

COMOX VALLEY RECREATION GUIDE

FALL
2019



TOWN OF
COMOX
Recreation



2



Comox Valley
REGIONAL DISTRICT

30



CITY OF
COURTENAY
Recreation

55



THE VILLAGE OF
CUMBERLAND



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MESSAGE FROM THE CHAIR

Fall is around the corner and we hope that you fit activities at the Sports and Aquatic Centres into your autumn plans.

The CVRD is happy to announce we now offer online registration for our programs and activities.

In-person and telephone registration options are still available, with online registration allowing the convenience of registering any time, from home computers, tablets and smart phones.

I encourage you to check it out at comoxvalleyrd.ca/rec and if you have questions or need assistance, feel free to contact our customer service representatives at the Sports and Aquatic Centres.

Have a fun and active season!

Jesse Ketler
Chair
Comox Valley Sports Centre
Commission

CVRD SPORTS CENTRE

**3001 Vanier Drive
Courtenay V9N5Y2**

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

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

CVRD AQUATIC CENTRE

**377 Lerwick Road
Courtenay V9N9G4**

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 rooms and swim shop.

EXHIBITION GROUNDS

**4839 Headquarters Road
Courtenay**

Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2019 Casual rider passes available. Purchase your annual pass at the CVRD sports centre customer service desk. Must present horse council #.

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



ADMISSION RATES - EFFECTIVE SEPTEMBER 1, 2019 TO AUGUST 31, 2020

	POOLS, FITNESS, WELLNESS CENTRES & ARENAS		MEMBERSHIPS - FULL FACILITIES ACCESS			
ADMISSION	SINGLE DROP IN	10 VISIT PASS	1 MONTH	3 MONTH	6 MONTH	1 YEAR
TOT (2 & UNDER)	NO CHARGE					
CHILD (3-12) OR PWD	\$3.15	\$28.35	\$37.80	\$96.40	\$158.75	\$249.48
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.70	\$33.30	\$44.40	\$113.20	\$186.50	\$293.05
ADULT (19-59)	\$5.90	\$53.10	\$70.80	\$180.55	\$297.35	\$467.30
SENIOR (60-89)	\$5.00	\$45.00	\$60.00	\$153.00	\$252.00	\$396.00
GOLDEN AGE (90+)	NO CHARGE					
FAMILY (6 MAX - MIN 1 ADULT/ SENIOR & 1 CHILD/TEEN)	\$12.65	\$113.80	\$151.80	\$387.10	\$637.55	\$1001.90
LOCKERS	\$0.50	N / A	MEMBERSHIP PASSES: <ul style="list-style-type: none"> 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. 			
SKATE RENTAL	\$3.50	\$31.50				
SKATE SHARPENING	\$5.40	\$48.60				

SWIMMING & ICE LESSON PRICE LIST

½ Hour Class Levels

10 Sessions - \$61.00

Pre-school

10 Sessions - \$67.00

¾ Hour Class

10 Sessions - \$90.00

Private up to 14 yr - \$30.00

Semi-private up to 14 yr - \$20.00/
person

Private over 14 yr - \$32.80

Semi-private over 14 yr - \$21.40/person

H2O x 2 Combo Classes

10 Sessions - \$107.00

**All lessons are pro-rated to the number
of sessions in the set.**

Special Sessions

Super Saver Admission \$2.50/person

*Professional Admission \$20.00/instructor

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

Bulk purchase - Admission 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.



HAVE A BIRTHDAY PARTY WITH US!



BIRTHDAY PARTIES

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

SWIM BIRTHDAY PARTY PACKAGES AQUATIC CENTRE

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

Cost is \$64.25 (Pre-register)
Available **Fridays, Saturdays & Sundays**
September - June
(48 hour cancellation notice required)

WAVE POOL PARTY AQUATIC CENTRE

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

Cost is \$125.25 (Pre-register)
Available Saturdays
September - May
(Locker tokens and room rental are an additional cost - 7 day cancellation notice required)

Birthday Party Room Damage/Cleaning Fee

A \$35.00 fee will be charged if there is damage (i.e. holes or tape on walls) or if the facility is not lightly cleaned before end of rental (i.e. all garbage is in containers, any mess on walls/tables/chairs is wiped down and all personal items are removed).

SKATE BIRTHDAY PARTY PACKAGES SPORTS CENTRE

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

Cost is \$64.25 (Pre-register)
Available **Saturdays & Sundays**
September-May
(48 hour cancellation notice required)

EXCLUSIVE ICE PARTY SPORTS CENTRE

Book the full sheet of ice for up to 100 people. Includes room rental and birthday child gets a Zamboni ride! Call 250-334-9622 ext 233 for availability.

Cost is \$189.35
(14 day cancellation notice required)



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

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

HOW TO REGISTER

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

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

ONLINE

Online Registration is now available! Go to www.comoxvalleyrd.ca/rec and click on the Register for Activities & Programs button. Further information regarding account set up and online registration is available on page 34.

IN PERSON

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

Locations to register:

Sports Centre 3001 Vanier Drive, Courtenay
Aquatic Centre 377 Lerwick Road, Courtenay

BY PHONE

250-334-9622, EXT 2 OR
250-334-2527, EXT 0

	September to June
Monday to Friday	8:00am-7:30pm
Saturday	8:00am-1:30pm
Sunday	8:00am-1:30pm

Phone-in registration is not available on statutory holidays.



REGISTRATION GUIDELINES

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



Recreation Registration Online. Anytime.

Easy Program Registration

Online registration is a new and convenient way to sign up for activities and programs offered at the Comox Valley Sports and Aquatic Centres.

It's easy, secure and takes just a few minutes. Online registration can be done from any device at any time, day or night.

Create your online account and register for programs for all ages.

Visit comoxvalleyrd.ca/rec to get started!



 **Comox Valley**
REGIONAL DISTRICT

LET'S GET STARTED - SET UP YOUR ONLINE ACCOUNT!

Existing Clients - Go to www.comoxvalleyrd.ca/rec

If you have registered for programs or purchased memberships - you already have an account. Click on the 'Register for Activities & Programs' button, then select the button that says 'Create Online Registration Account.' Log in with your current email address, and select 'Forgot Password' and you will receive a program generated temporary password to access your account.

Not sure if you have an email address on file? Please contact Customer Service for assistance.

New Clients - Go to www.comoxvalleyrd.ca/rec

Click on the 'Register for Activities & Programs' button, then select the button that says 'Create Online Registration Account.' At the login screen, select 'Create An Account' - fill in the required information and click 'Submit'. Once created, the program will email you a temporary password to access your account.

Please note that the account Primary Contact must be the first person added to the account.

Once logged in, you are now ready to register for courses or programs. Browse the menu to find your course or activity, then click on the 'Register' button and follow the onscreen instructions.

Do you need to add a family member? While in your account, select 'Add Family Member' and fill in the required information.

Is your information correct? While in your account, click on the little arrow (>) corresponding to your name on the right hand side of the screen to bring up your account details. If you need to change anything, click on the green 'EDIT' button. Please note you will need to change the information for each family member.

If you need assistance, see Frequently Asked Questions (FAQs) on our website at comoxvalleyrd.ca/rec, or call Customer Service at 250-334-9622 ext 2 or 250-334-2527 ext 0 during operating hours.

AQUATIC CENTRE SCHEDULE

WAVE POOL SEPTEMBER 3, 2019 TO JUNE 26, 2020

Please note facility is CLOSED statutory holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>OPEN Swim</div> <div>Monday, Wednesday, Friday 6:00-11:00 AM</div> <div>Tuesday & Thursday 6:00-9:00 AM & 10:00-11:00 AM</div> <div>Shared Space - Leisure/Rehab Drop In's & Rentals/Programs</div>					<div>OPEN Swim</div> <div>10:30 AM-1:00 PM</div> <div>Shared Space</div>	
<div>Everyone Welcome</div> <div>11:00-1:00 PM</div> <div>Waves & Slides Open + min 2 Lanes</div>					<div>Everyone Welcome</div> <div>1:00-5:00 PM</div> <div>Waves & Slides Open</div>	
<div>OPEN Swim</div> <div>Monday, Tuesday, Thursday, Friday 1:00-3:00 PM</div> <div>Wednesday 1:00-2:00 PM</div> <div>Shared Space - Leisure/Rehab Drop in's & Rentals/Programs</div>						
<div>Everyone Welcome</div> <div>6:30-8:00 PM</div> <div>Waves & Slides Open</div>				<div>Everyone Welcome</div> <div>3:00-9:30 PM</div> <div>Waves & Slides Open</div>	<div>Leisure Pool Party Rentals</div> <div>5:00-6:00 PM</div> <div>Call to Book!</div> <div>(cancelled after Apr 17)</div>	
<div>16+ Swim</div> <div>8:00-9:30 PM</div> <div>Shared Space - Leisure/Rehab Drop In's & Rentals/Programs</div> <div>Waves & Slides Open</div>					<div>Everyone Welcome</div> <div>6:00-8:00 PM</div> <div>Waves & Slides Open</div> <div>(cancelled after Apr 17)</div>	

25 METRE LANE POOL SEPTEMBER 3, 2019 TO JUNE 26, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>Lane Swim+ 6:00-11:00 AM Shared Space - Lengths (min 2) & Rentals/Programs</div>					<div>Lane Swim+ 9:00 AM-1:00 PM (lengths min 2)</div>	<div>Lane Swim+ 9:00 AM-10:30 AM (lengths min 2)</div>
						<div>OPEN Swim 10:30 AM - 1:00 PM (lengths min 2)</div>
<div>Everyone Welcome 11:00 AM-1:00 PM Waves & Slides Open - Lengths (min 2)</div>					<div>Everyone Welcome 1:00-5:00 PM Waves & Slides Open - Lengths (min 2)</div>	
<div>OPEN Swim + 1:00-3:00 PM Shared Space - Lengths (min 2) & Rentals/Programs</div>						
<div>Lane Swim+ 3:00-6:30 PM Shared Space - Lengths (min 2) & Rentals/Programs</div>				<div>Everyone Welcome 3:00-9:30 PM Waves & Slides Open Lengths (min 2)</div>	<div>Lane Swim + (min 2) Kayak Hour 5:00-6:00 PM <i>(cancelled after Apr 17)</i></div>	<div>FITNESS SCHEDULE SEE PAGE 43 SEE PAGE 36 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</div>
					<div>Everyone Welcome 6:30-8:00 PM Waves & Slides Open - Lengths (min 2)</div>	
					<div>16+ Swim 8:00-9:30 PM Shared Space - Waves & Slides Open - Lengths (min 2) & Rentals/Programs</div>	

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

September 3, 2019-April 17, 2020

Monday - Friday 6:00 AM - 9:30 PM
 Saturday 9:00 AM - 8:00 PM
 Sunday 9:00 AM - 5:00 PM

April 18-June 26, 2020

Monday - Friday 6:00 AM - 9:30 PM
 Saturday & Sunday 9:00 AM - 5:00 PM

Please note the facility is CLOSED statutory holidays.

Water Play (all ages)

September 3, 2019 to April 17, 2020

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

Fridays 7:00-9:00 PM

Saturdays 2:00-4:00 PM

Sundays 2:00-4:00 PM



DROP-IN PROGRAM DESCRIPTIONS

Lane Swim+

At least 2 lanes are available for length swimming during these times. Additional lanes will be available if not in use by other programs and rentals. Flutter boards, pull buoys and hand paddles are available on deck and suggested lane speed signs (i.e. Leisure, Moderate and Fast) will be posted. The backstroke flags will be up whenever possible (i.e. when the diving board is not in use).

Everyone Welcome Swim

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

OPEN Swim

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

16+ Swim

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

Rehab & Therapy Swim

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

Kayak Hour

Bring your kayak and practice your moves. \$8 per person with kayak. Sharing a kayak - extra kayakers pay regular admission.

SPECIAL SWIMS & SCHEDULE CHANGES

Special Swims & Schedule Changes

Oct 14 - STAT - Thanksgiving - EW CVSC 1-5 PM /CVAC CLOSED

Oct 19 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed

Nov 11 - STAT - Remembrance Day - EW CVSC 1-5 PM/CVAC CLOSED

Nov 16 - CVAC closes early at 6:00 PM - EW & Lengths cancelled after 6:00 PM.

Dec 23 - CVAC Wave Pool Winter Break SuperSaver Swim from 3:00-6:30 PM

Dec 24 - CVAC CLOSED at 3 PM

Dec 25/26 - STAT - CLOSED

Dec 27/30 - CVAC Wave Pool Winter Break SuperSaver Swim from 3:00-6:30 PM

Dec 31 - CVSC New Year's Eve Free Swim & Skate 5-8 PM Sponsored by Tim Hortons - CVSC/CVAC CLOSED at 3 PM

Jan 1 - STAT - CLOSED

Jan 2-3 - CVAC Wave Pool Winter Break SuperSaver Swim from 3:00-6:30 PM

Feb 8 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed

Feb 17 - STAT - Family Day Free Swim 1-5 PM at CVAC - Sponsored by Comox Valley McDonalds

Mar 16-20 - CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:30 PM

Mar 23-27 - CVAC Wave Pool Spring Break SuperSaver Swim from 3:00-6:30 PM

Apr 10 - STAT - Good Friday - CVAC CLOSED. CVSC OPEN for EW Swim 1-5 PM & EW Skate 1-3 PM

Apr 13 - STAT - Easter Monday - CVAC CLOSED. CVSC OPEN for EW Swim 1-5 PM & EW Skate 1-3 PM

Apr 17-Jun 26 - CVAC Pool CLOSED on Saturdays after 5 PM

May 9 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed 1:00-7:00 PM

May 10 - Sharks Swim Meet - CVAC 25 Meter Lane Pool Closed until 2:00 PM

May 18 - STAT - CLOSED

Check the events listing on pages 38-41 for more info.



SPORTS CENTRE POOL

25 METRE LANE POOL SEPTEMBER 3, 2019 - JUNE 26, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs				Lane Swim + 6:00-7:30 AM Shared Space - Lengths (2) & Rentals/Programs	<div>FITNESS SCHEDULE SEE PAGE 43</div> <div>SEE PAGE 36 FOR SPECIAL SWIMS, SCHEDULE CHANGES AND POOL CLOSURE INFORMATION</div>	
Rehab & Therapy Swim 7:30-9:00 AM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs						
Lane Swim+ Monday, Wednesday, Friday 10:00-11:30 AM Tuesday & Thursday 9:00-11:30 AM Lengths (2) & Rentals/Programs						
Rehab & Therapy Swim 11:30-1:45 PM Shared Space - Rehab & Therapy Drop In's, Lane Swim (2) & Rentals/Programs						
Lane Swim+ Monday, Wednesday, Friday 2:45-3:30 PM Tuesday & Thursday 1:45-3:30 PM Lengths (2) & Rentals/Programs						
	Lane Swim+ 6:30-8:00 PM Lengths (2) & Rentals/Programs		Lane Swim+ 6:30-8:00 PM Lengths (2) & Rentals/Programs			

SPORTS CENTRE HOT TUB & SAUNA (16+)

September 3, 2019 - June 26, 2020

Monday/Wednesday/Friday	6:00 AM-6:30 PM
Tuesday & Thursday	7:30 AM-8:00 PM
Saturday & Sunday	CLOSED

FOR DAILY SCHEDULE INFORMATION VISIT
www.comoxvalleyrd.ca/rec

WELLNESS CENTRE

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

General Hours of Operation

September 3, 2019 - June 26, 2020

Monday to Friday	6:00 AM-8:00 PM
Saturday & Sunday	8:00 AM-2:00 PM

Supervised Hours until April 17, 2020

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

Monday/Wednesday/Friday	12:00-2:00 PM
Tuesday/Thursday	6:00-8:00 PM
Saturday/Sunday	9:00 AM-12:00 PM



SPECIAL EVENTS

SEPTEMBER

Masquerade Ice Capades

(all ages)

Dress up at home or come and dig through our tickle trunk to create a fun and silly costume here.

There will be prizes for the most creative costumes and a photo station where you can get your picture taken in your costume as a keepsake.

Sports Centre Arena #2

Friday, Sep 6, 3:00-4:45 PM

Regular Admission

Angry Birds Themed Pool

Party (7-12)

Pizza & Swimming Party

Come join us at the pool for a night of Angry Birds Themed games. Try your aim at angry birds target practice or knock down the leaning tower with Red, Chuck & Bomb. 2 hours Angry Bird themed fun - includes admission, fruit/healthy snack and 2 slices of multigrain pizza.

Aquatic Centre

Friday, Sep 13, 6:00-8:00 PM

\$10.00



Hockey Skills Challenge

(all ages)

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

Sports Centre Arena #2

Friday, Sep 20, 3:00-4:45 PM

Regular Admission

Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

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

Aquatic Centre

Saturday, Sep 21, 2:00-4:00 PM

Regular Admission

SCUBA (13+)

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

Try It Scuba

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

Contact

www.pacificprodiver.com

for more info.

Aquatic Centre

Mondays - 6:30-8:00 PM

Oct 21-Dec 16

(no classes Nov 11)

Regular Admission



Discover Scuba

UB Diving offers this full lesson, sign up at **www.ubdiving.com**

Aquatic Centre

Fridays, 7:00-8:30 PM

Oct 4 & 18

Nov 1, 15 & 29

Dec 13

Regular Admission



SPECIAL EVENTS

OCTOBER

Turkey Curl (all ages)

On this extra special day there will be a number of fun events planned on the ice including a Turkey Curl. Best turkey curler wins. Lots of giveaways and prizes including a turkey, ham, a box of stuffing (don't ask) and kid friendly items.

Sports Centre Arena #2

Sunday, Oct 4, 3:00-4:45 PM

Regular Admission

Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

See previous event description for more information.

Aquatic Centre

Saturday, Oct 12, 2:00-4:00 PM

Regular Admission

Statutory Day Special

(all ages) **2 for 1 Swim & Skate**

For one fee today you can swim and skate - great, cheap family fun!

Sports Centre

Monday, Oct 14 Thanksgiving

Arena #1 Skate 1:00-3:00 PM

Pool Swim 1:00-5:00 pm

Regular Admission - 2 activities for the price of one!

Youth Exclusive Fall Pool Party

TGIF Teen Night (11-15)

Come hang at the pool for this night of extreme teen fun! 8:30-9:30 PM when the public is still here there will be a series of food challenges and water trials including the "gauntlet". Stay for our extended exclusive hour 9:30-10:30 PM to participate in all the teen only activities such as water tube dodgeball, seadoo's races, water jousting and all of the other activities that you are usually told not to do! Loud music, with an ipod DJ, mocktails, multigrain pizza and other snacks and glow sticks included.

Aquatic Centre

Friday, October 18, 8:30-10:30 PM

\$10.00 per Teen



Super Saver Skate (all ages)

Have fun at the rink this Pro-D Day. Great rates in effect.

Sports Centre Arena #2

Friday, Oct 25, 3:00-4:45 PM

\$2.50



Monster Madness (all ages) Halloween Themed Swim

Costume contest - come dressed in your best swimmable costume - prizes for best dressed. In addition to the skeleton building relay, ghouling scavenger hunt, pumpkin bobbing, pumpkin decorating and pumpkin bowling there will also be numerous slimy activities and food challenges involving, you guessed it, pumpkins.

Aquatic Centre

Friday, Oct 25, 6:00-9:00 PM

Regular Admission

NEW

CVRD SPECIAL EVENTS



Ride a Zamboni Contest!

The CVRD along with the Glacier Kings and 97.3 the Eagle are once again partnering up to host the I want to ride a Zamboni contest, go to 97.3 the Eagles webpage under register to win for more details and your chance to win tickets to a Glacier Kings Game and a ride on the Zamboni. First game is September 7th at the CVRD Sports Centre.



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SPECIAL EVENTS

NOVEMBER

Glow in the Dark Skate

(all ages)

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

Sports Centre Arena #2
Friday, Nov 8, 3:00-4:45 PM
Regular Admission

NEW

Statutory Day Special

(all ages) **2 for 1 Swim & Skate**

For one fee today you can swim and skate - great, cheap family fun!

Sports Centre

Monday, Nov 11 - Remembrance Day

Arena #1 Skate 1:00-3:00 PM

Pool Swim 1:00-5:00 pm

Regular Admission - 2 activities for the price of one!

Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

See previous event description for more information.

Aquatic Centre

Saturday, Nov 16, 2:00-4:00 PM

Regular Admission

CVRD SPECIAL EVENTS

EXTREME REC NIGHT 3 (11-15 years)

Extreme Rec Night is back! Get in on the fun as we cruise to some of our local rec centres and participate in activities including archery tag, rock climbing, skate park, swimming, games room, pizza, snacks & more! Transportation included from The LINC at 3:30 PM; pick up at the Aquatic Centre at 10:30 PM.

For more information, see the ad on page 77 or call The Lewis Centre at 250-338-8138.

Friday, November 15, 3:30-10:30 PM

\$10.00 pre-registered/\$15.00 drop-in day of the event

Super Saver Skate (all ages)

Enjoy your Parent/Teacher interview day. Great rates in effect!

Sports Centre Arena #2
Thursday, Nov 21, 3:00-4:45 PM
\$2.50

Hockey Jersey Contest

(7-12)

Break out your old jersey and wear them to the rink for a chance to win prizes.

Sports Centre Arena #2
Friday, Nov 22, 3:00-4:45 PM
Regular Admission

NEW

Taylor Swift Themed Pool

Party (7-12)

Pizza & Swimming Party

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

Aquatic Centre

Friday, Nov 29, 6:00-8:00 PM

Cost \$10.00



Frozen Themed Skate

Party (6-12)

Join us for an afternoon of sleigh races, reindeer rescues, Olaf ice bowling, building a snowman and breaking the ice to free the frozen toys. 2 hours of fun - includes admission, fruit/healthy snack and 2 slices of multigrain pizza.

Sports Centre Arena #2

Saturday, Nov 30, 3:00-5:00 PM

Cost \$10.00



SPECIAL EVENTS

DECEMBER

Red & Green Skate (all ages)

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

Arena #2

Friday, Dec 6, 3:00-4:45 PM

Regular Admission

Everything Disney Themed Pool Party (7-12)

Pizza & Swimming Party

Join us for an evening of prince and princess karaoke, villain splat, bobbing for Nemo, Cinderella bowl and digging for apples at your own risk. 2 hours of fun - includes admission, fruit/healthy snack and 2 slices of multigrain pizza.

Aquatic Centre

Friday, Dec 13, 6:00-8:00 PM

Cost \$10.00



Welcome to the

GOO ZONE (all ages)

Messy Wet Aquatic Fun

See previous event description for more information.

Aquatic Centre

Saturday, Dec 14, 2:00-4:00 PM

Regular Admission

Santa Skate (all ages)

Sponsored by

Comox Valley McDonalds

Come skate with Santa and get your picture taken with him in front of the Zamboni. Skate rentals included - bring your camera!

Arena #2

Sunday, Dec 15

1:15-3:15 PM



Red & Green Swim (all ages)

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

Aquatic Centre

Saturday, Dec 21, 2:00-4:00 PM

Regular Admission

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

Sponsored by Tim Hortons

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

Sports Centre Pool & Arenas

Tuesday, Dec 31, 5:00-8:00 PM

FREE - Comox Valley Food Bank donations will be accepted



Winter Wonderland on Ice! Coming in December

Arena #1 is transformed into a winter wonderland every year by our skate staff. For a week this space becomes magical and is decorated with trees, lights and other seasonal cheer.



Shinny hockey players will get to enjoy a 1/3 of the rink and experience what it's like to play pond hockey while others can enjoy their skate among the trees.

This area is available for rent outside of the public times for family, community or corporate functions. Schedules will be available in the Winter Rec Guide.



REGISTERED WELLNESS PROGRAMS

ADAPTIVE FITNESS PROGRAMS - REGISTERED

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.



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!



DROP-IN FITNESS PROGRAMS

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

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

REGISTERED FITNESS PROGRAM

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



REGISTERED WELLNESS PROGRAMS

SESSIONS/DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY
<i>Registration is on going - sign up anytime for classes in progress.</i>	Sep 4-Oct 2 (9) (*no Board Fit) Oct 7-30 (7) (no class Oct 14) Nov 4-27 (7) (no class Nov 11) Dec 2-18 (6)	Sep 5-Oct 3 (9) Oct 8-31 (8) Nov 5-28 (8) Dec 3-19 (6)
AQUATIC HIP & KNEE	Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30 am	Sports Centre 1:45-2:45pm
AQUAMOTION 2		Sports Centre 9:00-10:00am
AQUAMOTION 3		Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30am
BOARD FIT	Sports Centre 6:45-7:45pm	



COURSE PRICE LIST

Board Fit - 10 Classes \$130.00

All other

Registered Fitness Classes

10 Classes \$88.00

(sessions are pro-rated)

FITNESS CLASS SCHEDULE SEPTEMBER 16, 2019 - JUNE 26, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aquafit 6:30-7:15am		Aquafit 6:30-7:15am		
Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	
Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	
Aquafit 9:00-10:00am	AquaMotion 2 Registered Class 9:00-10:00am	Aquafit 9:00-10:00am	AquaMotion 2 Registered Class 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:05-10:05am
Aquafit 10:00-11:00am	AquaMotion 3 Registered Class 10:00-11:00am	Aquafit 10:00-11:00am	AquaMotion 3 Registered Class 10:00-11:00am	Aquafit 10:00-11:00am	
Aquatic Hip & Knee Registered Class 10:00-11:00am		Aquatic Hip & Knee Registered Class 10:00-11:00am			
Aquatic Hip & Knee Registered Class 10:30-11:30am	AquaMotion 3 Registered Class 10:30-11:30am	Aquatic Hip & Knee Registered Class 10:30-11:30am	AquaMotion 3 Registered Class 10:30-11:30am		
50+ Aquafit 1:45-2:45pm	Aquatic Hip & Knee Registered Class 1:45-2:45pm	50+ Aquafit 1:45-2:45pm	Aquatic Hip & Knee Registered Class 1:45-2:45pm	50+ Aquafit 1:45-2:45pm	
	Aquafit Warm Water 2:00-3:00pm		Aquafit Warm Water 2:00-3:00pm		
Board Fit Registered Class 6:45-7:45pm	Aquafit 6:45-7:45pm	Board Fit Registered Class 6:45-7:45pm	Aquafit 6:45-7:45pm	AQUATIC CENTRE	SPORTS CENTRE



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.

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.

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.

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.

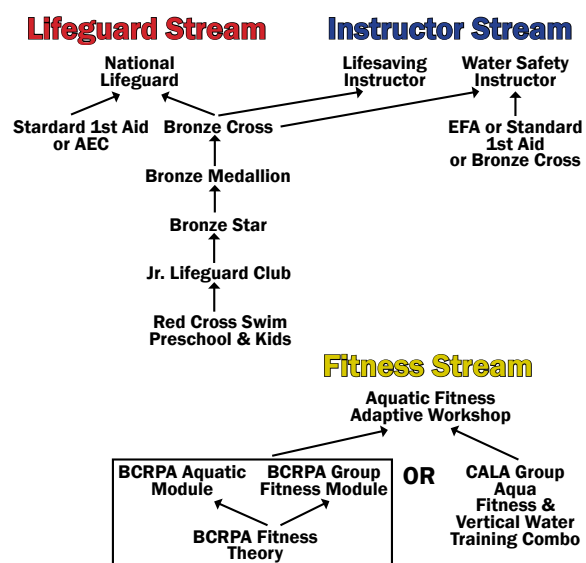


For further information call the Aquatic Coordinator at 250-334-2527 ext 303.

FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	COURSE #	PRE-REQUISITES
BRONZE STAR	Sep 10-26	Tue & Thu	4:00-6:00pm	\$95.00*	10179	8 years & ability to swim 250 metres (10 lengths) but recommended age 12
BRONZE MEDALLION & BRONZE CROSS COMBO	Oct 5-Nov 9	Sat	10:00am-5:00pm	\$375.00*	10180	13 years old by last day of course or Bronze Star
	Jan 5-Feb 19	Sun	10:00am-5:00pm		10181	
	Feb 11-Mar 12	Tue & Thu	4:00-8:00pm		10182	
	Apr 4-May 16 (no class Apr 11)	Sat	10:00am-5:00pm		10589	
NATIONAL LIFEGUARD (NL)	Nov 22-Dec 14	Fri Sat	5:00-9:00pm 11:00am-7:00pm	\$475.00*	10595	16 years old by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
	Feb 21-Mar 14	Fri Sat	5:00-9:00pm 11:00am-7:00pm		10596	
	May 29-Jun 20	Fri Sat	5:00-9:00pm 9:00am-5:00pm		10646	
LIFESAVING INSTRUCTOR (LSI)	Summer 2020	3 days		\$350.00*		16 years by last day of course, Bronze Cross (need not be current)
WSI (Part 1) - Skills Evaluation, Online & Teach experience	Oct 18 & teach dates	Fri	4:00-8:00pm	\$185.00	10695	15 years by the last day of course, level 10 swimming skills & previous first aid certification (EFA, Bronze Cross or higher) - does not have to be current
	Nov 24 & teach dates	Sun	1:00-5:00pm		10606	
	Jan 31 & teach dates	Fri	4:00-8:00pm		10607	
WSI (Part 2) - Classroom & Pool components	Jan 11-25	Sat	9:00am-5:00pm	\$220.00	10608	Success completion of WSI Skills Evaluation, Online & Teaching Experience Components
	Mar 16-20	Mon-Fri	10:00am-3:00pm		10609	
CALA Vertical Water Training & Group Aqua Fitness Combo	Summer 2020	5 days	TBA	\$650.00		16 years min
AQUATIC FITNESS - Adaptive Workshop	Summer 2020	2 days	TBA	\$150.00		16 years min and must be a current instructor in order to be eligible for BCRPA/CALA credits
EMERGENCY FIRST AID (EFA)	Nov 16	Sat	9:00am-5:00pm	\$95.00*	10610	12 years old minimum/15 years recommended
	Feb 15	Sat	9:00am-5:00pm		10611	
	May 23	Sat	9:00am-5:00pm		10612	
STANDARD FIRST AID (SFA) & CPR C	Nov 16-17	Sat & Sun	9:00am-5:00pm	\$140.00*	10613	12 years old minimum/15 years recommended
	Feb 15-16	Sat & Sun	9:00am-5:00pm		10614	
	May 23-24	Sat & Sun	9:00am-5:00pm		10615	
NL PRECERT/RECERT	Sep 7	Sat	9:00am-6:00pm	\$135.00*	10616	Previous NL award and recommended CPR C (current within the year)
	Mar 15	Sun	9:00am-6:00pm		10617	
	May 10	Sun	9:00am-6:00pm		10618	
WSI RECERT	Nov 3	Sun	1:00-5:00pm	\$90.00	10619	WSI Award (issued within 5 years of the expiry date)
	Feb 8	Sat	1:00-5:00pm		10621	
	Apr 26	Sun	1:00-5:00pm		10620	
LSI RECERT	Jun 14	Sun	1:00-5:00pm	\$90.00*	10622	LSI Award issued within 5 years of the certification date

*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.

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.



RED CROSS SWIM LESSONS



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

Starfish 4-12 months	Facility orientation, active supervision, safe entries and exits, staying warm, choking prevention, supports and holds for the caregiver, buoyancy and movement.
Duck 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.)
Sea Turtle 24-36 months	Stop Look Ask!, jumping into chest deep water, PFD and Me, assisted front and back floats and assisted front swims.

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

Sea Otter	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.
Salamander	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.
Sunfish	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.
Crocodile	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.
Whale	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)

Level 1	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.
Level 2	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.
Level 3	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.
Level 4	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.
Level 5	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.
Level 6	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.
Level 7	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.
Level 8	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.
Level 9	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.
Level 10	Introduction to butterfly and scissor kick, fitness, sun safety, rescue of others from the ice, surface dives, as well as a 500m endurance swim.
Homeschool lessons	The regular Swim Kids Program curriculum will be taught through a series of blended levels. Just inform the Customer Service Representative what level your child is at when you register. Parents and other siblings can choose to pay a drop in fee and play in the pool during the lesson time or network on the pool deck.

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

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

PRIVATE LESSONS (ages 3+) - 30 minute classes

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



SWIMMING LESSONS

TO REGISTER CALL 250-334-9622 EXT 2

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



LESSON SCHEDULE PLEASE NOTE - NO CLASSES ON OCT 14, 19 & NOV 11.

LEVEL	MONDAY & WEDNESDAY FALL A SEP 4-OCT 2 (9) FALL B OCT 7-30 (7) FALL C NOV 4-27 (7) FALL D DEC 2-18 (6)	TUESDAY & THURSDAY FALL A SEP 5-OCT 3 (9) FALL B OCT 8-31 (8) FALL C NOV 5-28 (8) FALL D DEC 3-19 (6)	MONDAY FALL A SEP 9-OCT 21 (6) FALL C OCT 28-DEC 16 (7)	TUESDAY FALL A SEP 10-OCT 22 (7) FALL C OCT 29-DEC 17 (8)	WEDNESDAY FALL A SEP 4-OCT 23 (8) FALL C OCT 30-DEC 18 (8)	THURSDAY FALL A SEP 5-OCT 24 (8) FALL C OCT 31-DEC 19 (8)	FRIDAY FALL A SEP 6-OCT 18 (7) FALL C NOV 1-DEC 20 (8)	SATURDAY FALL A SEP 7-OCT 26 (7) FALL C NOV 2-DEC 21 (8)	SUNDAY FALL A SEP 8-OCT 27 (8) FALL C NOV 3-DEC 15 (7)
STARFISH/ DUCKS	9:35am 3:00pm	5:20pm				10:30am	10:10am	10:45am	8:45am
SEA TURTLE	10:10am 3:35pm	4:45pm				10:00am	9:00am	9:00am	9:20am
SEA OTTER	9:00am 10:10am 3:00pm 4:45pm 5:20pm 5:55pm	3:00pm 3:35pm 4:10pm 4:45pm 5:20pm 5:55pm		10:00am 10:30am		10:00am 10:30am	9:00am 9:35am 10:10am	9:00am 9:35am 10:10am 11:20am 11:55am 12:30pm	9:20am, 9:55am
SALAMANDER	9:00am 9:35am 3:00pm 5:20pm	3:00pm 4:10pm		10:00am			9:35am	10:45am 11:20am 11:55am 12:30pm	8:45am
SUNFISH	3:35pm 5:55pm	5:20pm		10:30am				10:10am	8:45am 9:55am
CROCODILE/ WHALE	5:20pm	5:55pm						12:30pm	9:20am
LEVEL 1	3:00pm 4:10pm 5:55pm	3:35pm 5:55pm						9:35am 10:45am	8:45am 9:55am
LEVEL 2	3:00pm 4:45pm	3:00pm 3:35pm					3:00pm	11:20am 12:30pm	9:20am
LEVEL 3	4:10pm 5:20pm 5:55pm	3:00pm 4:10pm		6:25pm	6:25pm	6:25pm	3:35pm	9:35am 11:55am	10:30am
LEVEL 4	3:35pm 5:55pm	3:35pm 4:45pm		7:00pm	7:00pm	7:00pm	3:35pm	9:00am 11:20am	9:55am 11:05am
LEVEL 5	3:35pm	4:10pm		Levels 5/6 6:25pm	Levels 5/6 6:25pm		Levels 5/6 4:10pm	9:50am 11:35am	11:40am
LEVEL 6	4:25pm	5:00pm						10:45am	10:30am
LEVELS 7/10	4:25pm			7:15pm	7:15pm		4:10pm	10:10am	11:20pm
HOMESCHOOL			2:00pm 2:30pm						
TEEN/ADULT BEGINNER						6:25pm		9:00am	
TEEN/ADULT INTERMEDIATE/ ADVANCED						7:15pm		11:55am	
PRIVATE LESSONS	3:35pm 4:10pm 4:45pm 5:20pm	3:35pm 4:10pm 4:45pm 5:20pm 5:55pm		7:35pm		7:35pm	3:00pm		10:30am
PERSONALIZED LESSON PACKAGE		3:00pm			7:35pm				

H2O X 2 - Swimming & Skating Lesson Combo - 2 lessons for 1 great price! See pages 52-53 for more information.

Important Swim Lesson Information:

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



REGISTERED PROGRAMS



(JLC) Junior Lifeguard Club (8-14)

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

Fridays, 5:00-7:00pm
09805 Sep 6-Dec 20 (15)
(no class Oct 18)
\$157.50 (15)

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).

Aquatic Centre Wave Room

Saturday & Sunday

9:00am-4:00pm

10651 Sep 14-15 (2)

10652 Nov 2 & 9 (2)

\$110.00



Babysitting Course (11-14)

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

Tuesdays & Thursdays

3:30-5:30pm

09809 Oct 8-24 (6)

\$48.00



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

PRO-D DAY ACTIVITIES

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, skate rentals and a healthy snack.

Sports Centre

10979 Friday, Oct 25

10980 Friday, Nov 21

10:00-3:00 PM

\$35.00 per day

Babysitting Course PLUS (11+)

Level 1 & 2 – Crash Course

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

Aquatic Centre

10409 Fridays

Oct 25 & Nov 21 (2)

9:00-4:00 PM

\$80.00

Swim to Survive (6-12)

Pro-D Daycamp for Kids

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

Aquatic Centre

10407 Friday

Oct 25, 10:00-3:00 PM

\$35.00

Stay Safe! Program (9-13)

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

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

Aquatic Centre

10408 Thursday

Nov 21, 10:00-3:00 PM

\$35.00



WINTER BREAK DAYCAMPS



Stay Safe! Program (9-13)

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

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

Aquatic Centre

10410 Monday

Dec 23, 10:00-3:00 PM

\$35.00

Surfs Up (5-11)

Aquatic Daycamp

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

Aquatic Centre

10405 Tuesday, Dec 24

10406 Friday, Dec 27

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, manual and a healthy snack each day. Please bring a healthy lunch and swim gear.

Aquatic Centre

10411 Monday & Tuesday

Dec 30-31

Mon 9:00-3:00 PM

Tue 9:00-3:00 PM

\$80.00 (2)

Splash Zone (5-11)

Aquatics Daycamp for Kids

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

Aquatic Centre

10412 Monday & Tuesday

Dec 30-31 (2)

10413 Thursday & Friday

Jan 2-3 (2)

10:00-3:00 PM

\$70.00 (2)

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

PUBLIC SKATING

DROP-IN ICE PROGRAMS SEPTEMBER 3, 2019 - MAY 17, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
70+ Drop-in Hockey 9:00-10:15 AM Arena #1		70+ Drop-in Hockey 9:00-10:15 AM Arena #1		70+ Drop-in Hockey 9:00-10:15 AM Arena #1	SKATE SHARPENING Hours of Operation until May 17: Mon 9:00-3:30 PM (#2) Tue 10:30-2:00 PM (#2) 3:00-5:00 PM (#2) Wed 9:00-3:30 PM (#2) 6:30-8:30 PM (#2) Thu 10:30-2:00 PM (#2) 3:00-5:00 PM (#2) Fri 9:00-3:30 PM (#2) 3:00-5:00 PM (#2) Sat 3:00-5:00 PM (#2) Sun 1:15-3:15 PM (#2)	
65+ Drop-in Hockey 10:30-12:00 PM Arena #1	55+ Drop-in Hockey 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1	55+ Drop-in Hockey 10:30-12:00 PM Arena #1	65+ Drop-in Hockey 10:30-12:00 PM Arena #1		
Everyone Welcome Skate 12:15-1:30 PM Arena #1	16+ Drop-in Hockey 12:15-1:45 PM Arena #1	Everyone Welcome Skate 12:15-1:30 PM Arena #1	16+ Drop-in Hockey 12:15-1:45 PM Arena #1	Everyone Welcome Skate 12:15-1:30 PM Arena #1		
55+ Drop-in Hockey 1:45-3:15 PM Arena #1		55+ Drop-in Hockey 1:45-3:15 PM Arena #1		55+ Drop-in Hockey 1:45-3:15 PM Arena #1		
	Everyone Welcome Skate & Shinny Hockey 3:00-4:45 PM Arena #2		Everyone Welcome Skate & Shinny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate & Shinny Hockey 3:00-4:45 PM Arena #2	Everyone Welcome Skate 3:00-5:00 PM Arena #2	Everyone Welcome Skate 1:15-3:15 PM Arena #2
Everyone Welcome Skate & Shinny Hockey *6:30-8:30 PM Arena #2		Everyone Welcome Skate & Shinny Hockey 6:30-8:30 PM Arena #2	PLEASE NOTE: <i>No helmets available on site - we strongly encourage all skaters to bring one from home.</i>			

*Monday 6:30-8:30pm Everyone Welcome Skate & Shinny CANCELLED Mar 31-May 17

Drop-in Program Descriptions

Drop-in Hockey

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

Everyone Welcome Skate

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

Shinny Hockey

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

Special Skates & Schedule Changes

Oct 14 – STAT – Thanksgiving – Open EW 1-3 PM

Oct 25 – Pro-D Day Supersaver – EW/Shinny 3:00-4:45 PM

Nov 11 – STAT – Remembrance Day – Open EW 1-3 PM Arena #1

Nov 21 – Parent/Teacher Day Supersaver – EW/Shinny 3:00-4:45 PM

Dec 18-20 – Winter Wonderland – Special Skate 3-7 PM. EW Skate Cancelled

Dec 21-23 – Winter Wonderland – Special Skate 1-4 & 5-7 PM. EW Skate Cancelled

Dec 24 – Winter Wonderland – Special Skate 1-4. Evening Skate Cancelled.

Dec 25/26 – STAT – CLOSED

Dec 31 – New Year's Eve Free Swim & Skate 5-8 PM sponsored by Tim Hortons

Jan 1 – STAT – CLOSED

Feb 14 – Valentines Friendship 2 for 1 Skate – EW/Shinny 3:00-4:45 PM

Feb 17 – STAT – Family Day – Open FREE EW 1-3 PM sponsored by Comox Valley McDonalds

Apr 10 – STAT – Good Friday – Open EW 1-3 PM Arena #2

Apr 13 – STAT – Easter Monday – Open EW 1-3 PM Arena #2

Mar 31-May 17 – EW on Monday's 6:30-8:30 PM Cancelled

Check the events listing on pages 38-41 for more info.



REGISTERED ICE PROGRAM DESCRIPTIONS

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

Parent & Tot Skating Lessons	Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required for either participant - it's all about the fun!
Parent & Tot Hockey Lessons**	Parents and tots will get a chance to develop both their skating and hockey skills during this program. Lots of family fun - emphasis on skill development.
H2O X 2	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.
Skate, Snack & Story	Looking for a fun way to get your toddler skating? Caregivers and children are invited to join us for a fun introduction to ice skating. Lesson includes a 30 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

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. Parents may help on ice to encourage student participation.
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.
Arctic Owl	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
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.
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) - 30 minute classes

Flurry	Participants will be introduced to a variety of simple skating skills and balance positions on the ice.
Blizzard	Participants are comfortable with both forward and backwards gliding on alternate feet. Forward crossovers are introduced and practiced.
Storm	Participants are comfortable combining four or more simple skills in one skill session and are introduced complex skills, such as crossovers with momentum.
Iceberg	Participants are introduced to parallel stops and pumping for speed.
Northern Lights	Participants are comfortable with advanced skills such as pivots, mohawk turns 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 (Ages 3-13 Years) - 45 minute classes for Tiny Tots & 1 hour classes for Coolest Game

Tiny Tot Hockey (3-6 yr)***	Give ice hockey a try and learn basic hockey skills. Instructors will introduce your child to the world of hockey through a variety of fun drills and mini-games. All participants must be able to skate on their own. All tiny tot participants and their families from the 2019-20 season are invited to the wrap up party on May 18th 1:30-3:30 PM - please register your tiny tot at the front desk.
Coolest Game on Earth (7-13 yr)**	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

Discover Hockey Beginners (18+)***	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.
Discover Hockey Intermediate (18+)***	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

Private Lessons	Want to learn how to skate or work on your hockey skills? Private lessons only cost \$29.00 per 1/2 hour (+tax for those 14+). All ages and abilities welcome at our private lessons. Please call 334-9622 ext 2 to register or ext 225 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! **For ice program fees see page 31.**

SESSIONS/PROGRAMS	MONDAY & WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
FALL 2019	Sep 4-Oct 2 (9) Oct 7-Nov 6 (9) No class Oct 14 Nov 13-Dec 16 (10)	Sep 5-Oct 17 (7) Oct 24-Dec 12 (7) No class Nov 22	Sep 7-Oct 26 (8) Nov 2-Dec 14 (7)	Sep 8-Dec 15 (15)
Parent & Tot Skating Lessons (2-5)	3:15pm			
**Parent & Tot Hockey Lessons (2-5)	3:15pm			
H20 X 2 (2-5) Parent & Tot Class		1:15pm		
Skate, Snack & Story (3-5)		9:00am		
Ice Blades - Preschool Skate Lessons (3-5)				
Arctic Bunny			12:45pm, 2:15pm	
Arctic Fox			1:30pm, 2:15pm	
Arctic Owl			12:45pm, 2:15pm	
Arctic Penguin			1:30pm, 2:15pm	
Arctic Bear			12:45pm, 1:30pm	
Ice Blades - Youth Skate Lessons (6+)				
Flurry			2:15pm	
Blizzard			1:30pm	
Storm			12:45pm	
Iceberg			12:45pm	
Northern Lights			1:30pm	
Homeschool Lessons		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
Private Skating Lessons	3:15pm			

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. 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.



REGISTERED ICE PROGRAMS



Comox Valley Stars Hockey League (15+)**

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

Thursdays

10710 Sep 5-Dec 12 (14)

No class Nov 21

10:00-11:00 AM

\$70.00

NEW

Discover Hockey Beginners (18+)**

Adult Introduction to Hockey

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.

Sundays

10707 Sep 8 - Dec 15 (14)

No class Nov 10

11:45 AM - 1:00 PM

\$200.00 (includes a Jersey)

NEW

Discover Hockey Intermediate (18+)**

Adult Introduction to Hockey

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.

Sundays

10701 Sep 8 - Dec 15 (14)

No class Nov 10

8:15-9:30 PM

\$200.00 (includes a Jersey)

NEW

