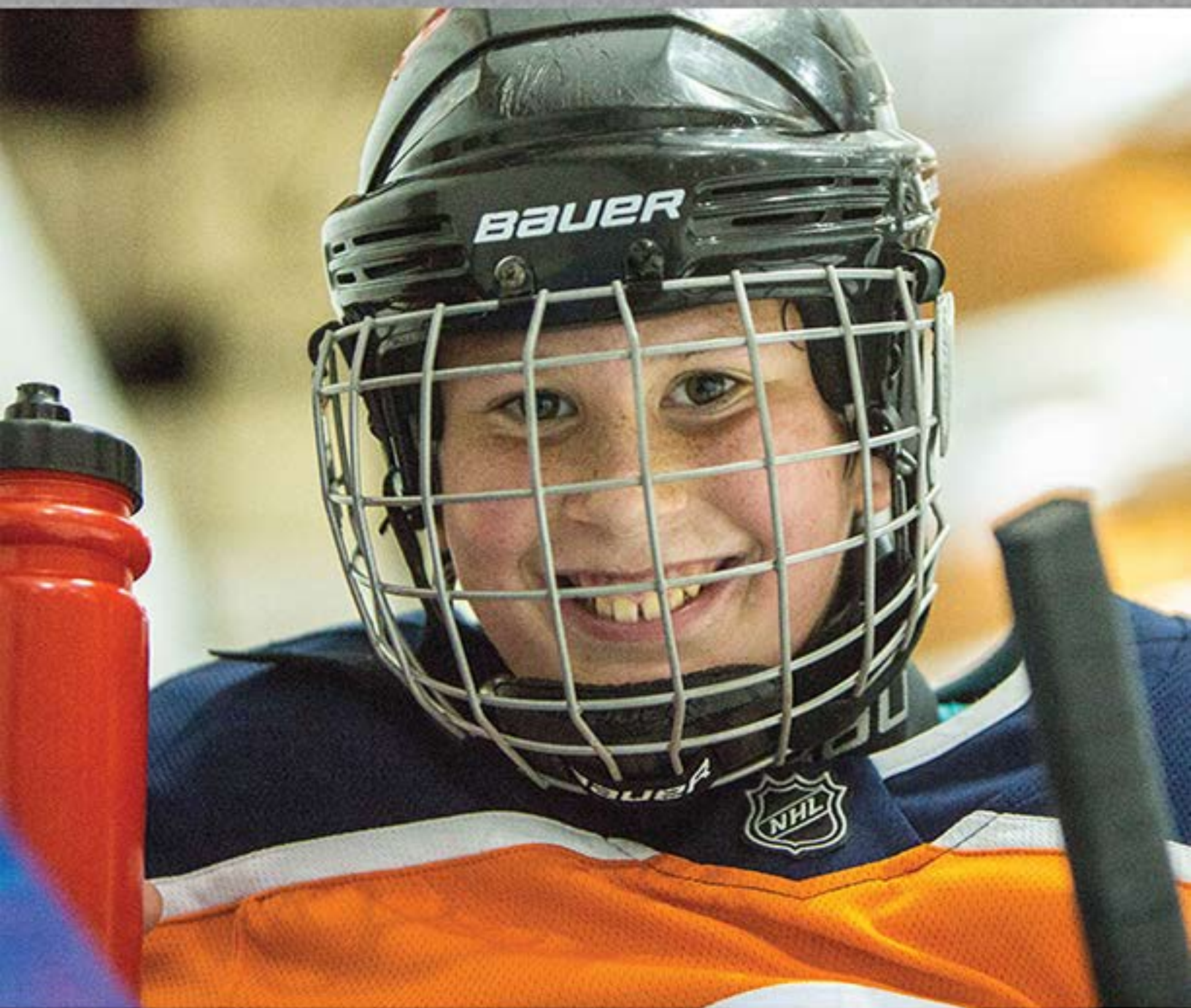


# COMOX VALLEY RECREATION GUIDE

FALL  
2020



TOWN OF  
COMOX  
Recreation



2

Comox Valley  
REGIONAL DISTRICT

30



CITY OF  
COURTENAY  
Recreation

54



THE VILLAGE OF  
CUMBERLAND

105



### MESSAGE FROM THE CHAIR

It is hard to believe that Fall is just around the corner. While the past few months have been challenging, it is great to see so



many people coming out to use the Sports Centre indoor gym and arena. Our team continues to work hard to put together new programming ideas to ensure we have something to offer everyone as we move forward and follow provincial health guidelines for BC's restart plan. It is important for us to remain diligent to help keep the Comox Valley Safe. Extra precautions are in place at the Sports Centre facility and it is important for us to continue to practice proper distancing measures and adapt to the new norms of recreation. We look forward to seeing you soon. Have an active, healthy fall!

Daniel Arbour  
Chair  
Comox Valley Sports Commission

### CVRD SPORTS CENTRE

3001 Vanier Drive  
Courtenay, V9N 5Y2  
Phone 250-334-9622  
Fax 250-334-1042

6-lane pool, sauna, hot tub, wellness centre, 2 ice arenas, outdoor track and field and meeting rooms.

### CVRD AQUATIC CENTRE

377 Lerwick Road  
Courtenay, V9N 9G4  
Phone 250-334-2527  
Fax 250-334-2587

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

### EXHIBITION GROUNDS

4839 Headquarters Road  
Courtenay  
Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2020 Casual rider passes available. Purchase your annual pass at the CVRD sports centre customer service desk. Must present horse council #.

Individual: \$60.87 (includes GST)  
Family: \$155.26 (includes GST)  
Happy Trails!



# ADMISSION RATES - EFFECTIVE SEPTEMBER 1, 2020 TO AUGUST 31, 2021

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT P/	<p style="text-align: center;"><b>NO MEMBERSHIP SALES AVAILABLE AT THIS TIME</b></p> <p style="text-align: center;"><b>All facility drop-ins must be booked due to COVID-19</b></p>			
TOT (2 & UNDER)						
CHILD (3-12) OR PWD	\$3.15	\$2				
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.70	\$3				
ADULT (19-59)	\$5.90	\$5				
SENIOR (60-89)	\$5.00	\$4				
GOLDEN AGE (90+)						
FAMILY (6 MAX - MIN 1 ADULT/ SENIOR & 1 CHILD/TEEN)	\$12.65	\$11				
LOCKERS	\$0.50	N / A				
SKATE RENTAL	\$3.60	\$32.40				
SKATE SHARPENING	\$5.50	\$49.50				

#### 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.
- Membership extensions will be granted for 6 month passes (up to 7 day extension) & 1 year passes (up to 14 day extension) during the term of the pass - pass will be suspended for the period. Must be requested in advance/one time only.
- 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 LESSON PRICE LIST

### 1/2 Hour Class

School age (ages 6-13)  
10 Sessions - \$67.00  
Preschool (5 & under)  
10 Sessions - \$68.50

### 3/4 Hour Class

10 Sessions - \$92.00

### 1 Hour Class

10 sessions - \$109.00

### Private/Semi Private Lessons

Private up to 14 yr - \$30.60  
Semi-private up to 14 yr - \$20.40/person  
Private over 14 yr - \$33.45  
Semi-private over 14 yr - \$21.80/person

### H2O x 2 Combo Classes

10 Sessions - \$109.00

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

## Special Sessions

Super Saver Admission \$2.50/person

\*Professional Admission \$20.40/instructor

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

## Economy Passes

- minimum purchase 150 passes
  - valid for one year from date of purchase - no refunds or extensions
  - includes access to CVRD Sports & Aquatic Centres pool, fitness centres and arenas during public sessions
  - registered programs are not included
- Child/Teen/Student/PWD \$2.50 each  
Adult \$5.00 each  
Senior \$4.00 each

**Please call 250-334-9622 ext 233 to arrange for purchase of bulk admissions.**

## Corporate Wellness Memberships

Workplaces may register for employees to purchase a one month, three month, six month or annual membership at a 20% discount. A minimum of 10 employees must be actively registered in the program in order to be eligible to participate. Corporate registration is \$50.00, and is required before employees can purchase - access the registration form at [www.comoxvalleyrd.ca](http://www.comoxvalleyrd.ca).



# HOW TO REGISTER

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

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

**Locations to register:**

## ONLINE

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

## IN PERSON

At the Sports Centre 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**

## BY PHONE

**250-334-9622, EXT 0**

**Jul 20-Sep 7**  
Mon to Fri 8:00am-4:00pm

**Sep 8-Dec 31**  
Mon to Fri 7:00am-7:30pm  
Sat & Sun 7:00am-12:30pm

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

## REGISTRATION GUIDELINES

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

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

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

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

1. If you withdraw or transfer before 7 calendar days prior to the course start date, a full refund or credit will be issued.\*
2. If you withdraw or transfer within 7 calendar days prior to course start date, or to the end of the 3rd class, a \$5.00 admin fee will be charged, and a pro-rated refund or credit for the remainder will be issued.\*
3. Pro-rated refunds or credits after the 3rd class will only be considered for medical reasons or relocation outside the CVRD.\*
4. Seven days cancellation notice is required for leisure pool rentals.

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

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

## FINANCIAL ASSISTANCE

### PROVIDING LEISURE ACCESS FOR YOU (PLAY)

The Comox Valley Regional District, through the Sports Centre commission, offers financial assistance to qualifying residents in Comox, Courtenay and Electoral Areas A, B & C who would like to participate in any of our recreational activities but find it difficult to do so because of financial limitations. Assistance includes 52 free admissions and up to 4 free/discounted programs for each family member per year.

Ask our customer service representatives for more information.



## COVID-19 Alert: When Vising the Comox Valley Sports Centre

- Do NOT come to the facility if you feel ill in anyway. In particular, tiredness, coughing and fever are possible signs of COVID-19. Be prepared staff may ask you health related questions before using the facility.
- If you are immunocompromised consider not vising the facility. This would include anyone who has had recent surgeries, older adults, those with serious underlying medical conditions, chronic illness or who take certain medications.
- Maintain physical distancing of 2 meters from all staff and facility users.
- Maintain proper hygiene when in the facility including washing your hands regularly, refraining from spitting and covering your face when you cough/sneeze.
- Patrons must cancel their booking if they develop COVID symptoms after registering for a program or booking a facility.
- Patrons are encouraged to wear a mask while at the facility unless they are in the pool water or the mask causes discomfort (i.e. too hard to breath due to the amount of physical exertion while exercising).

### Pool Users Please Read:

- Treated pool water is an effective disinfectant and that the risks while in contact with treated pool water is considered minimum.
- At this time the hot tub, sauna, diving board and rope swing are closed. At this time admission does not include access to the Wellness Centre/Weight Room and your time in this facility must be booked separately.
- Ideally come dressed to swim so you can bypass the changeroom. Consider wearing a housecoat or towel over top your bathing suit.
- Please arrive 10 minutes before the start of your swim time so you can be through the changeroom (if required) before the previous group exits the pool (5 minutes before the start of your swim).
- Please do not linger and leave the facility immediately when your time is up.
- If you have not showered at home, just before arriving here, please take a cleansing shower with soap on the pool deck before entering the pool. Be sure to remove all make up, hair and body products and wash your hands.
- Please note: lockers are not available during this time. Please bring all of your belongings in a small bag onto the pool deck and place it on the chair in front of your lane.
- Swimmers are strongly encouraged to take a shower and change at home after swimming. If necessary changeroom use is permitted.
- Patrons in need of assistance due to physical limitations should receive help from a family member.
- Please do not spit, urinate or blow your nose in the water.
- Please do not share water bottles, towels, goggles or other equipment and fill your water bottles at home.
- The use of goggles is encouraged but snorkels are prohibited.
- Please note at this time only essential equipment such as PFD's, fitness belts and flutter boards are available and must be disinfected between each user. So please bring your own from home if you can.
- Please note we are not accepting memberships, passes or drop-ins at this time for public activities. You **must** book your space.
- To book your Lane Swim or Rehab & Therapy time go to the Program Registration tab on your PerfectMind online account, or call 250-334-9622, Monday-Friday from 7:00 AM – 7:30 PM and Saturday and Sunday from 7:00 AM – 12:30 PM. To create an online account go to the CVRD website, Parks and Recreation, Register for Activities and click on “Create a New Account” or login directly at [comoxvalley.perfectmind.com](http://comoxvalley.perfectmind.com). Bookings are available in advance. You may cancel by phone up to 24 hours prior to your start time.



# SPORTS CENTRE POOL

25 METRE LANE POOL STARTING SEPTEMBER 8, 2020

**PLEASE NOTE: You MUST now book or register for all pool programs. NO DROP-INS!**

CVRD SPORTS CENTRE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Lane Swim 6:00-6:55am	AquaFit 6:00-6:55am	Lane Swim 6:00-6:55am	AquaFit 6:00-6:55am	Lane Swim 6:00-6:55am			
AquaFit 7:00-7:55am	Lane Swim 7:00-7:55am	AquaFit 7:00-7:55am	Lane Swim 7:00-7:55am	AquaFit 7:00-7:55am	Lane Swim 7:00-7:55am		
Swim Fit 8:00-8:55am	Rehab & Therapy 8:00-8:55am	Swim Fit 8:00-8:55am	Rehab & Therapy 8:00-8:55am	Swim Fit 8:00-8:55am	Rehab & Therapy 8:00-8:55am		
Hip & Knee 9:00-9:55am	Aquamotion 2 9:00-9:55am	Hip & Knee 9:00-9:55am	Aquamotion 2 9:00-9:55am	Lane Swim 9:00-9:55am	AquaFit 9:00-9:55am		
AquaFit 10:00-10:55am					Swimming Lessons 10:00am-1:00pm		
Rehab & Therapy 11:00-11:55am	Hip & Knee 11:00-11:55am	Rehab & Therapy 11:00-11:55am	Hip & Knee 11:00-11:55am	Rehab & Therapy 11:00-11:55am			
Lane Swim 12:00-12:55pm	Aquamotion 3 12:00-12:55pm	Lane Swim 12:00-12:55pm	Aquamotion 3 12:00-12:55pm	Lane Swim 12:00-12:55pm			
Shut Down for Cleaning 1:00-2:00pm					Swim Club 1:00-4:00pm	<b>Sports Centre Sauna &amp; Hot Tub CLOSED until further notice due to COVID</b>	
50+ AquaFit 2:00-2:55pm	Hip & Knee 2:00-2:55PM	50+ AquaFit 2:00-2:55pm	Hip & Knee 2:00-2:55pm	50+ AquaFit 2:00-2:55pm			
Swimming Lessons 3:00-4:15pm							
Swim Club 4:15-7:15pm							
Lane Swim 7:20-8:15pm	AquaFit 7:20-8:15pm	Lane Swim 7:20-8:15pm	AquaFit 7:20-8:15pm	Lane Swim 7:20-8:15pm			

## Programs Available by Booking

### Lane Swim and Rehab & Therapy Swim

You **must** book your space online – each booking is for 55 minutes. When you book your swim spot the space is reserved for you. You can book your space in advance but must cancel at least 24 hours before the start of your pool time. If you are unable to book online or wish to use your PLAY pass please contact a customer service representative at 250-334-9622.

**Please note:** only flutter boards, PFD's and fitness belts will be provided and must be disinfected between each user. So please bring your own from home if you can.

### Lane Swim

Lanes are available for length swimming during these times. Please consider wearing goggles and enjoy a lane to yourself.

### Rehab & Therapy Swim

This time is reserved for those with sensory challenges and/or those working on self-rehabilitation or therapy. Please consider wearing goggles if you will be submerging your face.

**To book your lane space or register for a program please visit [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec) or login directly at [comoxvalley.perfectmind.com](http://comoxvalley.perfectmind.com) or call 250-334-9622.**

## Programs Available by Registration

### Regular and Adaptive Aquatic Fitness Programs

You **must** register online or by phone for these programs.

### Regular Fitness Programs:

**AquaFit** – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (flotation belts provided). Register for your preference - 12 spots of each available.

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

### Adaptive Fitness Programs:

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

**AquaMotion Level 3** – shallow to deep 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. Physician's consent required.



# SPORTS CENTRE WELLNESS CENTRE

To ensure physical distancing we have spread out the fitness equipment and some is now located in the Wellness Centre, Aquarium Meeting Room and pool lobby. The equipment is well spaced out and multiple disinfecting stations are available. This space is booked in 55 minute segments but you **must** book your space online – maximum of 17 spots available per hour between all the spaces. Customers are welcome to stay longer if there is space available. You can book your space in advance but must cancel at least 24 hours before the start of your weight room booking. If you are unable to book online or wish to use your PLAY pass please contact a customer service representative. A staff person is on site at all times and the space is open to everyone aged 12+.

## General Hours of Operation starting Sept. 8, 2020

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

**Saturday & Sunday** 7:00 am-1:00 pm

## Weight Room Users Please Read:

- Changerooms and showers are not available at this time so please come dressed to work out.
- Please arrive a maximum of 1-2 minutes before the start of your workout time so the group before you can leave the building before you enter – we are trying to avoid a large gathering in the lobby.
- Please note: lockers are not available during this time. Leave as much as you can at home and then bring the remainder of your belongings in a small bag into the facility with you.
- Patrons in need of assistance due to physical limitations should receive help from a family member.
- Please do not share water bottles, towels or other equipment and fill your water bottles at home.
- Please note at this time only essential equipment such as barbells and dumbbells are available and must be disinfected between each user. So please bring your own skipping ropes, balls etc. from home if you need it.
- You must disinfect each piece of equipment after you use it.
- At this time, 20 min max per piece of equipment. Sign up for your cardio equipment when you arrive.
- Please do not linger and leave the facility immediately when your time is up.
- Please note we are not accepting passes or drop-in's at this time for public activities. You must book your space.
- To book your weight room time go to the Program Registration tab on your PerfectMind online account, or call 250-334-9622, Monday-Friday from 7:00 AM – 7:30 PM and Saturday and Sunday from 7:00 AM – 12:30 PM. To create an online account go to the CVRD website, Parks and Recreation, Register for Activities and click on "Create a New Account" or access login directly at [comoxvalley.perfectmind.com](http://comoxvalley.perfectmind.com). Bookings are available in advance. You may cancel by phone up to 24 hours prior to your start time.

## Schedule Changes

**Oct 12** – STAT CLOSED

**Nov 11** – STAT CLOSED

**Dec 24** – CLOSED at 3 PM

**Dec 25/26** – STAT – CLOSED

**Dec 31** – CLOSED at 3 PM

**Jan 1** – STAT – CLOSED

*Programs are subject to change - for updated information visit [comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)*



# SPECIAL EVENTS

## Teddy Bear Great Escape

(all ages)

### Photo Competition

Your Teddy Bear needs some adventures too! Take your Teddy to any of the CVRD parks and take a picture of them having fun. They could be doing anything from picnicking, climbing a tree to kayaking. There will be prizes for our staff's favorite 5 photos! Register for Teddy Bear Great Escape online at [comoxvalleyrd.ca/registration](http://comoxvalleyrd.ca/registration). See photo submission details on this page for this leave no trace event.

**Photos Must be Submitted by Oct 24**  
**Free!**



## PHOTO SUBMISSION DETAILS

**Please email your digital photo submissions to [sbullock@comoxvalleyrd.ca](mailto:sbullock@comoxvalleyrd.ca) with the following information:**

- **Photographer Name**
- **Teddy's Name**
- **Contact Phone # or Email**
- **CVRD Park Name**
- **Photograph Title or Caption (optional)**

**Please note you will need to complete a Photo Release form that will be emailed to you upon registration.**





# SPECIAL EVENTS



CVRD SPECIAL EVENTS

## Photo Scavenger Hunt

(all ages)

### Match the Photo to the Park

Check out the CVRD website [comoxvalleyrd.ca/registration](http://comoxvalleyrd.ca/registration) starting Nov 1 for the Photo Scavenger Hunt parks photos. 10 photos of CVRD parks will be posted and the challenge is to guess which park the photos were taken in. Everyone who correctly guesses all 10 photo locations will be entered to win a free registered program of their choice at the Comox Valley Sports and Aquatic Centres (i.e. swim lessons, skate or hockey lessons, fitness program etc.) Email your guesses to [sbullock@comoxvalleyrd.ca](mailto:sbullock@comoxvalleyrd.ca).

**Best Guesses Must be Submitted by Nov 28**

**Free!**



follow [comoxvalleyrd](http://comoxvalleyrd)



## SPECIAL EVENTS

### Monster Mash (all ages) Halloween Themed Skate

Dress up in your scariest, bravest, strongest or most princess like costumes for this fun Halloween event. Make sure to trick or treat at the skate shop for fun prizes and treats. Prizes for the most creative costumes. Lots of fun activities planned!

**Sports Centre Arena #2**  
**Friday, Oct 30, 3:00-4:45 PM**  
**Regular Admission - Please book your spot**

### 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 in each category.

**Sports Centre Arena #2**  
**Friday, Jan 22, 3:00-4:45 PM**  
**Regular Admission - Please book your spot**

### Family Games Skate

(all ages)  
February is Family month and we are celebrating with games! We will be have a variety of fun events for the whole family to participate in. Feel free to come dressed up in your family team colours!

**Sports Centre Arena #2**  
**Saturday, Feb 13, 3:00-5:00 PM**  
**Regular Admission - Please book your spot**

### Pink Shirt Day (all ages)

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

**Sports Centre Arena #2**  
**Wednesday, Feb 24, 6:30-8:30 PM**  
**2 for 1 Admission - Please book your spot**

### Beach Party (all ages)

Skate along to your favorite summertime tunes and be prepared to try pineapple bowling, hula hoop games & enter a limbo contest.

**Friday, Mar 5, 3:00-4:45 PM**  
**Regular Admission - Please Book Your Spot**

•••••  
• **For Skating Special Events** •  
• **- please book your space** •  
• **in the corresponding** •  
• **Everyone Welcome Skate.** •  
•••••



# WELLNESS PROGRAMS

## REGISTERED ADAPTIVE FITNESS PROGRAMS

*Registration is ongoing - sign up anytime for classes in progress. Applies to all programs on the entire page.*

SESSIONS/DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
Registration is on going - sign up anytime for classes in progress.	Sep 9-Oct 7 (9) Oct 14-Nov 9 (8) Nov 16-Dec 16 (10)	Sep 8-Oct 8 (10) Oct 13-Nov 12 (10) Nov 17-Dec 17 (10)
<b>AQUATIC HIP &amp; KNEE</b>	9:00-9:55 AM	11:00-11:55 AM 2:00-2:55 PM
<b>AQUAMOTION 2</b>		9:00-9:55 AM
<b>AQUAMOTION 3</b>		12:00-12:55 PM

## REGISTERED AQUAFIT & SWIM FIT FITNESS PROGRAMS

**ALL SESSIONS ARE AT THE SPORTS CENTRE - YOUR SPACE MUST BE BOOKED ONLINE OR CALL 250-334-9622**

SESSIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAYS/DATES &amp; LEVELS</b>	Sep 14-28 (3) Oct 5-26 (3) No class Oct 12 Nov 2-30 (5) Dec 7-28 (4)	Sep 8-29 (4) Oct 6-27 (4) Nov 3-24 (4) Dec 1-29 (5)	Sep 9-30 (4) Oct 7-28 (4) Nov 4-25 (3) No class Nov 11 Dec 2-30 (5)	Sep 10-24 (3) Oct 1-29 (5) Nov 5-26 (4) Dec 3-31 (5) *Dec 3-17 (3) *for 7:20-8:15pm class only	Sep 11-25 (3) Oct 2-30 (5) Nov 6-27 (4) Dec 4-18 (3)	Sep 12-26 (3) Oct 3-31 (5) Nov 7-28 (4) Dec 5-19 (3)	Sep 13-27 (3) Oct 4-25 (4) Nov 1-29 (5) Dec 6-27 (4)
<b>AQUAFIT</b>	7:00-7:55 AM 10:00-10:55 AM	6:00-6:55 AM 10:00-10:55 AM 7:20-8:15 PM	7:00-7:55 AM 10:00-10:55 AM	6:00-6:55 AM 10:00-10:55 AM 7:20-8:15 PM	7:00-7:55 AM 10:00-10:55 AM	9:00-9:55 AM	9:00-9:55 AM
<b>50+ AQUAFIT</b>	2:00-2:55 PM		2:00-2:55 PM		2:00-2:55 PM		
<b>SWIM FIT</b>	8:00-8:55 AM		8:00-8:55 AM		8:00-8:55 AM		

### ADAPTIVE FITNESS PROGRAMS

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

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

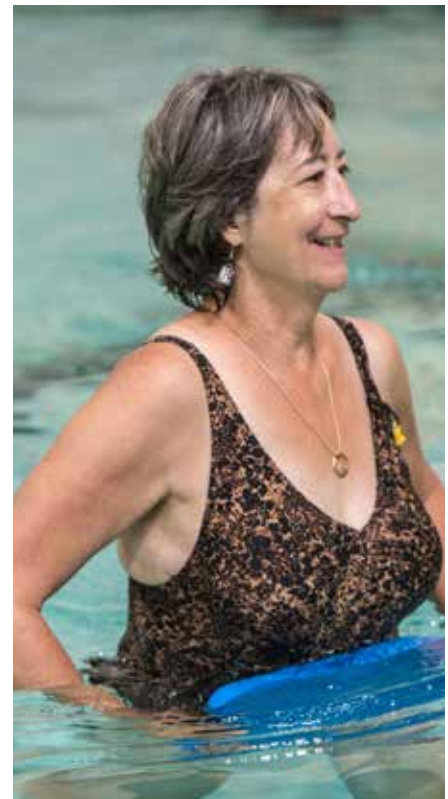
**Aquatic Hip & Knee** – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Physician's consent required.

### FITNESS PROGRAMS

**Aquafit** – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided). Register for your preference - 12 spots each.

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

**Aquafit & Swim Fit**  
**\$25.00 for 5 sessions**  
**Adaptive Programs**  
**\$88.00 for 10 sessions**  
*(Pro-rated to the number of sessions)*



## FITNESS PROGRAMS

### Gumby Senior's (55+)

#### Beginner Level

#### Osteo-Stretching/Yoga Flavored Fitness Class

This is a highly adaptable exercise program that is challenging enough for moderately active older adults as well as safe enough for the relatively unfit. One-hour group classes include stretching, flexibility, balance, low-impact aerobics, and strength training. Classes will incorporate yoga moves that will focus on improving strength, flexibility, balance, coordination, endurance, muscle mass, agility, and energy level. Come out and give it a try.

#### Mondays & Wednesdays

**18300 Sep 14-30 (6)**

**18302 Oct 5-28 (7) No class Oct 12**

**18303 Nov 2-25 (7) No class Nov 11**

**18304 Nov 30-Dec 16 (6)**

**8:30-9:30 AM**

**\$36.00 (6)**



### COVID-19 Bootcamp (16+)

#### Core – Cardio - Strength

Got Yourself a COVID-19 butt or gut? Join the club. This workout is designed to target all major muscle groups and torch calories. Work towards a healthier mind and body as you stay active during your week with this energizing class. No matter your experience or fitness level this class is for you. The instructor will push you as hard as you are willing to go. Sessions will be at the CVSC track/field/bleachers unless the weather is absolutely horrible – then it will be in arena #1.

#### Tuesdays & Thursday

**18285 Sep 15-Oct 1 (6)**

**18295 Oct 6-29 (8)**

**18287 Nov 3-26 (8)**

**18297 Dec 1-17 (6)**

**4:30-6:00 PM**

**\$54.00 (6)**



### Express Fit (16+)

#### Intense Lunchtime Workout

Do you eat lunch at your desk? Do you feel too bagged at the end of your work day to workout? You aren't alone. Working out in the middle of your workday is actually beneficial to your career not just your body - the cognitive benefits of regular exercise include improved concentration, sharper memory, quicker learning, prolonged mental stamina, enhanced creativity, and stress reduction. So join us for an intensive, time-efficient, brain and body boosting workout. Most of the workouts will take place at the track/field/bleachers at the CVSC but if the weather is horrible (not just light rain) we will move it inside to the arena to run bleachers and workout on the floor above the rink in this 45 minute bootcamp style workout.

#### Tuesday & Thursday

**18309 Sep 15-Oct 1 (6)**

**18311 Oct 6-29 (8)**

**18313 Nov 3-26 (8)**

**18316 Dec 1-17 (6)**

**12:15-1:00 PM**

**\$27.00 (6)**



### Muscle Up (16+)

#### Introduction to Weight Room Training

This strength and muscle program is not just for beginners. You should use it if you want a formalized and precise program following casual experience with weights. It's an all-around program for basic strength and muscle building. This could be used in off-season training if your sport has elements of strength, power and muscular endurance or just to improve your overall health. Training sessions take place at the CVSC Wellness Centre.

#### Saturdays

**18279 Sep 19-Oct 24 (6)**

**18282 Nov 7-Dec 12 (6)**

**1:30-2:30 PM**

**\$36.00 (6)**



***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!*



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

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

**BRONZE STAR (optional)** Bronze Star is the pre-Bronze Medallion training standard and is excellent preparation for success in Bronze Medallion. Candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid including how to manage a land spinal injury. Candidates also develop stroke endurance and lifesaving fitness skills.

**BRONZE MEDALLION** Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Includes CPR-A certification

**BRONZE CROSS** Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Includes CPR-C certification.

## ADVANCED LEADERSHIP COURSES

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

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

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

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

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

**Psychological First Aid (18+)** This classroom-based certification course is for those who require in-depth knowledge and techniques to recognize and assist people in crisis after experiencing loss, grief, trauma, and stress, with an emphasis on self-care and personal protection. Learners will apply the Red Cross Look, Listen, Link, Live model - a resiliency-building approach to emotional, psychological, and social well-being that teaches learners how to support themselves and others to cope with the effects of various types of stress and linking them to resources and supports within themselves or in their community. Red Cross Psychological First Aid is a resiliency-based program for everyone that offers prevention and coping strategies for dealing with different types of stress resulting from various types of trauma and is adaptable to all audiences (Youth, Workplace, Professional Responder).

**LSS First Aid Instructor (18+)** The First Aid Instructor (FAI), recognized as Occupational (OFA) Level 1 Instructor, trains instructors to apply teaching and evaluation philosophy to techniques and approaches required to teach first aid skills. Candidates also learn about long-range/short-term planning, class management, safety supervision and the principles of evaluation. Lifesaving First Aid Instructors are able to teach the entire Lifesaving First Aid Continuum upon certification to include the following programs: CPR C/AED, Emergency First Aid, Standard First Aid with CPR C/AED (OFA Level 1 equivalent), and Airway Management & Oxygen Administration.

**STANDARD FIRST AID with CPR C** Comprehensive training covering all aspects of first aid and CPR. 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. Using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies. Includes CPR-C certification. OFA Level 1 equivalent.

**NATIONAL LIFEGUARD** Recognized as the standard measurement of lifeguarding performance in Canada, the NLS program develops a sound understanding of lifeguarding principles, good judgment and communication skills, and a mature and responsible attitude toward the role of the lifeguard. The NLS lifeguard's primary role is to prevent injuries (and when necessary, effectively manage emergencies) and to facilitate a safe and enjoyable aquatic experience. NLS training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations.

**WATER SAFETY INSTRUCTOR** This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include a WSI - Skills Evaluation, WSI - Online, WSI - Teaching Experience, and WSI - Classroom and Pool components.



# FIRST AID & AQUATIC LEADERSHIP COURSES

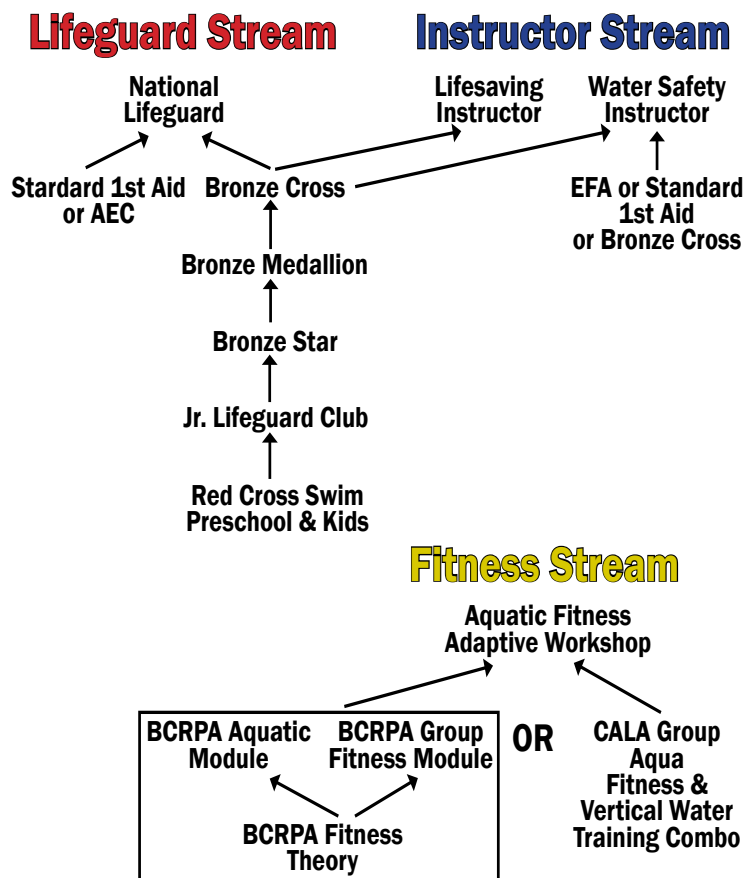
COURSE	DATES		TIME	COST	COURSE #	PRE-REQUISITES
<b>BRONZE MEDALLION &amp; BRONZE CROSS COMBO</b>	Sep 27-Nov 1	Sun	1:00-8:00pm	\$375.00*	18052	13 years old by last day of course or Bronze Star
<b>NATIONAL LIFEGUARD (NL)</b>	Nov 21-Dec 13	Sat Sun	1:00-5:00pm 12:00-8:00pm	\$475.00*	18105	15 years old by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
<b>WSI (Part 1) - Skills Evaluation, Online &amp; Teach experience</b>	Dec 19 & teach dates	Fri	4:00-8:00PM	\$185.00	18109	15 years by the last day of course, level 10 swimming skills, Bronze Cross or Assistant Lifeguard - does not have to be current
<b>CALA Vertical Water Training &amp; Group Aqua Fitness Combo</b>	TBA			\$650.00		16 years min
<b>EMERGENCY FIRST AID (EFA)</b>	Nov 14	Sat	9:00-5:00pm	\$95.00*	18113	12 years old minimum/15 years recommended
<b>STANDARD FIRST AID (SFA) &amp; CPR C</b>	Nov 14 & 15	Sat & Sun	9:00-5:00PM	\$140.00*	18116	12 years old minimum/15 years recommended

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

Leadership classes may be subject to a \$35.00 withdrawal/transfer fee for withdrawals or transfers less than a week from start date. No withdrawals/refunds after class starts, except for medical reasons.

For further information please call the Aquatic Coordinator at 250-334-2527 ext 3712.

CVRD LEADERSHIP COURSES



## GET HIGH SCHOOL CREDITS

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

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

**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!



# RED CROSS SWIM LESSONS



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

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

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

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

## SWIM KIDS LESSONS (ages 5-12 years) - 30 minute class (levels 1-4)/45 minute class (levels 5-10)

<b>Level 1</b> <b>Parented</b>	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.
<b>Level 2</b> <b>Parented</b>	Work on propulsion skills to move through the water and to remain at the surface, the front swim (5m) and learn about deep water activities and proper use of a PFD. Fitness activities include the 10m flutter kick and a 10m distance swim.
<b>Level 3</b> <b>Parented</b>	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.
<b>Level 4</b> <b>Parented</b>	Intro to the front crawl (10m) and back swim with shoulder roll (15m.) Swimmers work on kneeling dives, surface support (45 seconds-deep water) and developing a greater sense of self- safety by understanding their own limits. Endurance is built through a 25m swim.
<b>Level 5</b>	Intro to the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.
<b>Level 6</b>	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Also includes front dive, treading water in deep water for 1.5 minutes, dolphin kick and a 75m swim.
<b>Level 7</b>	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.
<b>Level 8</b>	Hypothermia, dangers of open water, rescue breathing, surface dives, stride entries, front and back crawl, elementary backstroke and breaststroke and a distance swim of 300m.
<b>Level 9</b>	Wise choices and peer influence, boating regulations, self ice rescues, surface dives, shallow dives, front and back crawl, elementary backstroke and breaststroke as well as a 400m distance swim.
<b>Level 10</b>	Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500m endurance swim.

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

<b>Single</b>	Does your child keep repeating the same level? Need that extra practice to get you through to the next level? Register for a single private lesson.
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### Important Swim Lesson Information:

- Due to covid-19 swim lessons are currently touchless. With the exception of demonstrations the swim instructor will be on the pool deck for the entire class.
- All preschool and school aged classes for Level 4 and under require an adult aged 16+ in the water.
- The swim instructor will be teaching the child's adult the proper techniques and holds to help their child. Feedback will be given to the adult so they can assist their child in the water throughout the class.
- School age Level 5 and up will also be touchless classes with the instructor on the pool deck (except for demonstrations). No parent participation is required at these levels.



# SWIMMING LESSONS

TO REGISTER CALL 250-334-9622 EXT 0

- All swimming lessons currently taking place at the CV Sports Centre pool on Vanier Drive. PLEASE NOTE parent participation required at ALL preschool levels and Levels 4 and under. A parent **MUST** be in the water assisting their child.
- For prices please see fees on page 31. **NO CLASS ON OCT 23.**

CVRD SWIMMING LESSONS

LEVEL	MONDAY & WEDNESDAY FALL A SEP 9-OCT 7 (9)  FALL B OCT 14-NOV 9 (8)  FALL C NOV 16-DEC 16 (10)	TUESDAY & THURSDAY FALL A SEP 10-OCT 8 (9)  FALL B OCT 13-NOV 12 (10)  FALL C NOV 17-DEC 17 (10)	FRIDAY FALL A SEP 11-OCT 30 (7) <i>No class Oct 23</i>  FALL C NOV 6-DEC 18 (7)	SATURDAY FALL A SEP 12-OCT 31 (8)  FALL C NOV 7-DEC 19 (7)	SUNDAY FALL A SEP 13-OCT 25 (7)  FALL C NOV 1-DEC 13 (7)
<b>STARFISH/DUCKS</b> <i>PARENTED</i>				10:00am	11:10am
<b>SEA TURTLE</b> <i>PARENTED</i>			3:00pm	11:10am	
<b>SEA OTTER</b> <i>PARENTED</i>	3:00pm	3:35pm	3:35pm	10:35am	10:00am, 11:45am
<b>SALAMANDER</b> <i>PARENTED</i>	3:35pm			11:45am	10:35am, 12:20pm
<b>SUNFISH</b> <i>PARENTED</i>		3:00pm		11:10am	11:45am
<b>CROCODILE/WHALE</b> <i>PARENTED</i>				12:20pm	
<b>LEVEL 1</b> <i>PARENTED</i>		3:00pm	3:35pm	11:45am	12:20pm
<b>LEVEL 2</b> <i>PARENTED</i>	3:00pm			12:20pm	10:35am
<b>LEVEL 3</b> <i>PARENTED</i>	3:35pm		3:00pm	10:35am	10:00am
<b>LEVEL 4</b> <i>PARENTED</i>		3:35pm		10:00am	11:10am
<b>LEVEL 5</b>	3:15pm			10:00am	11:50am
<b>LEVEL 6</b>		3:15pm		10:50am	11:40am
<b>LEVELS 7/10</b>			3:15pm	11:40am	10:00am
<b>PRIVATE LESSONS</b>		4:15pm, 4:45pm			

## Why choose Red Cross Swim for your kids?

Swimming lessons are swimming lessons, right? Not so fast. When selecting the right program for the swimmers in your family, you want to make the wisest, safest choice possible. The Canadian Red Cross has 60 years of experience in keeping people safe while active in the water or near water. If you want the best in research, technique and safety, you want Red Cross swimming lessons.

### Active in Water

Swimming is a great fitness activity—one people can enjoy for a lifetime. Within the cushioning comfort of water, and with little stress on joints associated with some exercises such as running or aerobics, swimming is great for fitness, rehabilitation from injury, and enjoyment. Red Cross lessons put an emphasis on being in the water, so that youth are actively learning skills and exercising their bodies. Exercise is key to a healthy living plan and Red Cross Swim lessons can help.

### Safety lessons for life – literally

Strokes are important, there's no question. But being a strong swimmer will take you only so far if you don't also know how to respond in an emergency. Red Cross lessons teach about safety – water temperature, entries into water, boating knowledge and equipment. These life skills may just save a life.

**Please note all programming may be subject to change.  
For updated information go to [comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec).**





# PRO-D, DAYCAMP & ACTIVITIES



## Stay Safe! Program (9-13)

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

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

**Sports Centre**  
**17945 Thursday, Nov 19**  
**10:00-3:00 PM**  
**\$35.00**



## H2O x2 (7-12)

### Swim & Skate Daycamp

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

**18457 Friday, Oct 23**

**18463 Friday, Nov 19**

**18465 Friday, Feb 12**

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

**\$35.00 per day**

## Red Cross Babysitting Course PLUS (11+)

### Level 1 & 2 – Crash Course

Students that complete level 1 & 2 will receive their Red Cross Babysitters' Certificate. Includes swimming, mini first aid kit and manual. Please bring a doll or teddy bear (the approx. size of a baby) healthy lunch and swim gear.

### Sports Centre

**17951 Friday, Oct 23 &**

**Thursday, Nov 19**

**9:30 AM-4:30 PM both days**

**\$80.00 (2)**

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



## WINTER BREAK DAYCAMPS

### Splash Zone (7-11)

#### Aquatics Daycamp for Kids

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

#### Sports Centre

Monday to Thursday

17953 Dec 21-24

17973 Dec 28-31

10:00-3:00 PM

\$112.00 (4)

### 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 a manual. Please bring a doll or teddy bear (the approx. size of a baby) a healthy lunch and swim gear.

#### Sports Centre

Monday to Thursday

17952 Dec 28-31

10:00-3:00 PM

\$112.00 (4)

Please note all programming may be subject to change. For updated information go to [comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec).



# OUTDOOR PROGRAMS

## **Katch & Kraft** (7-12) **Sporting and Crafting Adventure Daycamp**

For those kids not in class on Wednesday take a mid-week break from home learning at the Sports Centre. Spend the day skating, playing games, learning new sports and testing out your craft skills! Program fee includes all facility drop-in fees and skate rentals.

### **Wednesdays**

<b>18254 Sep 9</b>	<b>18262 Oct 28</b>
<b>18255 Sep 16</b>	<b>18266 Nov 4</b>
<b>18256 Sep 23</b>	<b>18267 Nov 18</b>
<b>18257 Sep 30</b>	<b>18268 Nov 25</b>
<b>18259 Oct 7</b>	<b>18269 Dec 2</b>
<b>18260 Oct 14</b>	<b>18270 Dec 9</b>
<b>18261 Oct 21</b>	<b>18271 Dec 16</b>

**10:00-3:00 PM**  
**\$35.00 per day**

NEW

## **Morningside PE** (7-11)

Need to get your kid more active? Sign them up for a weekly morning of field sports, games, contests and relays. Designed for kids that are homeschooled and need their PE component or for parents wanting to get their kids out and about during the possible reduced school hours. Program is based outdoors at the CVSC track but will move inside if absolutely required (i.e. torrential rains or ice storm). Come dressed to play in the rain.

### **Tuesdays**

**28272 Sep 15-Oct. 27 (7)**  
**18273 Nov 3-Dec 15 (7)**

### **Thursdays**

**18275 Sep 17-Oct 29 (7)**  
**18277 Nov 5-Dec 17 (7)**  
**10:00-12:00 PM**  
**\$55.00**

NEW



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# PUBLIC SKATING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>70+ Hockey</b> 9:00-10:15 AM Arena #1		<b>70+ Hockey</b> 9:00-10:15 AM Arena #1		<b>70+ Hockey</b> 9:00-10:15 AM Arena #1	<b>Please Note: We strongly encourage ALL skaters to wear a CSA approved hockey helmet – none are available on site! Please bring one from home.</b>	
<b>65+ Hockey</b> 10:30-12:00 PM Arena #1	<b>55+ Hockey</b> 10:30-12:00 PM Arena #1	<b>65+ Hockey</b> 10:30-12:00 PM Arena #1	<b>55+ Hockey</b> 10:30-12:00 PM Arena #1	<b>65+ Hockey</b> 10:30-12:00 PM Arena #1		
<b>Everyone Welcome Skate</b> 12:15-1:30 PM Arena #1	<b>16+ Hockey</b> 12:15-1:45 PM Arena #1	<b>Everyone Welcome Skate</b> 12:15-1:30 PM Arena #1	<b>16+ Hockey</b> 12:15-1:45 PM Arena #1	<b>Everyone Welcome Skate</b> 12:15-1:30 PM Arena #1		
<b>55+ Hockey</b> 1:45-3:15 PM Arena #1		<b>55+ Hockey</b> 1:45-3:15 PM Arena #1		<b>55+ Hockey</b> 1:45-3:15 PM Arena #1		
	<b>Everyone Welcome Skate</b> 3:00-4:45 PM Arena #2		<b>Everyone Welcome Skate</b> 3:00-4:45 PM Arena #2	<b>Everyone Welcome Skate</b> 3:00-4:45 PM Arena #2	<b>Everyone Welcome Skate</b> 3:00-5:00 PM Arena #2	<b>Everyone Welcome Skate</b> 1:15-3:15 PM Arena #2
<b>Everyone Welcome Skate</b> *6:30-8:30 PM Arena #2		<b>Everyone Welcome Skate</b> 6:30-8:30 PM Arena #2	<b>To book your ice time or register for a program please visit <a href="http://www.comoxvalleyrd.ca/rec">www.comoxvalleyrd.ca/rec</a> or call 250-334-9622.</b>			

\*Monday 6:30-8:30pm EW cancelled Apr 12-May 17., Please note starting April 1, 2021 all public skating/hockey takes place in Arena #1.

## Programs Available by Booking

### Everyone Welcome Skate & Hockey

**You must book your space online.** When you book your hockey or skating spot the space is reserved for you. You can book your space up to 7 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online or wish to use your PLAY pass please contact a customer service representative at 250-334-9622.

### Hockey

Full hockey gear including helmet required. **Participants must book the ice in advance.** Limited to 16 players/2 goalies. Please try to maintain the physical distancing requirement of 6 ft. Please note the various age divisions.

### Everyone Welcome Skate

All ages welcome. Shiny Hockey is NOT available during this time.

**You must book your ice space – no drop-in permitted.** Maximum 50 people permitted. Please try to maintain the physical distancing requirement of 6 ft.

## Special Skates & Schedule Changes

**Oct 12** - STAT - CLOSED

**Nov 11** - STAT - CLOSED

**Dec 24** - CVSC Arena & Pool Closed at 3 PM. Afternoon EW Cancelled

**Dec 25/26** - STAT - CLOSED

**Jan 1** - STAT - CLOSED

**Feb 15** - STAT - CLOSED

**Feb 24** - Pink Shirt Day - EW 6:30-8:30 PM Wear Pink for 2 for 1 Rate

**Apr 2** - STAT - CLOSED

**Apr 5** - STAT - CLOSED

## Short Notice Ice Rental

In addition to regular arena rentals during our slow times (Monday to Friday from 6:00 AM – 3:30 PM) we offer Short Notice Ice Rentals. Regular season rates are \$40 per hour. You can only book a maximum of 2 days in advance through the administration office. Regular rental procedures in effect including insurance requirements. Please call 250-334-9622 ext 3707 for more information.

## COVID-19 Alert: When Visiting the Comox Valley Sports Centre

- Do NOT come to the facility if you feel ill in anyway. In particular, tiredness, coughing and fever are possible signs of COVID-19. Be prepared staff may ask you health related questions before using the facility.
- If you are immunocompromised consider not visiting the facility. This would include anyone who has had recent surgeries, older adults, those with serious underlying medical conditions, chronic illness or who take certain medications.
- Maintain physical distancing of 2 meters from all staff and facility users.
- Maintain proper hygiene when in the facility including washing your hands regularly, refraining from spitting and covering your face when you cough/sneeze.
- Patrons must cancel their booking if they develop COVID symptoms after registering for a program or booking a facility.
- Patrons are encouraged to wear a mask while at the facility unless they are in the pool water or the mask causes discomfort (i.e. too hard to breath due to the amount of physical exertion while exercising).

### Arena Users Please Read:

- Please follow the facility signage. There are designated entrances and exits and flow patterns in place to encourage the physical distancing requirements.
- At this time no spectators or siblings permitted during ice rentals.
- Showers are not available at this time and changeroom space is limited so please come dressed to play if you can. Hockey players will have limited access to the changerooms. Each group will have use of two dressing rooms with a max of 8 participants and 1 coach in each room (2 & 4 or 1 & 3). Benches are marked for social distancing.
- Please arrive a maximum of 30 minutes before the start of your ice time so the group before you can leave the building before you enter – we are trying to avoid a large gathering in the lobby.
- Patrons in need of assistance due to physical limitations should receive help from a family member.
- Please do not share water bottles, towels or other equipment and fill your water bottles at home.
- Skate aids will not be available for public skates, but you are allowed to bring your own from home.
- Please do not linger and leave the facility immediately when your time is up.
- Rental skates are available during public activities – it is recommended you bring a pair of fresh socks to change into for the way home and wash your hands after handing the rental skates.
- Please Note: We strongly encourage ALL skaters to wear a CSA approved hockey helmet – no helmets are available on site! Please bring one from home. Full face visors/shield recommended (i.e. fishbowl style that covers mouth and nose).
- Due to physical distancing requirements there can be a maximum of 8 hockey participants to 1 coach on each ½ sheet of ice. So maximum 16 hockey participants and 2 coaches on the ice at one time for all facility hockey rentals and hockey programs.
- Please note we are not accepting passes or drop-in's at this time for public activities. You must book your space.
- To book your Everyone Welcome or Hockey ice time go to the Program Registration tab on your PerfectMind online account or call 250-334-9622, Monday-Friday from 7:00 AM – 7:30 PM and Saturday and Sunday from 7:00 AM – 12:30 PM. To create an online account go to the CVRD website, Parks and Recreation, Register for Activities and click on "Create a New Account" or login directly at comoxvalley.perfectmind.com. Bookings are available 7 days in advance. You may cancel by phone up to 24 hours prior to your start time.



# REGISTERED ICE PROGRAM DESCRIPTIONS

## Parent & Tot Skating Lessons (Ages 2-5 years) - 30 minute classes

<b>Parent &amp; Tot Skating Lessons</b>	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant - it's all about the fun!
<b>Parent &amp; Tot Hockey Lessons**</b>	Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun - emphasis on skill development.
<b>H2O X 2</b>	Swimming & Skating Lesson Combo - 2 Lessons for 1 Great Price: This program combines both activities in one trip to the CV Sports Centre. Parents and tots will spend the first 1.2 hour on the ice with a skating instructor, then have 15 minutes to get changed and head to the pool for a swimming lesson for the last 1.2 hour. Save time and money with this combo program.
<b>Skate, Snack &amp; Story</b>	Looking for a fun way to get your toddler skating? Caregivers and children are invited to join us for a fun introduction to ice skating. Lesson includes a 30 minute skating lesson followed by a healthy snack and story in the lobby.

## Ice Blades - Preschool Learn to Skate Lessons (Ages 3-6 Years) - 30 minute classes

<b>Arctic Bunny</b>	Using games and activities participants will spend quality time learning how to become comfortable on the ice. Proper form and balance is introduced and practiced. <b>NOW PARENTED due to COVID</b> - until child can comfortably stand up on the ice by themselves an adult caregiver must be on the ice with their child!
<b>Arctic Fox</b>	Participants actively participate in group activities and are gaining an increasing distance with forward marching or gliding. Backwards skills are introduced and practiced.
<b>Arctic Owl</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Arctic Penguin</b>	More complex skating positioning is introduced, such as slalom ski and outside edge work. Participants are encouraged to practice a combination of at least three basic skills together.
<b>Arctic Bear</b>	Participants are comfortable doing backwards crossovers and are introduced to parallel stopping. Participants are encouraged to practice a combination of at least four basic skills together.

## Ice Blades - Youth Learn to Skate Lessons (Ages 6-13 Years) - 30 minute classes

<b>Flurry</b>	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
<b>Blizzard</b>	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
<b>Storm</b>	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
<b>Iceberg</b>	Participants are introduced to parallel stops and pumping for speed.
<b>Northern Lights</b>	Participants are comfortable with advanced skills such as pivots, mohawk turns and staggered slalom ski course.
<b>Homeschool Lessons</b>	The regular Ice Blades program curriculum will be taught through a series of blended levels. Just inform the customer service representative what level your child is in when you register. Parents and other siblings can choose to pay a drop in fee and skate during the lesson time or network in the lobby.

## Learn to Play Hockey (Ages 3-13 Years) - 45 minute classes for Tiny Tots & 1 hour classes for Coolest Game

<b>Tiny Tot Hockey (3-6 yr)***</b>	Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. <i>All tiny tot participants and their families from the 2020-21 season are invited to the wrap up party on May 22nd 1:30-3:30 PM - please register your tiny tot at the front desk.</i>
<b>Coolest Game on Earth (7-13 yr)**</b>	If you have never played ice hockey before, this is the program for you. Learn the basic skills and have fun. All participants must be able to skate on their own.

## Discover Hockey (Ages 18+) - 1.25 hour classes

<b>Discover Hockey Beginners (18+)***</b>	The goal of the program is to improve participants hockey skills to the point that they would feel comfortable joining a beginner hockey league. This program is for beginners and those that have never played the game. Expect lots of support in a positive learning environment, increased love of the game and to have fun. Program includes on ice instructional sessions and 4 officiated games.
<b>Discover Hockey Intermediate (18+)***</b>	Improve on the skills learned in the beginner's class - for intermediate level players only. It's a positive learning environment and fun! Program includes on ice instructional sessions and 4 officiated games.

## Private Lessons (Ages 3+) - 30 minute classes

<b>Private Lessons</b>	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$30.60 per 1/2 hour (+tax for those 14+). All ages and abilities welcome at our private lessons. Please call 334-9622 ext 0 to register or ext 3708 if you are interested in alternative days/times.
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# 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	THURSDAY	SATURDAY	SUNDAY
<b>FALL 2020</b>	Sep 9-Oct 27 (9) Oct 14-Nov 9 (8) Nov 16-Dec 14 (9)	Sep 10-Oct 22 (7) Oct 29-Dec 10 (6) No class Nov 19	Sep 12-Oct 24 (7) Oct 31-Dec 12 (7)	Sep 13-Dec 13 (14)
Parent & Tot Skating Lessons (2-5)		9:00am		
**Parent & Tot Hockey Lessons (2-5)		9:30am		
H20 X 2 (2-5) Parent & Tot Class		1:15pm		
Skate, Snack & Story (3-5)	3:15pm			
<b>Ice Blades - Preschool Skate Lessons (3-5)</b>				
Arctic Bunny (NOW PARENTED)			12:45pm, 2:15pm	
Arctic Fox			1:30pm, 2:15pm	
Arctic Owl			2:15pm	
Arctic Penguin			2:15pm	
Arctic Bear			1:30pm	
<b>Ice Blades - Youth Skate Lessons (6+)</b>				
Flurry			2:15pm	
Blizzard			1:30pm	
Storm			12:45pm	
Iceberg			12:45pm	
Northern Lights			1:30pm	
<b>Homeschool Lessons</b>		2:00pm (3-5) 2:30pm (6+)		
***Tiny Tot Hockey (3-6)			12:45pm	
**Coolest Game (6+)			1:45pm	
***Discover Hockey Beginners (18+)				11:45am
***Discover Hockey Intermediate (18+)				8:15pm
<b>Private Skating Lessons</b>	3:15pm	9:00am, 9:30am, 10:00am, 10:30am, 1:15pm, 2:00pm, 2:30pm		

**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.

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

## For Saturday Ice Programs

**Please note - In order to help us maintain physical distancing requirements please:**

- View your child's lesson from the arena lobby. Do not enter the arena area unless you are in a parent and tot class. Consider waiting outside after your child has started class.
- Please do not bring additional friends or family members, including siblings, to watch the lesson if at all possible. There is simply not the space to maintain physical distancing especially with energetic children.
- Please have your child come dressed for the program – no changerooms will be available for lessons



# ICE PROGRAMS

## FEATURED ICE PROGRAM

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

This is a great program for all athletes aged 15+ with developmental disabilities. We will help you work on your skating and hockey skills - it doesn't matter if you have never played or skated before. Sign up this fall for some fun on the ice! Full gear recommended.

**Thursdays**

**18466 Sep 1-Dec 10 (13)**

**No class Nov 19**

**10:00-11:00 AM**

**\$70.00**







## Active Comox Valley Update

Active Comox Valley recognizes that there are real barriers to people getting more active, such as cost, accessibility and transportation issues. We support and promote activities which are affordable and accessible, like community runs/walks, free play boxes at beaches and family-oriented events. Together as a community, we can forge a healthier and more sustainable way of life in the Comox Valley.

Active Comox Valley is currently pursuing numerous community partnerships to coordinate Active Comox Valley initiatives. We are also in the process of updating our website anticipated re-launch date August 2020. The focus will be on:

- Local Walking & Hiking Trails
- Active Living Initiatives & Resources
- Community Organization Directory
- Free and/or Low Cost Recreation Activities
- Free Community Events Listing



If you are interested in partnering with Active Comox Valley or would like to promote your organizations free and/or low cost recreation activities please contact Susan Bullock at the Comox Valley Aquatic Centre at 250-334-2527 ext 3711 or [sbullock@comoxvalleyrd.ca](mailto:sbullock@comoxvalleyrd.ca).

