community Skate 3:45-5:15 pm Sponsored by Fisher-Smith & Associates, Royal LePage Comox Valley
Nov 19	Full Ice Shinny 9:15 -11:15 Arena # 2
Dec 19-27	SPECIAL SKATE SCHEDULE Winter Wonderland – <i>all other EW skates cancelled</i>
Dec 24	CLOSED at 3:00 pm
Dec 31	Free New Year's Eve Family Swim & Skate @ the Sports Centre 5:00-8:00 pm Sponsored by Robbins & Company



Skate Sharpening \$6.42
Books of 10 economy tickets available
\$57.79

Hours for Skate Sharpening:

Day	Arena #1	Arena #2
Monday	10:00-2:15pm	
Tuesday	10:00-2:30pm	3:00-4:30pm
Wednesday	10:00-2:15pm	3:00-4:30pm
Thursday	10:00-2:30pm	
Friday	10:00-2:15pm 6:00-7:15pm *specific dates- call 250 334-9622 ext 0 to confirm	3:00-4:30pm
Saturday		4:00-5:00pm
Sunday	3:30-4:30pm	

Skate Rentals \$4.21
books of 10 economy tickets available \$37.90
Hockey Sleds- Free
8 adult and 4 child size sleds available for free
public use



PUBLIC ICE PROGRAMS

SEPTEMBER 8, 2026 - DECEMBER 31, 2026 (EXCLUDING WINTER WONDERLAND DEC 19-27)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
65+ Hockey 9:45-11:15am Arena #2 *last day Mar 30		65+ Hockey 9:45-11:15am Arena #2 *last day April 1			PLEASE NOTE: All skaters must wear a CSA approved helmet - limited helmets available on site! Please bring one from home.	
65+ Hockey 10:00-11:30am Arena #1	70+ Hockey 10:00-11:30am Arena #1	65+ Hockey 10:00-11:30am Arena #1	70+ Hockey 10:00-11:30am Arena #1	65+ Hockey 10:00-11:30am Arena #1		
Stick & Puck 11:45-12:45pm Arena #1	Everyone Welcome 11:45-1:30pm Arena #1	Stick & Puck 11:45-12:45pm Arena #1	Everyone Welcome 11:45-1:30pm Arena #1	Everyone Welcome 11:45-12:45pm Arena #1		
55+ Hockey 1:00-2:30pm Arena #1	Stick & Puck 1:45-2:45pm Arena #1	55+ Hockey 1:00-2:30pm Arena #1	Stick & Puck 1:45-3:30 pm Arena #1	55+ Hockey 1:00-2:30pm Arena #1		
	Everyone Welcome & Para Hockey 3:00-4:45pm Arena #1	Everyone Welcome & Shinny 3:00-4:45pm Arena #2		Everyone Welcome & Para Hockey 3:00-4:45pm Arena #2	Everyone Welcome 3:45-5:15pm Arena #2	Everyone Welcome 3:00-4:45pm Arena #1
				Everyone Welcome & Shinny 6:00-7:30pm Arena #1 *Specific dates- call 250 334-9622 ext 0 to confirm		

DROP IN PROGRAMS

Everyone Welcome Skate

All ages welcome!

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

Stick & Puck

All ages welcome!

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.

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 24 players/ 2 goalies max.

Drop in Hockey (16+, 55+,65+,70+)

Please follow age divisions

Book online up to 10 days in advance to reserve your spot. Cancellations must be made 24 hours before ice time. To use a LEAP pass or book by phone, call 250 334-9622. Full hockey gear, including helmet, required. Max 26 players/ 2 Goalies.

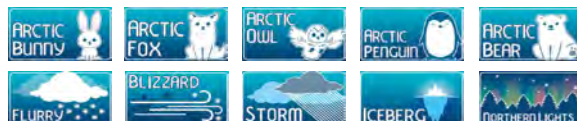


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Fall Registration starts August 10

REGISTERED ICE PROGRAM DESCRIPTIONS



Parent & Tot Skating Lessons (Ages 2-5 years) - 25 minute classes	
Parent & Tot Skating lessons	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills together. No skating experience required -just come ready to have fun!
Parent & Tot Hockey Lessons***	Parents and tots learn basic skating and hockey skills together through fun activities and games.
Ice Blades - Preschool Learn to Skate Lessons (Ages 3-5 Years) - 25 minute classes	
Level 1 Arctic Bunny	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.
Level 2 Arctic Fox	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
LEVEL 3 Arctic Owl	Participants are comfortable with both forward and backwards gliding on alternate feet. Forwards cross-overs are introduced and practiced.
Level 4 Arctic Penguin	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.
Level 5 Arctic Bear	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.
Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 25 minute classes	
Level 1 Flurry	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
Level 2 Blizzard	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward cross-overs are introduced and practiced.
Level 3 Storm	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
Level 4 Iceberg	Participants are introduced to parallel stops and pumping for speed.
Level 5 Northern Lights	Participants are comfortable with advanced skills such as pivots, inside edge work and staggered slalom ski course.
Learn to Play Hockey (Ages 3-Adult)	
Tiny Tot Hockey (3-6 yr)*** 40 minute class	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 & Coolest Game participants and their families from the 2026/2027 season are invited to the Wrap Up Party on March 13th from 12:45-4:45 PM – please register your Tiny Tot or Coolest kid at the front desk</i>
Coolest Game on Earth (7-13 yr)*** 1 hour class	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. <i>All Tiny Tot & Coolest Game participants and their families from the 2026/2027 season are invited to the Wrap Up Party on March 13th from 12:45-4:45 PM – please register your Tiny Tot or Coolest kid at the front desk.</i>
Discover Hockey (Ages 18+)	
Discover Hockey (18+)*** 1 hour class	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 scrimmage games.
Private Lessons (Ages 3-Adult)	
Private Lessons 30 minute class	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$35.90 per ½ hour. All ages and abilities welcome at our private lessons. Please call 334-9622 ext. 0 to register, or call Regan Jamieson at 250-898-3708 if you are interested in alternative days/times.

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!

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	SATURDAY	SUNDAY
FALL 2026 <i>Fall registration opens Monday, Aug 10 at 8:00 am.</i>	Sep 9-28 (6) Oct 5- Nov 9 (10) <i>no class Oct 12</i> Nov 16-Dec 16 (10)	Sep 12-Oct 24 (7) Oct 31-Dec 12 (7)	Sep 13-Oct 25 (6) <i>no class Oct 11</i> Nov 1-Dec 13 (7)
Parent & Tot Skating Lessons (2-5)			2:15pm
**Parent & Tot Hockey Lessons (2-5)		3:00pm	
Ice Blades - Preschool Skate Lessons (3-6)			
Level 1- Arctic Bunny		2:15pm, 3:15pm	1:15pm, 1:45pm, 2:15pm
Level 2 - Arctic Fox		2:45pm	1:45pm
Level 3 - Arctic Owl		3:15pm	
Level 4 - Arctic Penguin		2:15pm	
Level 5 - Arctic Bear			1:15pm
Ice Blades - Youth Skate Lessons (6+)			
Level 1 - Flurry	2:45pm	3:15pm	1:15pm, 2:15pm
Level 2 - Blizzard		2:45pm	1:45pm
Level 3 - Storm		2:15pm	
Level 4/5 - Iceberg/ Northern Lights		2:45pm	
**Tiny Tot Hockey (3-6)		2:15pm	
++Coolest Game (6+)			1:15pm
**Discover Hockey (18+)			7:30pm
Private Skating Lessons (Ages 3- Adult) Book your 30 minute lessons- Monday, Wednesday or Friday at 2:45. Or Sunday at 2:15. All ages and abilities welcome. Please call 334-9622 ext. 0 to Register, or call Regan Jamieson at 250-898-3708 if you are interested in alternative days/times			

Unsure what level to register for? Drop by and have your or your child's ability assessed for free at one of our Everyone Welcome Skates! Includes skate rentals.

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.



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Fall Registration starts August 10

REGISTERED ICE PROGRAMS

Adult Recreational Hockey Program (18+)***

League Style Hockey

The CVRD Adult Hockey Program provides an opportunity for individuals aged 18+ to play recreational, non-contact, ice hockey. Ice hockey can be a tremendous source of fun, fitness and camaraderie when played according to league rules and with the right attitude. Teams will be created each week with some juggling of players based on ability. Our goal is to have a good balance of skill on each team. Teams will have access to two sets of game jerseys during scrimmages. Come join the fun!

Sports Centre Arena #1

78002 Tuesdays

Sep 8 – Dec 15 (15)

5:00-6:15 pm

\$278.25

78003 Fridays

Sep 18 – Dec 18 (14)

9:15-10:30 pm

\$253.12

Short Notice Ice Rental

Short Notice Ice Rentals are available Monday to Friday during our pre-season/regular season for \$47.37 per hour.

Short Notice Ice Rentals are available Sunday - Saturday during our spring/summer season for \$68.42 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 for off season weekend rentals, you must book weekend rentals by Friday at 2 pm.

To book ice time or register for a program please visit www.comoxvalleyrd.ca/rec or call 250-334-9622.





FALL GO BY BIKE WEEK

SEPTEMBER 19-25, 2026
BIKE IT.
YOU'LL LOVE IT.

Register and enter
to win great prizes!

www.GoByBikeBC.ca



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Fall Registration starts August 10

Comox Valley Emergency Management

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
- Starting a Neighbourhood Emergency Preparedness Team (NEPP)

Protect Your Home with FireSmart™

FireSmart is a community-based program that provides tips, resources and activities to increase your community's defense against wildfire. For a free FireSmart evaluation call your local fire department.

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Get prepared and find ways to reduce your risk exposure to hazards and extreme weather. For more information, visit: www.comoxvalleyrd.ca/emergency

IN PARTNERSHIP WITH



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Courtenay**



K'ómoks First Nation



TOWN OF COMOX



Comox Valley
REGIONAL DISTRICT