

# COMOX VALLEY RECREATION GUIDE

SUMMER  
2021



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### MESSAGE FROM THE CHAIR



Summer is just around the corner and there is no better time than now to get outside, get active and explore the many recreation options we have in the Comox Valley. The CVRD Sport Centre summer daycamp programs are running with safety measures in place and many outdoor activities planned. Check out our website at <https://www.comoxvalleyrd.ca/registration/> for more details on our summer programs. The 5th Street Bridge Rehabilitation Project has given us the opportunity to take advantage of alternate modes of transportation while the weather is nice. Whether you prefer to ride your bike, walk or take transit; all alternatives will help alleviate traffic, reduce emissions and make you feel great. Remember to sign up for GoByBike week &/or the commuter challenge for a chance to win great prizes!

Sincerely;  
Daniel Arbour,  
Chair, CVRD 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.

***Aquatic Centre currently closed due to COVID restrictions - expected to reopen September 2021.***

**EXHIBITION GROUNDS**  
4839 Headquarters Road  
Courtenay  
Phone 250-334-9622

Horseback riding, special events and other seasonal activities.

2021 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
<b>ADMISSION</b>	<b>SINGLE DROP IN</b>	<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 individually booked online due to COVID-19. Participants cannot switch places or change times with other users as attendance must be accurate.</b></p> <p style="text-align: center;"><b>Register your space at <a href="http://comoxvalleyrd.ca/rec">comoxvalleyrd.ca/rec</a> or phone 250-334-9622 ext 0.</b></p>
TOT (2 & UNDER)	NO CHARGE	
CHILD (3-12) OR PWD	\$3.15	
TEEN (13-18) OR STUDENT (ID REQUIRED)	\$3.70	
ADULT (19-59)	\$5.90	
SENIOR (60-89)	\$5.00	
GOLDEN AGE (90+)	NO CHARGE	
FAMILY (6 MAX - MIN 1 ADULT5/SENIOR & 1 CHILD/TEEN)	\$12.65	
LOCKERS	\$0.50	
SKATE RENTAL	\$3.60	
SKATE SHARPENING	\$5.50	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 3707 to arrange for purchase of bulk admissions.**





## HOW TO REGISTER

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

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

**Locations to register:**

### ONLINE

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

### IN PERSON

At the Sports 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

**SPORTS CENTRE 250-334-9622**

Mon to Fri 7:00am-8:30pm

Sat & Sun 7:00am-8:00pm (until Jun 30)

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

## COMOX VALLEY RECREATION ASSISTANCE FOR RECREATION SERVICES

Your four local recreation departments are working together to ensure all Comox Valley residents have access to low cost recreation options. Application forms have now been combined so you will only need to fill out one form, if you qualify, to receive the benefits of your home community and CVRD facilities. Application forms can be found on the CVRD Website at [www.comoxvalleyrd.ca/Parks & Recreation/Admission Fees & Memberships/Financial Assistance](http://www.comoxvalleyrd.ca/Parks & Recreation/Admission Fees & Memberships/Financial Assistance) and your home communities websites.

The CVRD Financial Assistance program is called PLAY (Providing Leisure Access for You) and includes access to CVRD Sports and Aquatic Centre services and programs. All residents of Courtenay, Comox, Cumberland and Areas A, B, C of the Comox Valley Regional District are eligible for the CVRD PLAY program. It includes 52 free admissions per year, per family member at the CVRD Sports and Aquatic Centres plus 1 free registered program and 4 programs at 50% off per calendar year per family member.

## 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.



## 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 must wear a mask while at the facility unless they are on the ice surface, or in the swimming pool.

### 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 sauna, hot tub, diving board, rope swing are closed. At this time admission does not include access to the CVSC Wellness Centre and your time in these facilities must be booked separately.
- YOU MUST COME DRESSED so you can bypass the changeroom on the way into the pool. Consider wearing a housecoat or towel over top your bathing suit. There is not enough space in the changeroom to allow customers to use the space on the way in. The changeroom is reserved for customers that need to change AFTER swimming and are unable to do it at home. Please use the lobby washrooms if you need to use a toilet before your swim.
- Please arrive only 5 minutes before the start of your swim time to help avoid deck congestion. This is to avoid potential cross-contamination between pool user groups – it will assist with contact tracing if required.
- Please DO NOT ENTER THE POOL until directed to do so by a lifeguard. They are busy cleaning between each user group.
- 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 waterproof bag onto the pool deck and place it on the chair/bench/bleacher as directed by staff.
- Swimmers are strongly encouraged to take a shower and change at home after swimming. If necessary changeroom use is permitted. **PLEASE NOTE:**
  - Women's Changeroom - 15 People Maximum (including shower/change/toilet areas)
  - Men's Changeroom - 10 People Maximum (including shower/change/toilet areas)
  - Family Changeroom - 6 People Maximum (including hall/private stalls)
  - ONE WAY ONLY - please exit off the pool deck.
  - Please consider showering/getting changed at home after your swim.
  - 15 min maximum in changeroom and no personal grooming permitted (i.e. hair brushing, make up, shaving etc.).
  - If changeroom is at capacity you will have to wait your turn on the pool deck.
- Patrons in need of assistance due to physical limitations need to 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 unless they have a purge valve.
- 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-in's at this time for public activities. You must book your space.
- To book your swim time go to the Program Registration tab on your PerfectMind online account, or call 250-334-9622 (see page 4 for phone in hours). 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 [comoxvalleyrd.com](http://comoxvalleyrd.com). Bookings are available in advance. You may cancel by phone up to 24 hours prior to your start time.
- Please note you cannot switch places or change times with other users as attendance must be accurate.

**Please note the Aquatic Centre, 377 Lerwick Road is currently CLOSED, with anticipated re-opening Sep 2021 - COVID dependent.**

**Visit our website at [comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec) for updated information.**



# SPORTS CENTRE POOL

## 25 METRE LANE POOL UNTIL JUN 30, 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim *6:00-6:55am						
	Aquafit *6:00-6:55am		Aquafit *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	
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	Lane Swim 11:00-11:55am	Rehab & Therapy 11:00-11:55am	Lane Swim 11:00-11:55am	Rehab & Therapy 11:00-11:55am		
Lane Swim 12:00-12:55pm						
Shut Down for Cleaning 1:00-2:00pm					Swim Club 1:00-4:00pm	Lane Swim 1:15-2:10pm
50+ Aquafit 1:55-2:50pm		50+ Aquafit 1:55-2:50pm		50+ Aquafit 1:55-2:50pm		Lane Swim 2:15-3:10pm
Swimming Lessons 3:00-4:15pm						Lane Swim 3:15-4:10pm
Swim Club 4:15-7:15pm					Open Swim 4:30-5:25pm	
	Lane Swim 5:20-6:15pm		Lane Swim 5:20-6:15pm		Open Swim 6:00-6:55pm	
			Lane Swim 6:20-7:15pm		Open Swim 7:30-8:25pm	
Aquafit 7:20-8:15pm	Lane Swim 7:20-8:15pm	Aquafit 7:20-8:15pm	Lane Swim 7:20-8:15pm	Lane Swim 7:20-8:15pm	Sports Centre Sauna & Hot Tub CLOSED until further notice due to COVID	
Lane Swim 8:20-9:15pm						

\*Tue & Thu 6:00am Lane Swims & Aquafit canceled after May 1

### Programs Available by Booking

#### Lane Swim, Rehab & Therapy Swim & Open 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 up to 10 days 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 sharing a lane with only one other person.

#### 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.

#### Open Swim

All ages welcome - children under 7 must have an adult within arms reach at all times. The diving board, rope swing and many of the pool toys are not currently available due to COVID.

### 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. 2 people per lane.

#### Adaptive Fitness/Rehab 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 POOL

25 METRE LANE POOL JULY 5-SEPTEMBER 1, 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lane Swim 6:00-6:55am					<p style="color: red;">Sports Centre Sauna &amp; Hot Tub CLOSED until further notice due to COVID</p> <p style="color: red; font-size: 1.2em; font-weight: bold;">Sports Centre Pool is closed July 1-4, 2021</p>	
	Aquafit 6:00-6:55am		Aquafit 6:00-6:55am			
Lane Swim 7:00-7:55am						
Lane Swim 8:00-8:55am	Rehab & Therapy 8:00-8:55am	Lane Swim 8:00-8:55am	Rehab & Therapy 8:00-8:55am	Lane Swim 8:00-8:55am		
Aquafit 9:00-9:55am	Lane Swim 9:00-9:55am	Aquafit 9:00-9:55am	Lane Swim 9:00-9:55am	Aquafit 9:00-9:55am		
Rehab & Therapy 11:00-11:55am	Lane Swim 11:00-11:55am	Rehab & Therapy 11:00-11:55am	Lane Swim 11:00-11:55am	Rehab & Therapy 11:00-11:55am		
50+ Aquafit 12:00-12:55pm	Lane Swim 12:00-12:55pm	50+ Aquafit 12:00-12:55pm	Lane Swim 12:00-12:55pm	50+ Aquafit 12:00-12:55pm		
Shut Down for Cleaning 1:00-2:00pm						
Lane Swim 2:00-2:55pm						
Swimming Lessons 3:00-5:30pm						
Lane Swim 5:30-6:25pm	Swimming Lessons 5:30-7:20pm	Lane Swim 5:30-6:25pm	Swimming Lessons 5:30-7:20pm	Lane Swim 5:30-6:25pm		
Lane Swim 6:30-7:25pm		Lane Swim 6:30-7:25pm		Lane Swim 6:30-7:25pm		
Open Swim 7:30-8:30pm						

See schedule changes on page 89.





# WELLNESS PROGRAMS

## REGISTERED ADAPTIVE FITNESS PROGRAMS

SESSIONS/DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	TUESDAY & THURSDAY
<i>Registration is on going - sign up anytime for classes in progress.</i>	<b>May 31-Jun 28 (9)</b>	<b>Jun 1-29 (9)</b>	<b>Jul 6-29 (8) Aug 3-26 (8)</b>
<b>AQUATIC HIP &amp; KNEE</b>	9:00-9:55 AM	11:00-11:55 AM 1:55-2:50 PM	11:00-11:55 AM 12:00-12:55 PM
<b>AQUAMOTION 2</b>		9:00-9:55 AM	<b>AQUAMOTION 2/3</b> 9:00-9:55 AM
<b>AQUAMOTION 3</b>		12:00-12:55 PM	

**Please subscribe to our email mailing list or follow us on Facebook to keep up-to date with our most current schedule and programming information.**

**Adaptive Programs**  
**\$88.00 for 10 sessions**

*(Pro-rated to the number of sessions)*

**AquaFit & Swim Fit**  
**\$25.00 for 5 sessions**

### 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.

## REGISTERED AQUAFIT & SWIM FIT FITNESS PROGRAMS

UNTIL JUNE 30, 2021

SESSIONS	MONDAY Jun 7-28 (4)	TUESDAY Jun 1-29 (5)	WEDNESDAY Jun 2-30 (5)	THURSDAY Jun 3-24 (4)	FRIDAY Jun 4-25 (4)	SATURDAY Jun 5-26 (4)	SUNDAY Jun 6-27 (4)
<b>AQUAFIT</b>	7:00-7:55 AM 10:00-10:55 AM 7:20-8:15 PM	*6:00-6:55 AM 10:00-10:55 AM	7:00-7:55 AM 10:00-10:55 AM 7:20-8:15 PM	*6:00-6:55 AM 10:00-10:55 AM	7:00-7:55 AM 10:00-10:55 AM	9:00-9:55 AM	9:00-9:55 AM
<b>50+ AQUAFIT</b>	1:55-2:50 PM		1:55-2:50 PM		1:55-2:50 PM	<b>ALL CLASSES TAKE PLACE AT THE SPORTS CENTRE</b>	
<b>SWIM FIT</b>	8:00-8:55 AM		8:00-8:55 AM		8:00-8:55 AM		

\*Tue/Thu 6:00-6:55 AM Aquafit **may** be canceled in June.

## REGISTERED AQUAFIT & SWIM FIT FITNESS PROGRAMS

FROM JULY 5 TO SEPTEMBER 1, 2021

SESSIONS	MONDAY Jul 5-26 (4) Aug 9-30 (4)	TUESDAY Jul 6-27 (4) Aug 3-24 (4)	WEDNESDAY Jul 7-28 (4) Aug 4-25 (4)	THURSDAY Jul 8-29 (4) Aug 5-26 (4)	FRIDAY Jul 9-30 (4) Aug 6-27 (4)
<b>AQUAFIT</b>	9:00-9:55 AM	6:00-6:55 AM	9:00-9:55 AM	6:00-6:55 AM	9:00-9:55 AM
<b>50+ AQUAFIT</b>	12:00-12:55 PM		12:00-12:55 PM		12:00-12:55 PM

**YOUR SPACE MUST BE BOOKED ONLINE OR CALL 250-334-9622 TO REGISTER**

CVRD WELLNESS PROGRAMS





# 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. For that reason it is very important that customers that wish to stay past their scheduled weight room time visit the front desk to book the next session space (assuming there is room available) - there is no additional charge for this service. You can book your space up to 10 days 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. The space is open to everyone aged 16+.

**Please Note: Users are currently required to wear a mask while using the facility.**

## 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 must 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 (see page #4 for phone in hours). 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. Bookings are available in advance. You may cancel by phone up to 24 hours prior to your start time.
- Please note you cannot switch places or change times with other users as attendance must be accurate.

**To book your lane, skate or wellness centre 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.**

## WELLNESS CENTRE GENERAL HOURS OF OPERATION

**UNTIL JUNE 30, 2021**

**Monday to Friday**  
6:00am-9:00pm  
**Saturday & Sunday**  
6:00am-8:00pm

**JULY 5-SEPTEMBER 1, 2021**

**Monday to Friday**  
6:00am-8:00pm  
*(closed Saturday, Sunday and  
Statutory Holidays)*



## Pool & Wellness Centre Schedule Changes

**July 1-4 - Facility Closed**  
**August 2 - Facility Closed**

**Sports Centre closed on Saturday  
& Sunday Jul 1 to Sep 1**

**Sep 2-6 - CVSC Pool & Wellness  
Centre Closed**

**Sep 7 - CVAC planned opening  
(subject to Covid)**

**Aquatic Centre currently closed  
due to COVID restrictions until  
further notice.**



# OUTDOOR PROGRAMS

## WalkFit (18+)

### Beginner Walking Program

Walking really is one of the most underrated forms of exercise yet it leads to some seriously impressive mental and physical benefits. It improves fitness, endurance, heart health, reduces mental stress, increases creativity, alleviates depression and fatigue, improves mood, decreases joint stress and pain, can prevent weight gain, reduces the risk for cancer and chronic disease, improves circulation/reduces chance of developing varicose veins, improves posture, makes your skin look younger (increases collagen) and if done outside it also increases your vitamin D levels. So now you're sold on the importance of walking.....but maybe you lack the motivation to do it without a group/walking buddy or maybe you are nervous about starting a new exercise program. We got you covered. Our fitness staff will get you warmed up each class and help you develop a walking plan that is right for you. There will be a group warm up/cool down/stretch and various activities you can participate in along the track if you are so inclined. At the end of the 4 week program you will feel better, meet some new walking buddies and have a plan in place to keep walking after the program is over (plus you probably had some fun). Ideal program for those new to exercise (or if it's been a while), older adults or those recovering from injury that have been recommended by a doctor to start walking.

**Tuesdays & Thursdays**

**28252 Jun 1-24 (8)**

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

**\$60.00**



## Grow It, Love It, Eat It! (3+)

### Green Thumb Growing

Gardens are dynamic classrooms that provide for vibrant hands-on learning in many subject areas. From planting a tiny seed to making fresh pesto, exploration of nature and healthy food is at the heart of this partnered program with LUSH Valley. We will also help maintain the gardens and compost areas. All extra produce will be donated to the community Good Food Boxes program.

**Thursdays, May 27-Jul 25 (9)**

**28581 1:00-3:00 PM (3-5 yr olds)**

**28584 3:00-5:00 PM (6-12 yr olds)**

**28589 5:00-7:00 PM (adults)**

**\$225.00**



# PRO-D DAY PROGRAM

## Surfs Up (7-11)

### Pro-D Daycamp for Kids

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, swimsuit, several towels and active wear - we will be going outside if the weather is nice. Participants must feel comfortable in deep water and be able to change themselves.

**Sports Centre**

**18133 Friday, Jun 30**

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

**\$35.00**





# 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)

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

## BRONZE MEDALLION

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

## BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

## 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. This course now includes the required lifeguard AMOA certification and participants will require computer/internet access.

## 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.

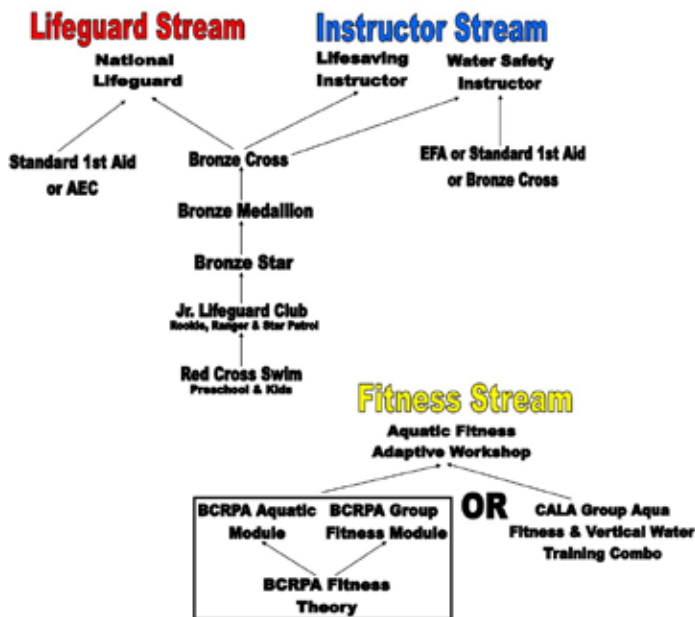


# FIRST AID & AQUATIC LEADERSHIP COURSES

COURSE	DATES		TIME	COST	COURSE #	PRE-REQUISITES (please bring proof to 1st day)
BRONZE MEDALLION	Jul 10-18	Sat & Sun	9:30-3:00pm	\$250.00*	28249	13 years by last day of course or Bronze Star
BRONZE CROSS	Jul 24-Aug 1	Sat & Sun	9:30-3:00pm	\$210.00*	28191	Bronze Medallion
NATIONAL LIFEGUARD (NL)	Aug 14-29	Sat & Sun	9:00-5:00pm	\$475.00*	28192	15 years by last day of course, Bronze Cross & AEC or SFA (recommended to be current)
WSI (Part 2) - includes classroom & pool components				\$220.00	25210	Successful completion of WSI Skills Evaluation, Online & Teaching Experience Components
CALA Vertical Water Training & Group Aqua Fitness Combo	TBA			\$650.00		16 years min
EMERGENCY FIRST AID (EFA)	Aug 5	Thu	9:00-5:00pm	\$95.00*	28193	12 years old minimum/15 years recommended
STANDARD FIRST AID (SFA) & CPR C	Aug 5 & 6	Thu & Fri	9:00-5:00pm	\$140.00*	28194	12 years old minimum/15 years recommended
NL Recert	Aug 7	Sat	9:00-5:00pm	\$135.00*	24016	Previous NL award and recommended CPR C (current within the year.) Must have a current AMOA or completed the online portion of the course.

\*Reuseable pocket mask required for this course. If you do not have a pocket mask, you will be charged an additional \$16.00 for one. Please Note: Due to COVID all courses including first aid require participants to wear a face mask and face shield. Please supply your own.

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.



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



# 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



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 3. Swim lessons take place at the SPORTS CENTRE.

LEVEL	SPRING MONDAY & WEDNESDAY May 31-Jun 28 (9)	SPRING TUESDAY & THURSDAY Jun 1-29 (9)	SUMMER TUESDAY & THURSDAY Jul 6-29 (8) Aug 3-26 (8)	SUMMER MONDAY TO FRIDAY Jul 5-16 (10) Jul 19-30 (10) Aug 3-13 (9) Aug 16-27 (10)
<b>STARFISH/DUCKS</b> <i>PARENTED</i>			5:35pm	
<b>SEA TURTLE</b> <i>PARENTED</i>			6:15pm	
<b>SEA OTTER</b> <i>PARENTED</i>	3:00pm	3:40pm	6:55pm	3:40pm
<b>SALAMANDER</b> <i>PARENTED</i>	3:40pm		6:15pm	3:00pm
<b>SUNFISH</b> <i>PARENTED</i>		3:00pm		5:00pm
<b>CROCODILE/WHALE</b> <i>PARENTED</i>				4:20pm
<b>LEVEL 1</b> <i>PARENTED</i>		3:00pm	5:35pm	4:20pm
<b>LEVEL 2</b> <i>PARENTED</i>	3:00pm		6:55pm	5:00pm
<b>LEVEL 3</b> <i>PARENTED</i>	3:40pm			3:40pm
<b>LEVEL 4</b> <i>PARENTED</i>		3:40pm		3:00pm
<b>LEVEL 5</b>	3:15pm			
<b>LEVEL 5/6</b>			5:15pm	3:15pm
<b>LEVEL 6</b>		3:15pm		
<b>LEVELS 7/10</b>			6:20pm	4:15pm
<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).**





# SUMMER DAYCAMPS

## Summer Camps at a Glance

### July 5-9

River Explorers (7-12)  
Surf's Up (7-11)

### July 12-16

Earthbound Kids (7-14)  
Jr. Lifeguard Club (9-12)

### July 19-23

Wild & Wacky Outdoor Adventures (7-12)  
Babysitter SUPERSTAR Course (11+)

### July 26-30

River Explorers (7-12)  
Ball Hockey (7-12)  
Swim to Survive (7-12)

### August 3-6

Adventures in Magic (7-10)  
Ice Blades Skating Camp (7-12)  
Jr. Lifeguard Club - Open Water Challenge (9-12)

### August 9-13

River Explorers (7-12)  
H2Ox2 (7-12)  
Ships Ahoy (7-12)

### August 16-20

Wild & Wacky Outdoor Adventures (7-12)  
C.I.A. - CVRD Ice Academy (8-14)  
Surf's Up (7-11)

### August 23-27

Gootastic (7-10)  
Coolest Game on Earth (7-12)  
Babysitter SUPERSTAR Course (11+)

### August 30-September 3

Impact Sports (7-12)  
C.I.A. - CVRD Ice Academy (8-14)



## Healthy Program Tips!

- Parents we need your help to prepare your kids for camps. Please explain how important it is for them to listen to their leaders and to be vigilant about washing their hands and keeping a 6 ft distance between them and the other campers and leader.
- Practice good hand hygiene, wash hands frequently for at least 20 seconds and avoid touching your face.
- Practice physical distancing by maintaining a distance of at least 2 metres (six feet) from others.
- Cough and sneeze into your bent elbow, not your hands.
- Stay home if you, or anyone in your household, are unwell or sick.
- Use a refillable water bottle to stay hydrated.
- Stay well rested and get plenty of sleep before attending a program.
- Don't forget to apply sunscreen before attending a program and teach your child to be able to apply their own effectively.
- Please do not enter the "kids zone" when dropping off and picking up your child and maintain a 6 ft distance between yourself and all of the other participants and staff. Please do not bring spectators or other siblings on site.



# SUMMER DAYCAMPS



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

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

**Curling Rink/Exhibition Grounds**  
**25839 Jul 5-9 (5)**  
**25852 Jul 26-30 (5)**  
**25879 Aug 9-13 (5)**  
**10:00-3:00 PM**  
**\$140.00**

## Surfs Up (7-11) Aquatic Daycamp for Kids

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.

**Sports Centre**  
**27994 Jul 5-9 (5)**  
**28001 Aug 16-20 (5)**  
**10:00-3:00 PM**  
**\$140.00**

## Earthbound Kids (7-14) Cultural Daycamp

CVRD recreation department has partnered with the Wachiay Friendship Centre once again to host a culture daycamp for youth in the Comox Valley. The focus of the camp will be incorporating cultural elements and language into the camp programming. Participants will gain greater cultural awareness and a sense of identity and connection to land through activities such as storytelling, arts and crafts, walking, hiking, talking circles and exploring Indigenous world views and language. Activities will include a swim at the pool or river each day.

**Curling Rink/Exhibition Grounds**  
**25829 Jul 12-16**  
**10:00-3:00 PM**  
**\$140.00 (5)**

## Swim to Survive (7-12) Aquatic Daycamp

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

**Sports Centre**  
**28051 Jul 26-30**  
**10:00-3:00 PM**  
**\$140.00 (5)**



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

### Outdoor Based Daycamp

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

**Curling Rink/Exhibition Grounds**  
**27969 Jul 19-23 (5)**  
**27970 Aug 16-20 (5)**  
**10:00-3:00 PM**  
**\$140.00**

## Babysitter SUPERSTAR Course (11+)

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

**Sports Centre**  
**28049 Jul 19-23 (5)**  
**28050 Aug 23-27 (5)**  
**10:00-3:00 PM**  
**\$140.00**



# SUMMER DAYCAMPS

## Adventures in Magic (7-10)

### Imagination Outdoor Daycamp

In this camp you will get to make potions and magic wands and build a fairy house in addition to going on a forest walk looking for the “hidden people” and swimming at the enchanted Tsolum River or skate on our magical frozen lake each day.

#### Sports Centre

27971 Aug 3-6 (4)

10:00-3:00 PM

\$112.00

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

### Intermediate Hockey Skills & Conditioning Camp

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

#### Sports Centre

28052 Aug 16-20 (5)

28064 Aug 30-Sep 3 (5)

10:00-3:00 PM

\$140.00

## Ice Blades Skating Camp (7-12)

Fun, skating and games is what this camp is all about. This program provides an introduction into the world of ice-skating and is ideal for beginner skaters that want to improve their skills. This program will help you decide what ice activities to sign up for in the fall. Lots of fun and games – at least 2.5 hours of ice time every day.

#### Sports Centre

28070 Aug 3-6 (4)

10:00-3:00 PM

\$112.00 (4)



## Ball Hockey Introduction Camp (7-12)

### Sports Based Daycamp

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

#### Sports Centre

28071 Jul 26-30 (5)

10:00-3:00 PM

\$140.00

## H2O x 2 (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.

#### Sports Centre

28069 Aug 9-13 (5)

10:00-3:00 PM

\$140.00

## Junior Lifeguard Camp (9-12)

The Junior Lifeguard Camp is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. Friends can join together even if they are of different ages and abilities. Kids will learn attitudes and skills that could one day save a life:

- Learn about lifesaving and lifeguarding
- Enjoy friendly competition and special events
- Challenge themselves to aim for personal bests
- Hang out
- Get water fit
- Make friends
- Have a great time!

#### Sports Centre

28022 Jul 12-16

10:00-3:00 PM

\$140.00





# SUMMER DAYCAMPS

## Junior Lifeguard Camp (9-12) Open Water Challenge

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

**Daily Location TBA**  
**28023 Aug 3-6 (4)**  
**10:00-3:00 PM**  
**\$112.00**



## Impact Sports Daycamp (7-12)

### Swim, Skate & Play Sports

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

**Sports Centre**  
**28066 Aug 30-Sep 3 (5)**  
**10:00-3:00 PM**  
**\$140.00**

## Ship's Ahoy (7-12) Nautical Themed Aquatics Camp

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

**Sports Centre**  
**28065 Aug 9-13**  
**10:00-3:00 PM**  
**\$140.00 (5)**



## Coollest Game on Earth (7-12) Introduction Hockey Camp

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

**Sports Centre**  
**28068 Aug 23-27 (5)**  
**10:00-3:00 PM**  
**\$140.00**

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

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

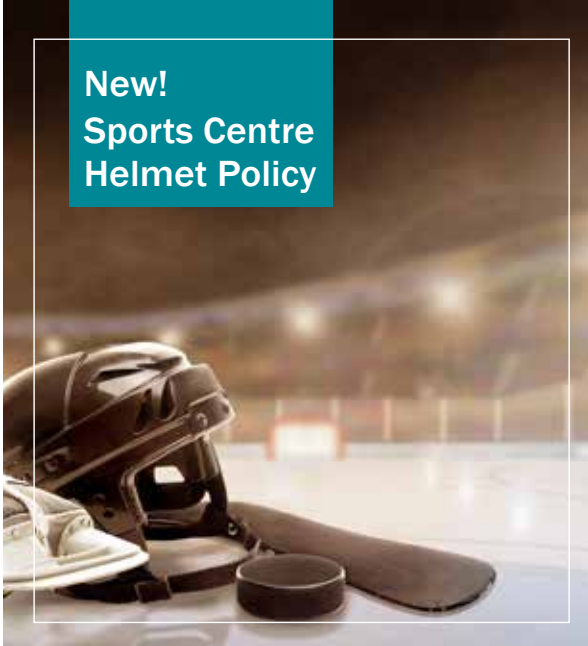
**Sports Centre**  
**27990 Aug 23-27 (5)**  
**10:00-3:00 PM**  
**\$140.00**



# PUBLIC SKATING AUGUST 3-SEPTEMBER 4, 2021

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

**New!**  
**Sports Centre  
Helmet Policy**




## Sports Centre Helmet Policy

We want to prevent any unnecessary suffering for you and your family, and as a result we are making it mandatory for all participants to wear a helmet during all public skating and drop in hockey sessions, ice lessons and other CVRD events and programming.

While we encourage you to start today, this new policy will take effect September 2021.

For more information, visit:  
[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)  
or call: 250-334-9622



## 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 10 days in advance but must cancel at least 24 hours before the start of your ice time. If you are unable to book online or wish to use your 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 20 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 40 people permitted. Please try to maintain the physical distancing requirement of 6 ft.



## Skate Sharpening & Skate Rentals available!

### Short Notice Ice Rental - COVID Provincial Health Orders dependent

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. Spring/Summer rates are \$60 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.



# 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!

## Ice Blades (3-12)

### Learn to Skate Program

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

**Saturdays, Aug 7-Sep 4 (5)**

**1:45-2:15 PM ages 6+ (Flurry – Iceberg)**

**2:30-3:00 PM ages 3-5 (Artic Bunny – Artic Owl)**

**\$34.25**

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

Enjoy playing a variety of games on the ice with your child while you both develop your skating skills. No previous skating experience is required, it’s all about the fun. Skate rentals are included but all participants must supply their own CSA approved helmet.

**Saturdays, Aug 7-Sep 4 (5)**

**1:15-1:45 PM**

**\$34.25**

**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.*



## Tiny Tot Hockey (3-6)

### Level 1 & 2

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

**Saturdays, Aug 7-Sep 4 (5)**

**12:30-1:15 PM**

**\$46.00**

## Private Skating Lessons (All Ages)

Want to learn how to skate or work on your hockey skills? All ages welcome at our private lessons. Please call 334-9622 ext. 2 to book your time.

**Saturdays from Aug 7-Sep 4 (5)**

**12:30-1:00 PM**

**1:15-1:45 PM**

**\$30.60 per ½ hr (>14 yrs)**

**\$33.45 per ½ hr (<14 yrs)**

### 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



## 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 must wear a mask while at the facility unless they are on the ice surface or in the swimming pool.

### 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 encouraged 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 11 participants and 1 coach in each room as everyone is wearing a face mask. 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 handling 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 20 hockey program participants and 2 coaches on the ice at one time.
- 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 (see page 4 for phone hours). 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](https://comoxvalley.perfectmind.com). Bookings are available 10 days in advance. You may cancel by phone up to 24 hours prior to your start time.
- Please note you cannot switch places or change times with other users as attendance must be accurate.

