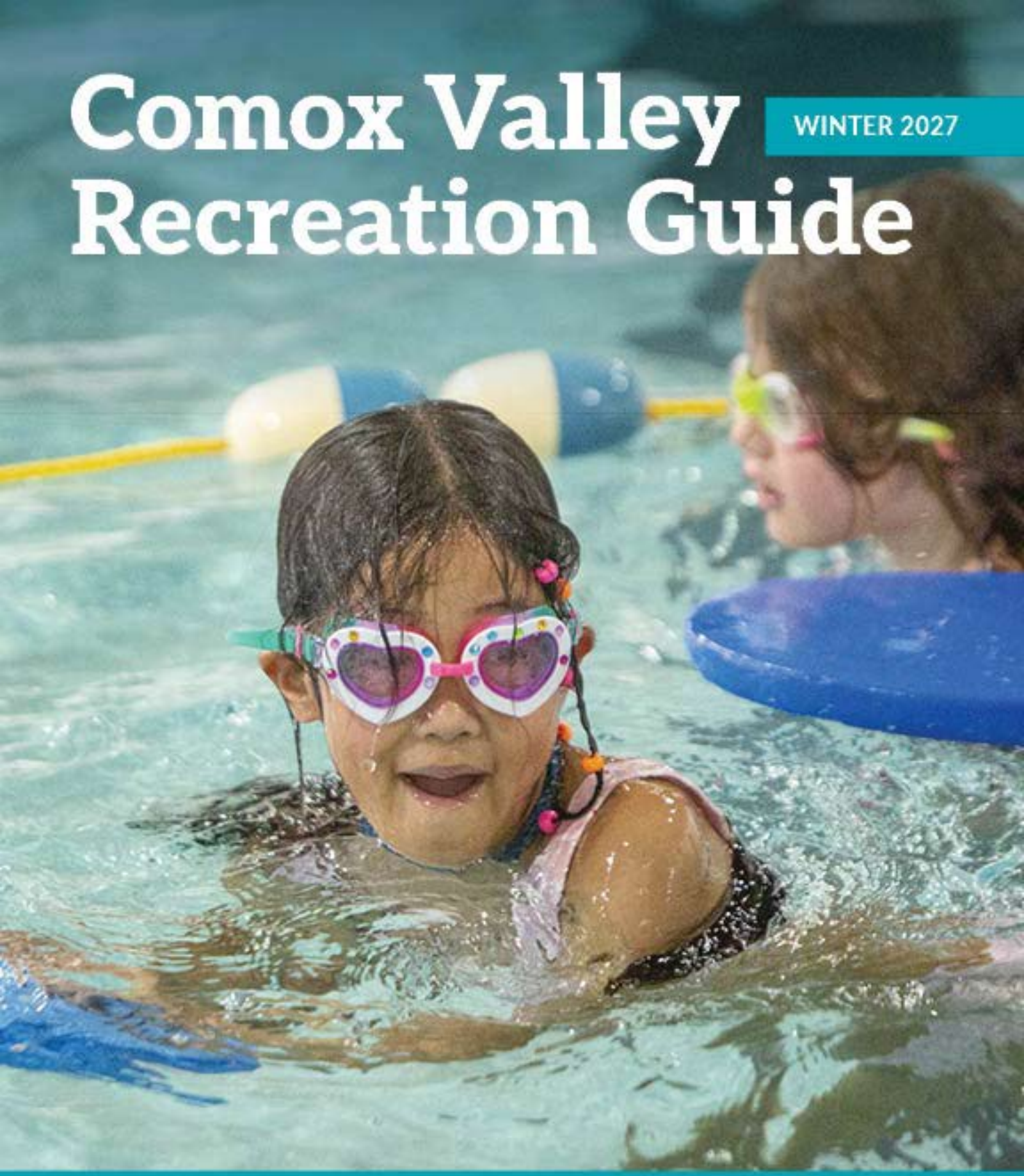
Comox Valley Recreation Guide

WINTER 2027



Winter Registration Starts Monday, November 16, 2026

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



CVRD Sports & Aquatic Centres

Winter Registration starts
Monday, Nov 16 at 8:00 am

How to Register
Online: comoxvalleyrd.ca/rec
Phone:
Sports Centre: 250-334-9622
Aquatic Centre: 250-334-2527
In Person:
Sports Centre:
3001 Vanier Drive, Courtenay
Aquatic Centre:
377 Lerwick Road, Courtenay

CVRD Aquatic Centre
377 Lerwick Road
Courtenay, V9N 9G4
250-334-2527
Wave pool, 2 indoor waterslides, tot slide, 8-lane 25m pool, fitness studio, sauna, steam room, hot tub, meeting room and swim shop.

Winter Reception Hours
Monday to Friday
6:00 am - 9:30 pm
Saturday
6:00 am - 4:30 pm
Sunday
8:00 am - 4:30 pm

CVRD Sports Centre
3001 Vanier Drive
Courtenay, BC V9N 5Y2
250-334-9622
6-lane 25m pool, sauna, hot tub, wellness centre, 2 ice arenas, outdoor track and field and meeting rooms.

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

Facility Closed
Nov 11 Remembrance Day
Dec 24 Closed at 3:00 pm
Dec 25 Christmas Day
Dec 26 Boxing Day
Dec 31 Closed at 3:00pm
Jan 1 New Year's Day

Exhibition Grounds
4839 Headquarters Road
Courtenay, BC V9J 1P2
250-334-9622
Horseback riding, special events and other seasonal activities.
Riding ring passes available:
Monthly Pass (person) $29.31
Monthly Pass (family) $70.35
Annual Pass (person) $87.95
Annual Pass (family) $216.94

Message from the Senior Manager

Winter is your season to get moving, try something new, and make the most of recreation in the Comox Valley! From public skating and swimming to fitness, sport, and family fun, there is something happening for every age and interest. Join a program, meet new people, build confidence, and create great memories close to home. Explore this guide, find your next adventure, and make this winter an active one!
For more details on special events and programs, visit
http://www.comoxvalleyrd.ca/recreation.

Trish Morgan- Senior Manager of Recreation Services

	Pools, Fitness, Wellness Centres & Arenas		Memberships Full Facilities Access			
Admission Rates	**Drop-In**	**10 Visits**	**1 Month**	**3 Month**	**6 Month**	**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***	$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+)	$5.74	$51.63	$68.85	$175.59	$289.17	$454.39
Golden Age (85+)	No Charge					
Family**	$14.53	$130.74	$174.32	$444.55	$732.14	$1,150.52
Lockers	$.50	N/A				
Skate Rental	$4.21	$37.90				
Skate Sharpening	$6.42	$57.79				
Kayak Swim	$9.37	$84.32				

* Student ID required **Up to 6 family members. Minimum 1 adult/senior and 1 child/teen.

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.

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.

Swimming & Ice Lessons

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

30 Minute Class	10 Classes - $80.50 (5 & under) 10 Classes - $79.00 (ages 6-13)
45 Minute Class	10 Classes - $108.40
60 Minute Class	10 Classes - $127.90
Private Lessons	Private - $35.90

Special Sessions

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.

Super Saver Admission	$2.63/person
Professional Admission	$23.47/instructor

Economy Passes

Minimum purchase 150 passes. Includes access to CVRD Sports & Aquatic Centres pool, fitness centres and arenas during public sessions. Registered programs are not included. Valid for one year from date of purchase (no refunds or extensions). Please call 250-334-9622 ext 3707 to arrange for purchase of bulk admissions.

Child/Teen/Student/PWD	$3.16 each
Adult	$5.79 each
Senior	$4.74 each

Registration Information

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.

How to Register

- **Online:** The preferred option!
  Go to **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 Road, 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

  Mon to Fri 8:00am-8:30pm
  Sat & Sun 8:00am-4:00pm

  Please note: Phone-in registrations are not available on statutory holidays.

Registration Policies & 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 prorated 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.

Financial Assistance for Recreation Services

LEAP:
The Leisure for Everyone Accessibility Program (LEAP) provides eligible Comox Valley residents with 52 FREE dropins to each municipal recreation department – the CVRD, City of Courtenay, Town of Comox and Village of Cumberland. LEAP participants also receive a $368.44 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.

Scan to Register

Winter Registration opens Monday, Nov 16 at 8:00am.

Facility Information



Comox Valley Sports & Aquatic Centres

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 pools:

- Entering the pool while ill—this includes open sores, bandages, head colds, discharging ears or noses or infected eyes.
- No 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. A wallet locker in the CVAC lobby and larger lockers are available in all the changerooms for your convenience.

Tempered Glass Prohibition Aquatic Facilities

For safety reasons, tempered glass is not permitted within aquatic facilities. Unlike standard glass, which breaks into long, jagged shards, tempered glass shatters into thousands of small cube-like fragments. While these pieces are less sharp than regular glass, they still present a significant hazard in aquatic environments. Small fragments are extremely difficult to detect and remove from pool decks and water, where they can cut bare feet, injure swimmers, and contaminate the pool. In many cases, a full pool closure and draining is required to ensure safety. To protect patrons and staff, only approved alternatives such as acrylic or polycarbonate materials may be used.

Exception: Tempered glass is permitted when it is an integral component of approved aquatic safety or recreation equipment, such as scuba or snorkeling masks designed for underwater use.

Stay Informed About CVRD Sports & Aquatic Centre Hours & Programs

Did you know there are simple ways to stay up to date on program information and facility hours?

Check for Schedule Changes & Sign up for Alerts

- Visit **comoxvalleyrd.ca/schedulechanges** for the most current updates to facility hours, pool schedules, and program changes. You can also sign up for schedule change alerts to be emailed to you at **comoxvalleyrd.ca/subscribe**.
- Register to update your Xplor Recreation account at: **comoxvalleyrd.ca/registration**. *Please note: Emails come from communication@xplorrecreation.com; if you unsubscribe, you will not receive reminders.*

Follow us on social media for registration dates and events

Facebook
facebook.com/comoxvalleyrd

Bluesky
bksy.app/comoxvalleyrd

Instagram
instagram.com/comoxvalleyrd

Registered Programs

Junior Lifeguard Club (JLC)

Ages 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.

Fridays

76639 Jan 8-Mar 12 (8 | 4:00-6:00pm | $81.60 (8)
No class Jan 29 & Feb 26 | Location: Aquatic Centre

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.

Tuesday & Thursday

76645 Jan 5-21 (6) | 4:30-6:30pm | $61.50
Location: Aquatic Centre

Aquatic Centre Titan's

Water Polo Club Ages 10-14

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.

Sundays

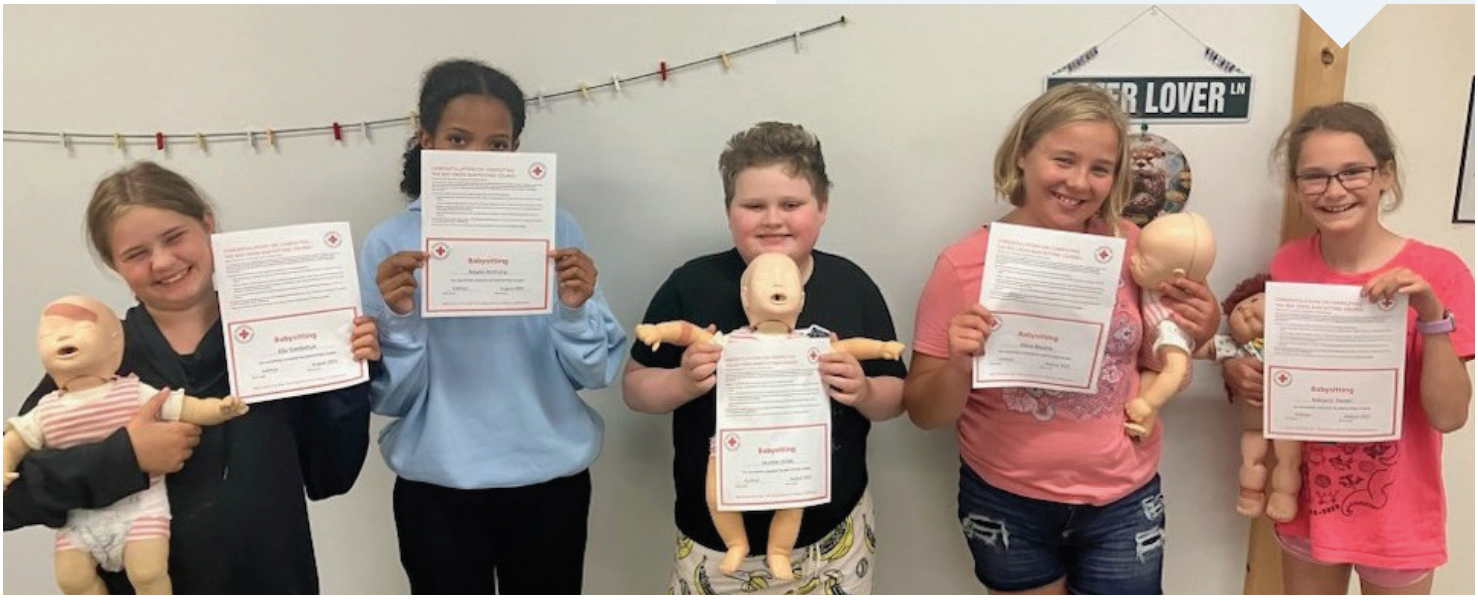
76651 Jan 10 - Mar 7 (8) | 12:00-12:45pm | $82.00
No class Jan 31 | Location: Aquatic Centre

Registration Day November 16

See Page 97 for Winter and Spring Break Swimming Lessons @ The CVRD Sports Centre

See Page 95 for Winter Leadership Courses

comoxvalleyrd.ca/rec



Learn to Ride Programs

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 20 min riding lesson.

Sundays

79682 Session 1 - Mar 28- Apr 25 | 1:00-3:00pm
79683 Session 2 - May 2-30 | 1:00-3:00pm
No class Oct 19 | $321.00

C Contractor-led Program

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.

Sundays

79685 March 28- April 25 | 3:30-5:00 pm
$714.00

C Contractor-led Program

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.

Sundays

79684 May 2-30| 3:30-5:00 pm
$714.00

C Contractor-led Program

Location for all Learn to Ride Classes: Exhibition Grounds – Meeting at the Stonehedge Site (look for the red barn, entrance from Dove Creek Rd

Exhibition Grounds

4839 Headquarters Road
Courtenay, BC V9J 1P2
250-334-9622
Horseback riding, special events and other seasonal activities.

Riding ring passes available:
Monthly Pass (person) $27.85
Monthly Pass (family) $66.83
Annual Pass (person) $83.55
Annual Pass (family) $206.08
comoxvalleyrd.ca/rec



C Contractor-led Program

Aquatic Centre Pools & Fitness

September 8 - June 30, 2027

Wave Pool*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Flow Swim 6:00-9:00am Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**Easy Flow Swim** 6:00-9:00am Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**Easy Flow Swim** 6:00-9:00am Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**Easy Flow Swim** 6:00-9:00am Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**Easy Flow Swim** 6:00-9:00am Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**Easy Flow Swim** 6:00-8:00am Shared Space	
				Tot w/ Adult 9:00-11:00am Waves & Slides Closed	**Tot w/ Adult** 8:00-9:00am Waves & Slides Closed	**Tot w/ Adult** 8:00-9:00am Waves & Slides Closed
Everyone Welcome 11:00am-1:00pm 6:30-8:00pm Waves & Slides Open	**Everyone Welcome** 11:00am-1:00pm 6:30-8:00pm Waves & Slides Open	**Everyone Welcome** 11:00am-1:00pm 6:30-8:00pm Waves & Slides Open	**Everyone Welcome** 11:00am-1:00pm 6:30-8:00pm Waves & Slides Open	**Everyone Welcome** 11:00-9:30pm Waves & Slides Open	**Wave Pool Party Rentals** 12:00-1:00pm **Book Online!**	**Wave Pool Party Rentals** 12:00-1:00pm **Book Online**
16+ Swim 8:00-9:30pm Waves & Slides Open Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Leisure/Rehab Drop-In's & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Leisure/Rehab Drop-In's & Rentals/Programs		**Everyone Welcome** 1:00-4:30pm Waves & Slides Open	**Everyone Welcome** 1:00-4:30pm Waves & Slides Open

*** Facility is CLOSED statutory holidays**

For special swims, schedule changes and pool closure information, see page 107. For Fitness schedule, see page 93.

25 Metre Pool*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim+ 6:00-9:45am Lengths (min 2) & Rentals/Programs	**Lane Swim +** 6:00-8:45am Lengths (min 2) & Rentals/Programs	**Lane Swim +** 6:00-9:45am Lengths (min 2) & Rentals/Programs	**Lane Swim +** 6:00-8:45am Lengths (min 2) & Rentals/Programs	**Lane Swim +** 6:00-9:45am Lengths (min 2) & Rentals/Programs	**Lane Swim +** 6:00am-1:00pm Lengths (min 2)	**Lane Swim +** 8:00am-1:00pm Lengths (min 2)
Everyone Welcome 11:00-1:00pm Waves & Slides Open Lengths (min 2)	**Everyone Welcome** 11:00-1:00pm Waves & Slides Open Lengths (min 2)	**Everyone Welcome** 11:00-1:00pm Waves & Slides Open Lengths (min 2)	**Everyone Welcome** 11:00-1:00pm Waves & Slides Open Lengths (min 2)	**Everyone Welcome** 11:00-1:00pm Waves & Slides Open Lengths (min 2)	**Kayak Hour** 12:00-1:00pm Cancelled after Mar. 13 (max 6 kayaks)	
Lane Swim+ 11:00-9:30pm Lengths (min 2) & Rentals/Programs	**Lane Swim +** 10:00-9:30pm Lengths (min 2) & Rentals/Programs	**Lane Swim +** 11:00-9:30pm Lengths (min 2) & Rentals/Programs	**Lane Swim +** 10:00-9:30pm Lengths (min 2) & Rentals/Programs	**Lane Swim +** 11:00-9:30pm Lengths (min 2) & Rentals/Programs	**Everyone Welcome** 1:00-4:30pm Waves & Slides Open	**Everyone Welcome** 1:00-4:30pm Waves & Slides Open
16+ Swim 8:00-9:30pm Waves & Slides Open Shared Space Lengths (min 2) & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Lengths (min 2) & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Lengths (min 2) & Rentals/Programs	**16+ Swim** 8:00-9:30pm Waves & Slides Open Shared Space Lengths (min 2) & Rentals/Programs	**Everyone Welcome** 2:00-9:30pm Waves & Slides Open Lengths (min 2)		

*** Facility is CLOSED statutory holidays**

When the swim is over and the pool is closing, patrons are required to head immediately to changerooms as directed by lifeguards.

Water Play

All ages

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

Friday
Sep 11-April 25, 2027 | 7:00-8:30pm
Saturday & Sunday
Sep 12-April 30, 2027 | 1:00-2:30pm
Location: Aquatics Centre

Water Polo

Ages 13+

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

Tuesday & Thursday
Sep 10-April 29, 2027 | 8:15-9:30pm
Location: Sports Centre

Aquatic Centre, Fitness Studio (16+)* & Hot Tub Hours (12+)

Monday to 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.*



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.

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 . At all times in & out of the water, children less than 6 years of age MUST be under the direct supervision of a responsible person. The waves and slides will not be available. Rentals and programs could take place in the pools at the same time so the space would be shared. Please give organized group activities the right of way.

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

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. Rentals and programs could take place in the pools at the same time so the space would 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.

Sports Centre Pool & Wellness Centre

25 Metre Pool* DROP-IN

September 8 - June 30, 2027

Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim 6:00-7:30am Shared Space Lengths (min 2) & Rentals/Programs				**Lane Swim** 6:00-7:30am Shared Space Lengths (min 2) & Rentals/Programs
Swim Fit 7:45-8:45am REGISTERED Swim with workout and stroke correction		**Swim Fit** 7:45-8:45am REGISTERED Swim with workout and stroke correction		**Swim Fit** 7:45-8:45am REGISTERED Swim with workout and stroke correction
Easy Flow Swim 8:45am-1:30pm Shared Space Leisure/Rehab Drop-Ins & Rentals/Programs - 2 lanes for lane swim	**Water Polo - Try It!** 8:15-9:30pm Until Apr 29	**Easy Flow Swim** 8:45am-1:30pm Shared Space Leisure/Rehab Drop-Ins & Rentals/Programs - 2 lanes for lane swim	**Water Polo - Try It!** 8:15-9:30pm Until Apr 29	**Easy Flow Swim** 8:45am-1:30pm Shared Space Leisure/Rehab Drop-Ins & Rentals/Programs - 2 lanes for lane swim

*** Drop in Programs will be cancelled for Christmas Break Dec 19-Jan 3, 2027, and Spring Break Mar 13-28, 2027 and Stat Holidays**

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. 12-15 year olds may use the gym unsupervised with proof of taking a gym orientation. See pool schedule for list of special events and/or cancellations.

General Hours of Operation September 8, 2026- June 30, 2027

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

Please note: During the Christmas Break and Spring Break pool closure, the gender neutral changeroom & showers will still be open during the above hours.

Supervised Hours until June 30, 2027

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

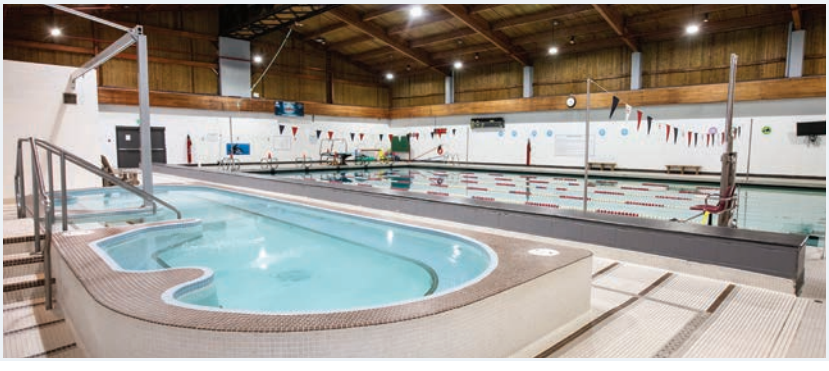
Useful Links

Visit comoxvalleyrd.ca/registration and click on *Drop-In Availability* for most up-to-date schedule information.

Sauna & Hot Tub DROP-IN

Ages 12+
Monday, Wednesday & Friday
Sep 8-June 30, 2027 | 6:00am-1:30pm
Location: Sports Centre

When the swim is over and the pool is closing, patrons are required to head immediately to changerooms as directed by lifeguards.



Aquatic Wellness Programs

Adaptive Programs (Registered)

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

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.

Monday & Wednesday Jan 4-Feb 3, 2027 (10) Feb 8-Mar10, 2027 (9) (no class Feb 15)	Tuesday & Thursday Jan 5-Feb 4, 2027 (10) Feb 9- Mar 11, 2027 (10)
Aquatic Hip & Knee 10:00-11:00am Sports Centre	
Aquatic Hip & Knee 10:00-11:00am or 2:00-3:00pm Aquatic Centre	**Aquatic Hip & Knee** 1:00-2:00pm Aquatic Centre
AquaMotion Level 2 9:00-10:00am Aquatic Centre	
AquaMotion Level 3 1:00-2:00pm Aquatic Centre	**AquaMotion Level 3** 10:00-11:00am Aquatic Centre

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

Aqua 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).

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 1 month 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)

Aqua Fitness Class Schedule - Drop-In

September 2 - June 26, 2027

Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit 6:30-7:15am Aquatic Centre	**Aquafit** 6:30-7:15am Aquatic Centre	**Aquafit** 6:30-7:15am Aquatic Centre	**Aquafit** 6:30-7:15am Aquatic Centre	**Aquafit** 6:30-7:15am Aquatic Centre
Swim Fit 7:45-8:45am Sports Centre REGISTERED	**Aquafit** 9:00-9:45am Aquatic Centre	**Swim Fit** 7:45-8:45am Sports Centre REGISTERED	**Aquafit** 9:00-9:45am Aquatic Centre	**Swim Fit** 7:45-8:45am Sports Centre REGISTERED
Aquafit 10:00-10:45am Aquatic Centre		**Aquafit** 10:00-10:45am Aquatic Centre		**Aquafit** 10:00-10:45am Aquatic Centre
Aquafit 1:00-1:45pm Aquatic Centre	**Aquafit Warm Water** 2:15-3:00pm Aquatic Centre-Wave Pool	**Aquafit** 1:00-1:45pm Aquatic Centre	**Aquafit Warm Water** 2:15-3:00pm Aquatic Centre-Wave Pool	**Aquafit** 1:00-1:45pm Aquatic Centre
Aquafit 5:15-6:00pm Aquatic Centre		**Aquafit** 5:15-6:00pm Aquatic Centre		

Are You Interested in Employment as a Lifeguard/Instructor?

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

0. 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

3.Intermediate First Aid (Standard First Aid) - plus CPR C
Intermediate First Aid 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 musco-skeletal injuries and medical 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 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 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.

Useful Links

To view upcoming courses in BC, please visit
lifesaving.bc.ca/programs-courses

First Aid & Aquatic Leadership Courses

Course	Course #	Dates & Times	Cost	Pre-Requisites (please bring proof to 1st day)
Bronze Star	**76575**	Feb 2-18 Tue & Thurs 4:00-6:00 PM	$130.00*	Recommended candidate can demonstrate the Swim to Survive challenge
Bronze Medallion	**76590**	Jan 9-30 Sat 1:00-7:00pm	$300.00*	13 years by last day of course or Bronze Star @ **Sports Centre**
Bronze Cross	**76591**	Feb 6,7,13 & 14 Sat & Sun 12:00-6:00	$240.00*	Bronze Medallion @ **Sports Centre**
Intermediate First Aid - SFA/ CPR-C	**76623**	Jan 17, 24 & 31 Sun 10:00am-4:00 pm	$160.00*	12 years old minimum/15 years recommended @ **Sports Centre**
National Lifeguard (NL) - Pool Option	**76611**	Feb 19&20, 26& 27, Mar 5&*6, 12&13 Fri 5:00-9:00 pm Sat 11:00-7:00 pm	$595.00*	15 years by last day of course, Bronze Cross & SFA (recommended to be current) Sessions @ **Aquatic Centre** *except Mar 6 Session @ **Sports Centre**
Lifesaving Society Swim Instructor & Lifesaving Instructor Combo	**76618**	Mar 14 & 17, Mar 21-24 Sun- Wed 11:00-7:00 pm	$700.00*	15 years by last day of course and Bronze Cross (need not be current) @ **Sports Centre**
NL Recert	**76630**	Feb 7 Sun 12:00-6:00 pm	$175.00*	Previous NL Award and recommended CPRC (current within the year)

*** Reuseable pocket mask required for this course. If you do not have a pocket mask, you can purchase one from the front desk for $16.00.**

Leadership classes will be subject to a $46.17 withdrawal/ transfer fee for withdrawals or transfers less than a week from start date.
No withdrawals/refunds after class starts, except for medical reasons.

Get High School Credit

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 are worth **3 credits for Grade 11.**
- National Lifeguard-Pool/ Core option (NLS) is worth **2 credits for Grade 12.**
- Lifesaving is worth **2 credits for Grade 11.**

Follow us on social media for registration dates and events

Facebook
facebook.com/comoxvalleyrd

Bluesky
bksy.app/comoxvalleyrd

Instagram
instagram.com/comoxvalleyrd

Lifesaving Society Swim Lesson Descriptions

Parent & Tot Lessons

Ages 4 months - 3 years | 30 min classes

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

Parent & Tot 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 min 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.

Swimmer Lessons

Ages 5 - 12 years
30 min classes (level 1-2)
45 min classes (level 3-6)
60 min classes (level 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 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.

Homeschool Lessons - 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+ years | 45 min 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: Intermediate/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+ years | 30 min 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 Lessons - 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

January - March, 2027

Level	Monday Winter A - Jan 4- Mar 8 (9) No class Feb 15	Tuesday & Thursday Winter A Jan 5-28 (8) Winter B Feb 2- Mar 11 (12)	Wednesday Winter A Jan 6-Mar 10 (10)	Saturday Winter A Jan 9 - Mar 13 (8) No lesson Jan 30 & Mar 6	Sunday Winter A Jan 10-Mar 7 (8) No lesson Jan 31	Plan Ahead Spring Break Lessons Sports Centre Monday to Friday March 15-19 & 22-25 Registration Begins Nov 16, 2026
Parent & Tot 1 & 2 Jellyfish/Goldfish	9:00am, 4:30pm	4:45pm	9:00am, 4:30pm	10:00am	9:30am	4:45pm
Parent & Tot 3 Seahorse	9:30am, 4:45pm	4:30pm	9:30am, 4:45pm	10:45am	11:15am	5:15pm
Preschool 1 - Octopus	9:00am, 10:00am, 3:30pm, 4:00pm 5:15pm	10:00am, 10:30am, 3:30 pm, 4:00pm, 5:45pm	9:00am, 10:00am, 3:30pm, 4:00pm, 5:45pm	9:00am, 9:30am, 10:00am, 10:15am, 10:45am, 11:15am	9:00am, 9:30am, 10:00am, 10:45am 11:15am	3:00pm, 3:30pm, 4:45pm
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	4:45pm, 5:45pm
Preschool 3 - Orca	10:00am, 4:00pm	10:30am, 5:15pm	9:30am, 4:00pm	9:30am, 10:30am	9:00am, 10:30am	4:00pm
Preschool 4 - Sea Lion	5:15pm	5:45pm	5:15pm	11:15am	9:30am	4:00pm
Preschool 5 - Narwhal	5:45pm	5:15pm	5:45pm	10:30am	10:45am	5:15pm
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	3:00pm, 5:15pm
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	3:30pm, 5:45pm
Swimmer 3	6:30pm	3:30pm, 6:30pm	4:45pm, 6:30pm	9:00am, 9:45am	9:45am, 10:45am	3:00pm, 3:45pm
Swimmer 4	6:30pm	3:30pm, 7:15pm	5:30pm, 6:30pm	9:00am	9:00am, 11:30am	3:00pm, 3:45pm
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	–	4:45pm
Swimmer 7-9 Patrol	–	7:15pm	7:00pm	10:45am	–	5:30pm
Teen/Adult - Beginner	–	6:30pm	-	–	–	-
Teen/Adult - Int/Adv	–	7:15pm	-	–	–	-
Private Lesson- Wave Pool	-	–	5:15pm	11:15am 9:30 am	10:00am	
Private Lesson - Lane Pool	7:00pm, 7:30pm	–	6:30pm, 7:00pm, 7:30pm	–	-	5:45pm
Personalized Lessons	6:30pm	–	6:30pm	9:00am, 10:45am	9:30am, 10:45am	

*** 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 cleansing 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.

Public Ice Programs - Drop-In

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
65+ Hockey 9:45-11:15am Arena 2 **(Pre Register)**		**65+ Hockey** 9:45-11:15am Arena 2 **(Pre Register)**			**Birthday Party Packages!** See Online for availablity	**Birthday Party Packages!** See Online for availablity
65+ Hockey 10:00-11:30am Arena 1 **(Pre Register)**	**70+ Hockey** 10:00-11:30am Arena 1 **(Pre Register)**	**65+ Hockey** 10:00-11:30am Arena 1 **(Pre Register)**	**70+ Hockey** 10:00-11:30am Arena 1 **(Pre Register)**	**65+ Hockey** 10:00-11:30am Arena 1 **(Pre Register)**		
Stick & Puck 11:45am-12:45pm Arena 1	**Everyone Welcome** 11:45am-1:30pm Arena 1	**Stick & Puck** 11:45am-12:45pm Arena 1	**Everyone Welcome** 11:45am-1:30pm Arena 1	**Everyone Welcome** 11:45am-12:45pm Arena 1		
55+ Hockey 1:00-2:30pm Arena 1 **(Pre Register)**	**Stick & Puck** 1:45-2:45pm Arena 1	**55+ Hockey** 1:00-2:30pm Arena 1 **(Pre Register)**	**Stick & Puck** 1:45-3:30pm Arena 1	**55+ Hockey** 1:00-2:30pm Arena 1 **(Pre Register)**		
	Everyone Welcome & Para Hockey 3:00-4:45pm Arena 1	**Everyone Welcome & Shinny** 3:00-4:45pm Arena 2	**Full Ice Shinny** 3:45-4:45pm 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	** (on specific nights when no Glacier Kings Games)	

Drop-In Program Descriptions

Everyone Welcome Skate - All ages welcome. Shinny hockey available during designated times only.

Stick & Puck - Individual stickhandling and shooting practice only — no games, scrimmages, drills, or passing. Hard pucks permitted. Full gear recommended; helmet and gloves required. All ages welcome. Max 20 participants.

Shinny Hockey - All ages welcome. Soft puck provided and part of the rink reserved for shinny. Helmet, gloves, long sleeves, and pants required. Bring your stick. Enter through the home bench. Max 20 players/2 goalies.

Para Ice Hockey -All ages welcome. Equipment provided and part of the rink reserved for Para Ice Hockey. Helmet, gloves, long sleeves, and pants required. Enter through the home bench. Max 10 players/2 goalies.

Useful Links

Visit comoxvalleyrd.ca/registration and click on *Drop-In Availability* for most up-to-date schedule information.

Don't miss out, book your space online to ensure you get a spot.

When you book your hockey spot the space is reserved for you. You can book your space up to 6 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online please contact a customer service representative at 250-334-9622.

Hockey (55+, 65+ & 70+)

Book online up to 6 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. Please follow age divisions.

Please Note:
All skaters must wear a CSA approved helmet. Please bring one from home.
Rental Helmets available.

Skate Sharpening - $6.42
Books of 10 economy tickets available

	Arena 1	Arena 2
Mon	10:00 am - 2:15 pm	-
Tue	10:00 am - 2:15 pm	3:00-4:30pm
Wed	10:00 am - 2:15 pm	3:00-4:30pm
Thu	10:00 am - 2:15 pm	-
Fri	10:00 am - 2:15 pm	3:00-4:30pm
Sat	-	4:00-5:00pm
Sun	3:15-4:45pm	-

**Hours of Operation are during public program times*

Skate Rentals - $4.21
Books of 10 economy tickets available

Hockey Sleds - FREE!
8 adult & 4 child sized sleds available on-site

Special Skates & Schedule Changes

Jan 1 – STAT –New Years – CLOSED
Feb 14 – Valentines Friendship 2 for 1 Skate- EW 3:00-4:45pm
Feb 15 – STAT- Family Day - **Free** CVSC Skate 1:00-3:00 & Swim 1:00-5:00 - **sponsored by Uptown Dental**
Feb 24 – Pink Shirt Day- EW 3:00-4:45pm - wear pink and get 2 for 1 rate
Feb 26 – Pro-D Day Supersaver EW 3:00-4:45
Feb 26 – Pro-D Day Full Ice Shinny 10:15am & 12:15pm A2
Mar 15-25 –Spring Break
Mar 26– STAT – Good Friday – CLOSED
Mar 29– STAT –Easter Monday – CLOSED

Useful Links

Visit comoxvalleyrd.ca/registration and click on *Drop-In Availability* for most up-to-date schedule information.

Short Notice Ice Rental

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 please visit **comoxvalleyrd.ca/parksrecreation/recreation-facilities/ facility-rentals** to check ice availability, and **submit a booking request form.**

Monday to Friday
Available during our pre-season/regular season
$47.37/hr

during our spring/summer season (excluding statutory holidays) | $68.42/hr

Saturday & Sunday
Available during our spring/summer season (excluding statutory holidays) | $68.42/hr



Registered Ice Program Descriptions

Parent & Tot Skating Lessons

Ages 2-5 years | 25 min classes

Parent & Tot Skating Lessons - Enjoy games and activities on the ice while you and your child build basic 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. (Kids require full gear/parents just need a helmet with a cage/face shield.)

Ice Blades - Preschool Learn to Skate Lessons

Ages 3-5 years | 25 min 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 crossovers 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 min 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 crossovers 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.

Homeschool Lessons - 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.

Learn to Play Hockey

Tiny Tot Hockey

Ages 3-6 | 40 min classes -
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.

Coolest Game on Earth

Ages 7-13 | 55 min classes
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.

Discover Hockey

Ages 18+ | 60 min classes

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 | 30 min classes

Want to learn how to skate or work on your hockey skills? Private lessons only cost $35.90 per 1/2 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

January - March, 2027

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

For ice program fees see page 85. For registration information see page 86.

Level	Saturday Jan 9- Mar 13 (10)	Sunday Jan 10 - Mar 14 (10)
Parent & Tot Skating Lessons (2-5)**	-	2:15 pm
Parent & Tot Hockey(2-5)**	3:00pm	-
Arctic Bunny (age 3-6)	2:15pm, 3:15pm	1:15pm, 1:45pm, 2:15pm
Arctic Fox (age 3-6)	2:45pm	1:45pm
Arctic Owl (age 3-6)	3:15pm	
Arctic Penguin (age 3-6)	2:15pm	
Arctic Bear (age 3-6)		1:15pm
Flurry (age 6+) (see belwo for Mon / Wed options)	3:15pm	1:15pm, 2:15pm
Blizzard (age 6+)	2:45pm	1:45pm
Storm (age 6+)	2:15pm	
Iceberg/ Northern Lights (age 6+)	2:45pm	
Tiny Tot Hockey (3-6)***	2:15pm	
Coolest Game (6+)**		1:15pm
Discover Hockey (18+)**	–	7:30pm

Level	Monday & Wednesday Jan 4- Feb 3 (10) Feb 8 - Mar 10 (9) *No Class Feb 15	Friday Jan 8 - Mar 12	Saturday Jan 9- Mar 13 (10)	Sunday Jan 10 - Mar 14 (10)
Private Skating Lessons	2:45pm	2:45pm	-	2:15pm
Flurry (age 6+)	**2:45pm**	-	3:15pm	1:15pm, 2:15pm

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. Rental helmet available. Skate rentals included in lesson fee.

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.

** 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.



Registered Ice Programs

Adult Recreational Hockey Program

Ages 18+

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 skills on each team. Teams will have access to two sets of game jerseys during scrimmage jerseys. Come join the fun!

Tuesdays 5:00-6:15pm
Fridays 9:15-10:30pm
79613 | Jan 5-Mar 9 (9) | **Tue 5:00-6:15pm**
79614 | Jan 8-Mar 12 (9) | **Fri 9:15-10:30pm**
Location: Sports Centre -Arena 1 | Cost $180.80

Skate Sharpening - $6.42

Books of 10 economy tickets available

	Arena 1	Arena 2
Mon	10:00 am - 2:15 pm	-
Tue	10:00 am - 2:15 pm	3:00-4:30pm
Wed	10:00 am - 2:15 pm	3:00-4:30pm
Thu	10:00 am - 2:15 pm	-
Fri	10:00 am - 2:15 pm	3:00-4:30pm
Sat	-	4:00-5:00pm
Sun	3:15-4:45pm	-

**Hours of Operation are during public program times*

Skate Rentals - $4.21

Books of 10 economy tickets available

Hockey Sleds - FREE!

8 adult & 4 child sized sleds available on-site



CVHL - COMOX VALLEY HOCKEY LEAGUE

Adult 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 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.
For more information, or to register, visit Comox Valley Hockey League comoxvalleyhockey.ca

January 2027 Special Events



Frozen Games

All ages

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

Wednesday

Jan 6 | 3:00-4:45pm | cost: Regular Admission
Drop-In | Location: Sports Centre Arena #2

Shake It Off Splash Bash Pool Party

Ages 7 - 12

Come dance, sing and swim to your favorite 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.

Registration- Day of event @7:00am- 3:00pm
Online or call 250-334-9622

Friday

76654 | Jan 8 | 6:00-8:00pm | $10.80
Limited Space Available | Location: Aquatic Centre

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.

Saturday

Jan 16| 2:00-4:00pm | cost: Regular Admission
Drop In | Location: Aquatic Centre- Pool Deck

We Love all Things Hockey!

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.

Wednesday

Jan 20 | 3:00-4:45pm | cost: Regular Admission
Drop-In | Location: Sports Centre - Arena #2

February Special Events

Epic Beach Party Night 2.0

Ages 7-12

Join us for a jam packed night of flamingo races, coconut smash, pineapple bowling, musical beach towels, water fight, limbo competition and more! Fee includes admission, fruit/healthy snack, 2 slices of pizza and beach themed party favours.

Registration -Day of event @7:00am- 3:00pm
Online or call 250-334-9622
Friday
76655 **| Feb 5 | 6:00-8:00pm | $10.80**
Limited Space Available | Location: Aquatic Centre

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!
Sunday
Feb 7 | 8:00-9:00am | cost: Regular Admission
Drop-In | Location: Aquatic Centre

Extreme Rec Night

Ages 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 rock climbing, swimming, pizza, snacks and more! Transportation included from the LINC, pick up the CV Aquatic Centre at 10:30 pm.

Activity Schedule:

3:30-5:00 pm – Linc

5:30-6:45 pm - Cumberland Rec

7:15-8:30 pm - Comox Rec

9:00-10:30 pm - CV Aquatic Centre

Friday
Feb 12 | 3:30-10:30pm | $15.00/drop-in if space allows
Pre-register through https://bit.ly/extremerec or call the Lewis Centre at 250-338-5371

Valentine's Day Swim

All Ages
2 for 1 Swim Night

Come dressed in PINK or RED and get in two for one

Sunday
Feb 14 | 1:00-4:00pm | 2 for 1 admission
Drop In | Location: Aquatic Centre

Valentine's Day Skate

All Ages
2 for 1 Friendship Skate

Bring a friend for free today and participate in a number of on and off ice challenges.

Sunday
Feb 14 | 3:00-4:45pm | 2 for 1 admission
Drop In | Location: Sports Centre- Arena #1

Useful Links

Visit comoxvalleyrd.ca/registration and click on *Drop-In Availability* for most up-to-date schedule information.

Family Day Swim & Skate

All Ages

Proudly sponsored by Uptown Dental Centre

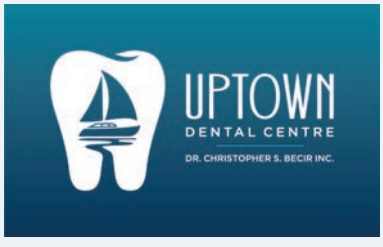
Join us at the CVSC for a **free** Everyone Welcome Skate and Swim @ the Sports Centre,Thanks to our sponsor Uptown Dental Centre.

Monday

Feb 15 | Skate 1:00-3:00pm | Swim 1:00-5:00pm | Free

Drop In | Location: Sports Centre- Pool & Arena #1

Proudly sponsored by Uptown Dental Centre



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.

Saturday

Feb 20| 2:00-4:00pm | Regular Admission

Drop In | Location: Aquatic Centre

Pink Shirt Day Skate

All Ages

Join the movement to stop bullying and spread kindness. Wear a pink shirt today and your friend gets to skate for free.

Wednesday

Feb 24| 3:00-4:45pm | 2 for 1 admission

Drop In | Location: Sports Centre- Arena #2

Pink Shirt Day Swim

All Ages

Join the movement to stop bullying and spread kindness. Wear a pink shirt today and your friend gets to swim for free.

Wednesday

Feb 24| 6:30-8:00pm | 2 for 1 admission

Drop In | Location: Aquatic Centre

SuperSaver Pro-D Day Swim

All Ages

Visit the CVAC Wave Pool this Pro-D Day!

Friday

Feb 26| 3:00-5:00pm | SuperSaver Rate

Drop In | Location: Aquatic Centre

SuperSaver Pro-D Day Skate

All Ages

Visit the CVSC Skating Arenas this Pro-D Day!

Friday

Feb 26| 3:00-4:45pm | SuperSaver Rate

Drop In | Location: Sports Centre Arena #2

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 particicpants must wear a helmet, gloves, long sleeve shirt and pants. Dont forget your stick. Limited to 26 players/2 Goalies

Friday

Feb 26| 10:15 -11:15 am & 12:15-1:15pm |

Drop In | Location: Sports Centre Arena #2

March Special Events



Welcome to the Green GOO ZONE
All Ages
Messy Wet Aquatic Fun
Lifeguards have stocked up on all kinds of Green goo for this event including slime, pudding and shaving cream. Come prepared to get covered and have fun.

Saturday
Mar 13 | 2:00-4:00pm | cost: Regular Admission
Drop In | Location: Aquatic Centre- Pool Deck

Beach Pizza Party on Ice

All Ages
Skate along to some fun summertime tunes while we celebrate the arrival of spring after a longgggg winter. We will host a variety of fun ice games with prizes! The event will include a fun game, family skate and a pizza party to end the skate.

Registration -Day of event @7:00am-3:00pm
Online or call 250-334-9622
Saturday
March 13 | 3:45-5:15 pm | $10.80
Limited Space Available | Sports Centre Arena #2

Welcome to the EGG-CITED
All Ages
Messy Wet Aquatic Fun
Eggs, Eggs and Eggs! Join the hopingly egg-citing lifeguards for an eggtastic good time hunting for the elusive Easter Bunny and the treasured eggs.

Saturday
Mar 27 | 2:00-3:30 pm | Regular admission
Drop In | Location: Aquatic Centre- Pool Deck

At a Glance Special Events & Schedule Changes

Jan 1, 2027 – STAT – New Years – **CLOSED**

Jan 2 & 3 – Extra Easy Flow Swim 9:00-12:00pm @ CVAC

Jan 29 - Pool closed for Sharks Swim Meet 9:00am @ **CVAC CLOSED**

Jan 30 -31 - Sharks Swim Meet **CVAC CLOSED**

Feb 14 – Valentines 2 for 1 Swim 1:00-4:00pm @ CVAC

Feb 14 – Valentines Friendship 2 for 1 Skate – 3:00-4:45pm @ Sports Centre Arena #1

Feb 15 – Family Day Skate 1:00-3:00pm & Swim 1:00-5:00pm- **Free! Thanks to our Sponsored Uptown Dental Centre! @ Sports Centre Pool & Arena #1**

Feb 24 – Pink Shirt Day Skate – Wear Pink and get 2 for 1 rate. 3:00-4:45pm Sports Centre Arena#2

Feb 24 – Pink Shirt Day Swim – Wear Pink and get 2 for 1 rate. 6:30-8:00pm @ CVAC

Feb 26 - Pro-D Day Supersaver Skate 3:00-4:45pm @ Sports Centre Arena #2

Feb 26 – Pro-D Day Full Ice Shinny 10:15am & 12:15pm @ Sports Centre Arena #2

Feb 26– Pro-D Day SuperSaver Swim 3:00-5:00pm @ CVAC

Mar 6 - Sharks swim meet -7:00am-7:00pm-@ CVAC **pool closed**

Mar 14 - Extra Easy Flow Swim 9:00-12:00pm @ CVAC

March 15-25 – Comox Valley School District - Spring Break

Mar 15-18 & 22-25 – Spring Break Extra Easy Flow Swim 3:00-5:30pm @ CVAC

Mar 20,21, 27 & 28– Extra Easy Flow Swim 9:00am -12:00pm @ CVAC

Mar 26 – STAT – Good Friday – **CLOSED**

Mar 29 – STAT –Easter Monday – **CLOSED**

Useful Links

Visit comoxvalleyrd.ca/registration and click on *Drop-In Availability* for most up-to-date schedule information.

Pro D Day & Spring Break Camps

New This Year!
Extended Camp Care Options!

Ages 6 - 14

Need a little more flexibility? Day camps run from 10:00 a.m. to 3:00 p.m., with optional early drop-off beginning at 8:30 a.m. and late pick-up available until 5:00 p.m. **Pre-registration is required**.

Each additional early drop-off or late pick-up option is $5.00.

Registered Camp Days
March 15-25
Mornings 8:30-10:00 am
Afternoons 3:00- 5:00 pm
$5.00 per additional care option
Register Online or call 250-334-9622
(Limited Spots available)

Pro D Day Surfs Up

All Ages 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.

Friday (1 day)
76731 | Feb 26 | 10:00-3:00 pm | cost: $46.00
Register Online | Location: Aquatic Centre

Spring Break Surfs Up

Ages 7 -11
Aquatic Camp 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

Monday to Friday (5 days)
76736 |**March 15-19 | 10:00 am-3:00 pm | $230.00**
Register Online | Location: Aquatic Centre

C.I.A. - CVRD Ice Academy

Ages 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 spring break ice fix. Players will improve performance in their endurance, agility and skill development in this faced paced camp. There will be a skills competition on the last day. Full gear is required.

Monday to Friday (5 days)
March 15-19 | 10:00am - 3:00 pm | $230.00
Register Online | Location: Sports Centre- Arena #2

H2O x2

Ages 6-12
Swim & Skate Daycamp

Swim and skate all day! Program includes skating instructional sessions plus free time on the ice and in the pool. Lots of games and outdoor activitiesplanned by the staff. Program fee includes all facility drop-in fees and skate rentals.

Monday to Friday (5 days)
March 15-19 | 10:00am - 3:00 pm | $230.00
Register Online | Location: Sports Centre- Arena #2

Check out Page 97 for Spring Break Swimming Lessons at the Sports Centre!

Spring Break Camps

Splash Zone

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

Monday to Thursday (4 days)

March 22-25 | 10:00am - 3:00 pm | $184.00

Register Online | Location: Sports Centre

Impact Sports Daycamp

Ages 6-12

Swim, Skate & Play Sports

This action packed camp with 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 a visit to the rink and pool 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.

Monday to Thursday (4 days)

March 22-25 | 10:00 am-3:00 pm | $184.00

Register Online | Location: Sports Centre

Coolest Game on Earth

Ages 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.

Monday to Thursday (4 days)

March 22-25 | 10:00 am-3:00 pm | $184.00

Register Online | Location: Sports Centre

Spring Break Riding Camp

Ages 6 - 12

Introduction Hockey Camp

C Contractor-led Program

Similar to our unicorn class, participants will take part in daily horse care, safety, farm etiquette, animal first aid all while learning to ride with a 20min riding lesson. This will be a week of fun filled activities and equestrian learning. For beginner levels. All abilities are welcome!

Monday to Thursday (4 days)

March 15-18 | 12:00 - 2:00 pm | $321.00

March 22-25 | 12:00 - 2:00 pm | $321.00

Register Online | Location: Exhibition Grounds – Meeting at the Stonehedge Site 338 Dove Creek Place (look for the red barn, entrance from Dove Creek Place)

See Page 89 for more information on Horse Riding Programs!

Birthday Parties

Swim Birthday Party Packages

Includes admission for up to 10 children and 2 adults during an Everyone Welcome Swim, plus 12 locker tokens and room rental. Additional admissions can be purchased upon arrival. 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. **Pre-registration required.**
Possible Add on: Partyologist $37.90
3 hours | Location: Aquatic Centre
Register Online | $76.90

Skate Birthday Party Packages

Includes admission for up to 10 children and 2 adults during an Everyone Welcome Skate, plus skate rentals and room rental. 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. **Pre-registration required.**
Possible Add on: Partyologist $37.90
Possible Add on: Zamboni ride for the Birthday child for $37.90. (when in Arena #2)
Saturdays, Sundays & select weekdays
Sept-May | Location: Sport Centre
Register Online | $76.90

Exclusive Ice Party- Sports Centre

Book the full sheeto 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.
(14 day cancellation notice required)
cost: $198.75 plus tax & insurance
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. Room booking may be available on Saturdays for an additional charge.

Saturdays & Sundays
12:00-1:00pm | Location: Aquatic Centre
Register Online | $142.80 plus tax

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. 1 hour of activities, leader organized.

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).

Book your party today
Call 250-334-9622, for more information or drop into the Sports or Aquatic Centres.