

Comox Valley Recreation Reporter

Summer 2013



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Fossil hunting on the Puntledge River

CONTENTS SUMMER 2013



Join us for the July & August free Saturday swim program, sponsored by Canadian Western Bank.

MESSAGE FROM THE CHAIR

This summer, cool off at the CVRD's sports and aquatic centres and keep your body moving. As you'll see in the upcoming pages, there's a lot in store to keep your summer exciting and fun! Did you know we offer summer ice programs at the sports centre? Check out the schedules and details on page 114, and escape the heat.

We're excited to have Canadian Western Bank once again sponsoring our "Saturday Swim Program" from 1- 4:30 pm at the CVRD's aquatic centre in July and August. Round up your family and friends and take to the water for some wave and splash fun - for free - everyone is welcome!

Be sure to check for updated program and schedule information at www.comoxvalleyrd.ca/rec and stay connected with us by following comoxvalleyrd on Facebook and Twitter for the latest news, events and recreation tips. Enjoy an active, safe and memorable summer!

Manno Theos
Chair
Comox Valley sports centre commission

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follow comoxvalleyrd



CVRD SPORTS & AQUATIC CENTRES STAFF

Darcy Walters	Senior Manager of Recreation Facilities	250-334-9622	ext 242
Jacquie Bourdon	Manager of Administration & Employee Relations	250-334-9622	ext 231
Jennifer Zbinden	Manager of Recreation Services	250-334-2527	ext 302
Les Hokanson	Manager of Recreation Operations	250-334-9622	ext 227
John Goodwin	Asst Manager of Recreation Operations	250-334-9622	ext 250
Robyn Butler	Marketing Specialist	250-334-9622	ext 224
Denise Robinson	Recreation Facilities Booking Coordinator	250-334-9622	ext 233
Sharon Casanave	Accounts & Customer Service Coordinator	250-334-9622	ext 243

CVRD SmartLink
For more information scan this code with your smartphone.



What is this?
visit www.comoxvalleyrd.ca/smartlink



ADMISSION RATES - EFFECTIVE SEPTEMBER 1, 2012

DO YOU VISIT OUR FACILITIES OFTEN? - Consider purchasing a membership. If you regularly come 3 times a week it is a cost effective option! Annual and six month passes include both the sports centre and aquatic centre pools, fitness rooms and public skating.

LENGTH OF PASS	AGE	SPORTS CENTRE POOL & WELLNESS CENTRE	AQUATIC & SPORTS CENTRE POOLS & FITNESS FACILITIES
1 MONTH PASS Includes admission to public swimming or drop in water fitness classes, and use of fitness facilities. Sports centre passes may be used at the aquatic centre with a .25 upgrade fee. Valid 1 month from date of purchase.	ADULT (19-59)	\$63.60	\$66.00
	SENIOR (60+)	\$52.20	\$55.20
	STUDENT (ID REQUIRED) / TEEN (13-18)	\$40.20	\$42.00
	CHILD (3-12)	\$33.60	\$35.40
3 MONTH PASS Includes admission to public swimming or drop in water fitness classes, and use of fitness facilities. Sports centre passes may be used at the aquatic centre with a .25 upgrade fee. Valid 3 months from date of purchase.	ADULT (19-59)	\$162.18	\$168.30
	SENIOR (60+)	\$133.11	\$140.76
	STUDENT (ID REQUIRED) / TEEN (13-18)	\$102.51	\$107.10
	CHILD (3-12)	\$85.68	\$90.27
FULL FACILITY PASS SPORTS AND AQUATIC CENTRES Includes admission to the sports & aquatic centres swimming pools, fitness centres and arenas during public sessions. Registered programs are not included. Six month pass is valid six months from date of purchase. Annual pass is valid one year from date of purchase.	AGE	6 MONTH PASS	ANNUAL PASS
	ADULT (19-59)	\$277.20	\$435.60
	SENIOR (60+)	\$231.84	\$364.32
	STUDENT (ID REQUIRED) / TEEN (13-18)	\$176.40	\$277.20
CHILD (3-12)	\$148.68	\$233.64	

DROP IN FEES- EFFECTIVE SEPTEMBER 1, 2012

AQUATIC CENTRE

ADMISSION	SINGLE	10 VISIT PASS
ADULT (19-59)	\$5.50	\$49.50
SENIOR (60+)	\$4.60	\$41.40
TEEN (13-18)	\$3.50	\$31.50
STUDENT (ID REQUIRED)	\$3.50	\$31.50
CHILD (3-12)	\$2.95	\$26.55
TOT (2 & UNDER)	NO CHARGE	NO CHARGE
FAMILY (6 MAX)	\$11.70	\$105.30
LOCKER TOKENS	\$0.50	N / A

Aquatic centre 10 visit passes may also be used at the sports centre pool & arena.

SPORTS CENTRE POOL & WELLNESS FITNESS CENTRE

ADMISSION	SINGLE	10 VISIT PASS
ADULT (19-59)	\$5.30	\$47.70
SENIOR (60+)	\$4.35	\$39.15
TEEN (13-18)	\$3.35	\$30.15
STUDENT (ID REQUIRED)	\$3.35	\$30.15
CHILD (3-12)	\$2.80	\$25.20
TOT (2 & UNDER)	NO CHARGE	NO CHARGE
FAMILY (6 MAX)	\$11.05	\$99.45
LOCKER TOKENS	\$.25 - \$.50	N / A

Sports centre 10 visit passes may also be used at the arenas. Aquatic centre use permitted with a \$0.25 / single & \$.50 / family upgrade fee.

SPORTS CENTRE ARENA

ADMISSION	SINGLE	10 VISIT PASS
ADULT (19-59)	\$4.80	\$43.20
SENIOR (60+)	\$3.85	\$34.65
TEEN (13-18)	\$3.00	\$27.00
STUDENT (ID REQUIRED)	\$3.00	\$27.00
CHILD (3-12)	\$2.50	\$22.50
TOT (2 & UNDER)	NO CHARGE	NO CHARGE
FAMILY (6 MAX)	\$10.00	\$90.00
SKATE RENTAL	\$2.00	N / A
SKATE SHARPENING	\$5.20	\$46.80

Sports centre arena 10 visit passes are valid for public arena sessions only.



EXHIBITION GROUNDS



SPORTS CENTRE



AQUATIC CENTRE

FACILITY BOOKINGS

Did you know that you or your group can rent: ice arenas, swimming pools, meeting rooms, wellness centre, exhibition grounds.

Phone 250-334-9622 ext 233 for further information.



REGIONAL DISTRICT PARKS

SPORTS CENTRE

3001 Vanier Drive, Courtenay
250-334-9622

FEATURES

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

AQUATIC CENTRE

377 Lerwick Road, Courtenay
250-334-2527

FEATURES

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

EXHIBITION GROUNDS

4839 Headquarters Road, Courtenay

FEATURES

Horseback riding, special events and other seasonal activities.

Casual rider passes available.
Purchase your annual pass at the CVRD sports centre customer service desk.

Individual: \$50 + GST
Family: \$125 + GST
Happy Trails!

CVRD PARKS AND GREENWAYS

www.comoxvalleyrd.ca/parks

Enjoy the natural beauty of the CVRD's parks and greenways! These parks and trails offer a surprising variety of outdoor treasures.

Come Celebrate With Us!

Swim Birthday Party Packages

Includes swimming admissions for up to 10 children and 2 adults, locker tokens and room rental.
Cost is \$67.00 (pre-register)

Fridays, Saturdays and Sundays
May-June

48 hour cancellation notice required.

Quarter Pool Rentals

Up to 25 people can enjoy the wave pool and water slides.

Cost is \$103.90 (pre-register)
(Locker tokens and room rental are an additional cost.)

Saturdays
May

7 day cancellation notice required.

Call 250-334-9622, ext 2 for registration and information



CVRD Sports & Aquatic Centres Parties/Rentals

SWIMWEAR FOR THE WHOLE FAMILY



FOR ALL YOUR SWIMWEAR NEEDS!

COURTENAY SWIM SHOP
Comox Valley Aquatic Centre

**POLYESTER SUITS
CAPS & GOGGLES
MASKS • SNORKELS • FINS**

377 Lerwick Rd., Courtenay, BC V9N 9G4 **338-8465**
Fax: 338-8475

HELP PREVENT A POOL FOULING

All children not toilet trained must wear an article of clothing that will keep fecal matter contained in the event of a fouling. A pool fouling will cause a closure of our pools anywhere from 1-24 hours. Health authorities enforce this regulation. We suggest you use plastic pants or Little Swimmers pool pant diapers. Little Swimmers are available for purchase at the front desk and most major retailers. Please note that standard cloth or plastic diapers will not contain fecal matter and are therefore not permitted in the pool. Your co-operation is greatly appreciated.

SPORTS CENTRE

3001 VANIER DRIVE, COURTENAY, 250-334-9622

Drop into the wellness centre with the latest in equipment including Canadian made, wheel chair accessible, equalizer strength training machines along with a selection of free weights and balance equipment. The cardio area is equipped with stationary bikes and treadmills, along with a recumbent bike, spin bike, elliptical trainer, stair climber and rowing machine.

Wellness centre admission is for ages 16 and over except during supervised sessions (see schedule below) when admission is for ages 12 and over.

THE FACILITY SCHEDULES ARE SUBJECT TO CHANGE. FOR DAILY SCHEDULES PLEASE CALL 250-334-9622 EXT. 1.

SPORTS CENTRE POOL JUNE 1-28, 2013

The sports centre pool is closed June 29 to August 12, 2013.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
EVERYONE WELCOME SWIM <small>(pool may be shared with other groups)</small>	6:00-7:30pm	6:00-8:00pm	6:00-7:30pm	6:00-8:00pm	10:00am-1:15pm	CLOSED	CLOSED		
LENGTH SWIM <small>minimum 1 lane</small>	7:00-9:00am 10:00am-1:15pm 6:00-9:00pm	7:00am-1:00pm 6:00-8:00pm	7:00-9:00am 10:00am-1:15pm 6:00-9:00pm	7:00am-1:00pm 6:00-8:00pm	7:00-9:00am 10:00am-1:15pm				
AQUATIC REHAB SWIM	11:30am-1:15pm	11:30am-1:00pm	11:30am-1:15pm	11:30am-1:00pm					
50 & BETTER AQUAFIT & SWIM	1:15-3:00pm		1:15-3:00pm		1:15-3:00pm				
<i>1:15-2:15pm aquafit - open swim follows</i>									
DROP IN WATER FITNESS	Shallow 9:00-10:00am Deep 7:30-8:30pm		Shallow 9:00-10:00am Deep 7:30-8:30pm		Shallow 9:00-10:00am				
SWIM FIT		8:00-9:00pm		8:00-9:00pm					
16 & OVER SWIM	8:30-9:00pm	Lengths 8:00-9:00pm	8:30-9:00pm	Lengths 8:00-9:00pm					
SAUNA, HOT TUB	7:00am-3:00pm 6:00-9:00pm	7:00am-1:00pm 6:00-9:00pm	7:00am-3:00pm 6:00-9:00pm	7:00am-1:00pm 6:00-9:00pm	7:00am-3:00pm				

WELLNESS CENTRE JUNE 1-30, 2013

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS CENTRE HOURS	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-9:00pm	7:00am-7:00pm	8:00am-2:00pm	8:00am-2:00pm
SUPERVISED <small>12-15 year olds permitted</small>	12:00-2:00pm 3:30-8:00pm	3:30-8:00pm	12:00-2:00pm 3:30-8:00pm	3:30-8:00pm	12:00-2:00pm	8:00am-2:00pm	8:00am-2:00pm

WELLNESS CENTRE JULY 1-AUGUST 11, 2013 - The wellness centre is closed statutory holidays July 1 & August 5.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS CENTRE HOURS	7:00am-8:00pm	7:00am-8:00pm	7:00am-8:00pm	7:00am-8:00pm	7:00am-7:00pm	CLOSED	CLOSED
SUPERVISED <small>12-15 year olds permitted</small>	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	3:00-7:00pm		

SPORTS CENTRE

3001 VANIER DRIVE, COURTENAY,
250-334-9622

THE FACILITY SCHEDULES ARE
SUBJECT TO CHANGE. FOR DAILY
SCHEDULES PLEASE CALL
250-334-9622 EXT. 1.



SPORTS CENTRE POOL AUGUST 12-SEPTEMBER 1, 2013 - The sports centre pool is closed July 1 to August 11, 2013. The pool is closed statutory holiday September 2.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVERYONE WELCOME SWIM (pool may be shared with other groups)	6:00-8:00pm	1:00-3:00pm 6:00-8:00pm	6:00-8:00pm	1:00-3:00pm 6:00-8:00pm	10:00am-1:15pm 6:00-8:00pm	CLOSED	CLOSED
LENGTH SWIM minimum 1 lane	6:00-9:00am 10:00am-1:15pm 2:15-3:00pm	6:00am-3:00pm 6:00-8:00pm	6:00-9:00am 10:00am-1:15pm 2:15-3:00pm	6:00am-3:00pm 6:00-8:00pm	6:00-9:00am 10:00am-1:15pm 2:15-3:00pm 6:00-8:00pm		
AQUATIC REHAB SWIM	11:30am-1:15pm		11:30am-1:15pm				
50 & BETTER AQUAFIT	1:15-2:15pm		1:15-2:15pm		1:15-2:15pm		
	1:15-2:15pm aquafit - open swim follows						
DROP IN WATER FITNESS	Shallow 9:00-10:00am Deep 6:30-7:30pm		Shallow 9:00-10:00am Deep 6:30-7:30pm		Shallow 9:00-10:00am		
SAUNA, HOT TUB	6:00am-3:00pm 6:00-8:00pm	6:00am-3:00pm 6:00-8:00pm	6:00am-3:00pm 6:00-8:00pm	6:00am-3:00pm 6:00-8:00pm	6:00am-3:00pm 6:00-8:00pm		

WELLNESS CENTRE AUGUST 12-SEPTEMBER 1, 2013

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WELLNESS CENTRE HOURS	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	6:00am-8:00pm	CLOSED	CLOSED
SUPERVISED 12-15 year olds permitted	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm	4:00-8:00pm		

AQUATIC CENTRE JUNE

377 LERWICK RD, COURTENAY, 250-334-2527

The aquatic centre makes access easier with beach entry into the leisure wave pool and the hot tub has raised walls for an easy transfer from a wheelchair. For access to the 25 metre main pool, lifeguards can assist patrons with our poolside chair lift. There are two lanes open for length swimming at all times (except during special events and/or competitions). Age restrictions coincide with the swim session.

THE FACILITY SCHEDULES ARE SUBJECT TO CHANGE. FOR DAILY SCHEDULES PLEASE CALL 250-334-9622 EXT. 1.

AQUATIC CENTRE JUNE 1-30, 2013 - Facility is closed 4:30-6:00pm Saturdays.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVERYONE WELCOME SWIM & SLIDE Waves & waterslides	10:30am-1:00pm 6:00-8:00pm	11:30am-1:00pm (NO WAVES 11:45-12:45)	10:30am-1:00pm 6:00-8:00pm	11:30am-1:00pm (NO WAVES 11:45-12:45)	10:30am-1:00pm 6:00-9:30pm	1:00-4:30pm 6:00-8:00pm	1:00-5:00pm
SUPER SAVER SWIM & SLIDE Everyone welcome \$2.25 admission					3:30-5:30pm		
FAMILY SWIM Children with adults							11:00am-1:00pm
LENGTH SWIM Minimum 2 lanes	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:30pm	9:00am-4:30pm 6:00-8:00pm	8:30am-5:00pm
AQUATIC REHAB SWIM Leisure pool-no waves	6:00-9:30am	6:00-9:00am 5:00-6:00pm	6:00-9:30am	6:00-9:00am 5:00-6:00pm	6:00-9:30am		8:30-11:00am
TOTS SWIM 6 & under-no waves, no slides	9:30-10:30am	5:00-6:00pm	9:30-10:30am	5:00-6:00pm	9:30-10:30am		9:30-11:00am
16 & OVER SWIM & SLIDE	8:00-9:00pm		8:00-9:00pm				
ADULT SWIM & SLIDE 19 & over		8:00-9:00pm		8:00-9:00pm			
SWIM FIT Coached swim workout	9:00-10:00am		9:00-10:00am		9:00-10:00am		
DROP IN WATER FITNESS	Deep 7:35-8:35am Deep 10:15-11:15am	Shallow 9:15-10:15am Warm Shallow 2:00-3:00pm Deep 7:35-8:35pm	Deep 7:35-8:35am Deep 10:15-11:15am	Shallow 9:15-10:15am Warm Shallow 2:00-3:00pm Deep 7:35-8:35pm	Deep 7:35-8:35am Deep 10:15-11:15am		
SAUNA, HOT TUB, STEAM ROOM & FITNESS STUDIO	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:30pm	9:00am-4:30pm 6:00-8:00pm	8:30am-5:00pm

Proud supporter of the Comox Valley Aquatic Centre Saturday Free Swim Program

Line of Credit
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470 Puntledge Road, Courtenay
Ph: 250.334.8888
cwbank.com



*Subject to meeting CWB credit granting criteria. Interest is calculated and collected monthly. Some conditions apply, see branch for full details.

AQUATIC CENTRE JULY & AUGUST

377 LERWICK RD, COURTENAY, 250-334-2527

- Ride the Slides and Crave the Waves - splash around in the waves during our public drop-in sessions.
- To ride one of our 2 slides you must be 5 years of age or older or 48 inches tall for the blue slide, and 42 inches tall for our green slide.
- Only one rider at a time is permitted on the slide.
- Children under the age of seven must be accompanied in the water and be within arm's reach at all times by a guardian 16 years or older.
- The aquatic centre is a fragrance free facility.
- There are 2-lanes open for length swimming at all times (except during special events and/or competitions). Age restrictions coincide with the swim session.

THE FACILITY SCHEDULES ARE SUBJECT TO CHANGE. FOR DAILY SCHEDULES PLEASE CALL 250-334-9622 EXT. 1.




Canadian Western Bank is proud to support the **Comox Valley Aquatic Centre** Saturday Free Swim program.



CANADIAN WESTERN BANK
The *Working* Bank®

470 Puntledge Road, Courtenay
Ph: (250) 334-8888
cwbank.com

AQUATIC CENTRE JULY 1-AUGUST 10, 2013 - The facility is closed Sundays and statutory holidays July 1 & August 5.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVERYONE WELCOME SWIM & SLIDE Waves & waterslides	2:00-4:30pm 6:00-9:00pm	2:00-4:30pm	2:00-4:30pm 6:00-9:00pm	2:00-4:30pm	2:00-8:00pm	1:00-4:30pm FREE SWIM 	
SUPER SAVER SWIM & SLIDE Everyone welcome \$2.25 admission		7:30-9:00pm		7:30-9:00pm			
LENGTH SWIM Minimum 2 lanes	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-8:00pm	1:00-4:30pm FREE SWIM 	
AQUATIC REHAB SWIM Leisure pool-no waves	6:00-10:00am	6:00-9:00am	6:00-10:00am	6:00-9:00am	6:00-10:00am		
TOTS SWIM 6 & under-no waves, no slides		4:30-5:30pm		4:30-5:30pm	9:00-10:00am		
16 & OVER SWIM & SLIDE	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm		
SWIM FIT Coached swim workout	9:00-10:00am		9:00-10:00am		9:00-10:00am		
DROP IN WATER FITNESS	Deep 7:35-8:35am Deep 10:15-11:15am Warm Shallow 1:00-2:00pm	Shallow 9:15-10:15am Warm Shallow 1:00-2:00pm Deep 7:30-8:30pm	Deep 7:35-8:35am Deep 10:15-11:15am Warm Shallow 1:00-2:00pm	Shallow 9:15-10:15am Warm Shallow 1:00-2:00pm Deep 7:30-8:30pm	Deep 7:35-8:35am Deep 10:15-11:15am		
SAUNA, HOT TUB, STEAM ROOM & FITNESS STUDIO	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-8:00pm	1:00-4:30pm FREE SWIM 	

CVRD Sports & Aquatic Centres Schedules

SPORTS CENTRE SUMMER PUBLIC SKATING

3001 VANIER DR, COURTENAY, 250-334-9622

HOCKEY SIGN UP OPENS 45-MINUTES BEFORE SESSION STARTS.
SHINNY SIGN UP OPENS 10-MINUTES BEFORE SESSION STARTS.
SHINNY & NOON HOCKEY LIMITED TO 20 PLAYERS AND 2 GOALIES.
55 & OVER HOCKEY LIMITED TO 26 PLAYERS AND 2 GOALIES.
PLAYERS MUST BE PRESENT TO SIGN IN AND PAY ADMISSION.

PUBLIC SKATING SPRING APRIL 8-MAY 16, 2013 - ALL SKATES ON ARENA #2

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVERYONE WELCOME SKATE Helmets strongly recommended	NO PUBLIC SKATES	10:00-11:15am	NO PUBLIC SKATES			6:45-8:30pm Shared ice	1:15-3:15pm Shared ice
SHINNY HOCKEY All ages - helmet, gloves & stick required, soft puck used						6:45-8:30pm Shared ice	1:15-3:15pm Shared ice
NOON HOCKEY Ages 18+ - full gear required		11:30am-12:45pm		11:30-12:45pm	11:30am-12:45pm		
55 & OVER HOCKEY Full gear required		1:00-2:15pm		10:00-11:15am	1:00-2:15pm		

PUBLIC SKATING SUMMER JULY 29-SEPTEMBER 1, 2013

JULY 29 TO AUGUST 18 - ALL SKATES ON ARENA #2

AUGUST 19 TO SEPTEMBER 1 - ALL SKATES ON ARENA #1 - EXCEPT SATURDAY SKATE ON ARENA #2

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EVERYONE WELCOME SKATE Helmets strongly recommended			10:30am-12:00pm			3:15-5:00pm Shared ice	
SHINNY HOCKEY All ages - helmet, gloves & stick required, soft puck used		2:30-3:45pm	12:15-1:30pm	1:00-2:15pm	12:00-1:15pm	3:15-5:00pm Shared ice	
NOON HOCKEY Ages 18+ - full gear required	11:30am-12:45pm	11:30am-12:45pm		11:30pm-12:45pm			
55 & OVER HOCKEY Full gear required	1:00-2:15pm	1:00-2:15pm	2:15-3:30pm		10:30-11:45am		



SUMMER ICE PROGRAMS

SPORTS CENTRE, 3001 VANIER DR, COURTENAY, 250-334-9622

AQUATIC CENTRE, 377 LERWICK RD, COURTENAY, 250-334-2527

A sport for all seasons, 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!

TINY TOT HOCKEY CAMP - LEVEL 1

Ages 3-4. This summer give ice hockey a try. Learn basic hockey skills and coaches will introduce your child to the world of hockey through drills and skill development. Full gear required. Skate rentals are included.

Monday to Friday
9:00-10:30am
Sports Centre Arena #2

48639 August 19-23
\$60.50 for 5 classes

TINY TOT HOCKEY CAMP - LEVEL 2

Ages 4-7. This summer give ice hockey a try. Learn basic hockey skills and coaches will introduce your child to the world of hockey through drills and skill development. Full gear required. Skate rentals are included.

Monday to Friday
9:00-10:30am
Sports Centre Arena #2

48640 August 19-23
\$60.50 for 5 classes

ICE QUEST LEARN TO SKATE CAMP

Beginner lessons offer an introduction into the joy of ice skating! Skate rentals are included - participants must supply their own CSA approved rounded helmet.

Preschool ages 3-5
Sports Centre Arena #2

Monday to Friday
12:00-1:00pm

48634 August 19-23
\$49.75 for 5 classes

Children Ages 6+
Sports Centre Arena #2

Monday to Friday
1:15-2:15pm

48635 August 19-23
\$49.75 for 5 classes

ADULT LEARN TO PLAY BEGINNERS

Ages 19+. Come and experience the game of hockey like never before! You will learn the basic skill in a fun, creative non-competitive and non-contact environment. Each session will include supervised instruction and plenty of game play. This program is for both men and women who do not regularly play hockey, but would like to learn. Full gear required.

Monday to Friday
4:00-5:15pm
Sports Centre Arena #2

48643 July 22-26
\$73.80 for 5 classes

ADULT LEARN TO PLAY INTERMEDIATE

These sessions are suitable for those that have some recreational or league experience. Co-ed, ages 19+, full gear is required including helmet with face cage or shield.

Monday to Friday
5:30-7:00pm
Sports Centre Arena #2

48644 July 22-26
\$73.80 for 5 classes

HELP GET A KID OFF THE SIDELINES

Canadian Tire helped 116 kids last year in the Comox Valley.

This year Canadian Tire Jumpstart is spending over \$20,000 in the Comox Valley to help get even more local kids off the sidelines and into the game. These funds are raised at the Courtenay Canadian Tire by our staff and our local community.



For more information about Jumpstart in the Comox Valley contact Darcy Walters, CVRD at 250-334-9622

HOW TO REGISTER

There are two ways of registering for classes and programs. By phone or in person. Fees must be paid in full at the time of registration. See below for details.

1 - IN PERSON



VISA

2 - BY PHONE



VISA

Register for programs 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
Aquatic centre 377 Lerwick Road

250-334-9622, EXT 2

April to June
 Monday to Thursday 8:00am to 8:00pm
 Friday 8:00am to 6:30pm
 Saturday 8:00am to 1:30pm
 Sunday 8:00am to 1:30pm

July & August
 Monday to Thursday 8:00am to 8:00pm
 Friday 8:00am to 6:30pm

Phone in registration is not available on statutory holidays



REGISTRATION GUIDELINES

- **Course capacities:** Staff review class waitlists on a continuous basis and make efforts to accommodate everyone interested in the course. Please add your name to the waitlist so you will be contacted if space becomes available.
- **Cancellations:** If the minimum number of registrants is not met, we may have to cancel our classes. These decisions are made up to one week prior to the start date so register early to avoid disappoinment.
- **Seven days cancellation notice** required for quarter pool rental.
- **Until the close of the third class, if you are not satisfied with your program or have to withdraw for any reason, we will credit your account or provide a refund pro-rated from the date of notification. Exceptions apply for leadership courses.**
- **Pro-rated refunds or credits after the third class will be considered for medical reasons only.**
- **Classes missed due to illness, weather, power failures or other events beyond our control will not be refunded or credited.**
- **Program prices include applicable taxes.**
- **Change of plans?** A full credit to your account or a refund will be issued if we receive withdrawal notification prior to the course start date unless specified otherwise during registration.
- **Special needs?** The needs of all ages and abilities are considered. Contact us for more information.
- **Red cross swimmers can only be registered in one session at a time.**
- **Registrations for lessons in progress will be accepted until the close of the third 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.

Ask our recreation customer service representatives for more information.

CVRD Sports & Aquatic Centres
Registration Information

SWIMMING LESSONS

AQUATIC CENTRE, 377 LERWICK RD, 250-334-2527

SPORTS CENTRE, 3001 VANIER DR, 250-334-9622

PHONE IN REGISTRATION 250-334-9622 EXT 2

Our swimming lessons offer a progressive program of swimming, fitness and water safety skills that allow participants to learn in a fun and encouraging environment.

SPORTS & AQUATIC CENTRES SUMMER SWIM LESSON SCHEDULE

No classes August 5th. Lessons are held at the Aquatic Centre on Lerwick Rd, with the exception of Summer D.

AGE	LEVEL	10 LESSON PRICE	TIME	MON & WED SPRING C 8 lesson JUN 3-27	TUE & THU SPRING C 8 lessons JUN 4-28	MON TO FRI SUMMER A 9 lessons JUL 2-12 SUMMER B 10 lessons JUL 15-26 SUMMER C 9 lessons JUL 29-AUG 9	TUE & THU SUMMER X 10 lessons JUL 2-AUG 1	MON TO FRI SUMMER D 10 lessons AUG 12-23 SPORTS CENTRE POOL
6 to 12 & 12 to 24 months	TOTS STARFISH/DUCKS	\$49.50	30	3:30pm	6:00pm, 6:30pm	10:00am	6:00pm	5:30pm
24 to 36+ months	TOTS 3 SEA TURTLE	\$49.50	30	5:30pm	6:30pm	11:00am	6:30pm	3:00pm
3 to 6 years	SEA OTTER	\$49.50	30	3:00pm, 4:00pm, 4:30pm, 5:00pm, 5:30pm	6:00pm, 6:30pm, 7:00pm	10:00am, 10:30am, 11:00am, 11:30am	5:30pm, 6:00pm, 6:30pm, 7:00pm	3:30pm, 4:00pm
3 to 6 years	SALAMANDER	\$49.50	30	3:00pm, 4:00pm, 4:30pm, 5:30pm	6:00pm, 7:00pm	10:30am, 11:00am, 11:30am	5:30pm, 6:00pm, 7:00pm	3:00pm
3 to 6 years	SUNFISH	\$49.50	30	3:30pm, 4:00pm, 5:00pm	6:30pm	10:00am, 11:30am	5:30pm, 7:00pm	4:00pm
3 to 6 years	CROCODILE/WHALE	\$49.50	30	3:00pm	6:00pm	10:00am	6:30pm	5:30pm
5 and older	LEVEL 1	\$44.60	30	3:30pm, 4:30pm,	6:30pm, 7:00pm	10:30am, 11:30am	5:30pm, 6:30pm	3:00pm
5 and older	LEVEL 2	\$44.60	30	3:30pm, 5:00pm, 5:30pm	6:30pm, 7:00pm	10:00am, 11:00am	6:00pm, 7:00pm	3:30pm
5 and older	LEVEL 3	\$44.60	30	3:00pm, 4:30pm, 5:00pm, 5:30pm	6:00pm, 6:30pm, 7:30pm	10:30am, 11:30am	5:30pm, 6:30pm	4:00pm
5 and older	LEVEL 4	\$44.60	30	3:30pm, 4:00pm, 5:00pm, 5:30pm	6:00pm, 7:30pm	10:00am, 11:00am	6:00pm, 7:00pm	3:30pm
5 and older	LEVEL 5	\$67.50	45	4:30pm, 5:15pm	6:00pm	10:00am	5:30pm	4:30pm
5 and older	LEVEL 6	\$67.50	45	4:30pm	6:30pm	10:45am	5:30pm	4:30pm
5 and older	LEVELS 7/8	\$67.50	45	3:45pm	7:15pm	10:00am	6:15pm	5:15pm
5 and older	LEVELS 9/10	\$85.00	60	4:00pm	6:45pm	11:00am	6:00pm	4:30pm
4 - 14	PRIVATE/ SEMI PRIVATE LESSONS	\$25.32 PER LESSON	30	3:00pm, 3:30pm 4:00pm, 4:30pm, 5:30pm	6:00pm, 7:00pm, 7:30pm	10:30am, 11:30am	5:30pm, 7:00pm	4:00pm, 5:00pm
over 14		\$28.60 PER LESSON	30					
12 - 16	TEEN LESSONS	\$79.35	45		7:00pm	10:30am	5:30pm	
16+	ADULT LESSONS	\$79.35	45		7:00pm	11:15am	6:15pm	



LEADERSHIP COURSES

AQUATIC CENTRE, 377 LERWICK RD,
COURTENAY, 250-334-2527
SPORTS CENTRE, 3001 VANIER DR,
COURTENAY, 250-334-9622

These courses emphasize hands-on practice and scenarios, and include quality resources such as a full-colour manual. Our instructors provide continuous evaluation and feedback throughout the course to help encourage each candidate's success.

You can earn high school credits by taking advanced leadership courses. For Bronze Cross, NLS & LSI visit www.lifesaving.bc.ca, and for AWSI and WSI visit www.redcross.ca for more information.

2013 LEADERSHIP COURSES

COURSE	DATES	TIME	BAR CODE	COST	PRE-REQUISITES
BRONZE STAR	Jun 8-22, 2013 Sat	1:30-5:30pm	48603	\$78.30	11 years old
BRONZE MEDALLION	Jul 8-11, 2013 Mon-Thu	9:00am-2:30pm	48598	\$194.50	13 years old or Bronze Star
BRONZE CROSS	Jul 15-18, 2013 Mon-Thu	12:00-5:30pm	48594	\$156.50	Bronze Medallion
NATIONAL LIFEGUARD SERVICE (POOL) (NLS)	Jul 22-Aug 2, 2013 Mon-Fri	9:00am-3:00pm	48588	\$385.80	16 years old and Bronze Cross & Aquatic Emergency Care or Standard First Aid (must include CPR C)
ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)	Jul 2-6, 2013 Tue-Sat	9:00am-5:00pm	48591	\$367.40	15 years old and level 10 swimming skills
WATER SAFETY INSTRUCTOR (WSI)	Aug 19-30, 2013 Mon-Fri	9:00am-2:30pm (Aug 19-23) 3:00-6:00pm (Aug 26-30)	48586	\$330.00	15 years old and Assistant Water Safety Instructor
STANDARD FIRST AID (SFA) & CPR C	May 31-Jun 8, 2013 Fri & Sat	4:00-8:00pm Fri 1:00-5:30pm Sat	48287	\$124.40	12 years old
	Jul 12-19, 2013 Fri-Sat	10:00am-5:00pm	48604		
WSI RECERT	Aug 7, 2013 Wed	5:00-9:00pm	48607	\$78.30	WSI Award
CPR C RECERT & AED RESPONDER	Jun 15, 2013 Sat	1:00-5:00pm	48297	\$40.30	CPR C Award
	Aug 8, 2013 Thu	1:30-5:30pm	48606		
NLS PRECERT/RECERT	Jun 16, 2013 Sun	9:00am-6:00pm	48293	\$98.00	CPR current within the year & NLS Award
	Aug 9, 2013 Fri	9:00am-6:00pm	48605		
LSI RECERT	Aug 8, 2013 Thu	9:00am-1:00pm	48609	\$78.30	LSI Award

WELLNESS & FITNESS CLASSES

SPORTS CENTRE, 3001 VANIER DR,
COURTENAY 250-334-9622
AQUATIC CENTRE, 377 LERWICK RD
COURTENAY, 250-334-2527

No classes on statutory holidays.

Please help keep our facilities fragrance free and minimize use of scented personal and hygiene products.



AQUAMOTION

Improve your quality of life! Water therapy is an excellent way to start feeling better. Choose the level that best suits your needs. If you require assistance please contact the program leader, 250-334-9622 ext 225. An aquamotion participation form must be completed prior to starting these classes - available at the customer service desk.

AQUAMOTION 1

Shallow water only for beginners working on balance, coordination and range of motion.

Tuesday & Thursday
10:30-11:30am
Aquatic Centre Leisure Pool

48312 May 7-May 30
48432 June 4-27

Tuesday & Thursday
9:00-10:00am
Aquatic Centre Leisure Pool

48621 July 2-August 1

Tuesday & Thursday
12:00-1:00pm
Sports Centre Pool

48622 August 13-September 5

\$73.65 for 10 classes

AQUAMOTION 2

Shallow water with an introduction to deep water for those wanting to increase their muscle strength and endurance.

Tuesday & Thursday
9:00-10:00am
Sports Centre Pool

48314 May 7-May 30
48433 June 4-27

Tuesday & Thursday
10:00-11:00am
Aquatic Centre Leisure Pool

48316 May 7-May 30
48434 June 4-27

Tuesday & Thursday
9:00-10:00am
Aquatic Centre Leisure Pool

48623 July 2-August 1

Tuesday & Thursday
9:00-10:00am
Sports Centre Pool

48625 August 13-September 5

\$73.65 for 10 classes

AQUAMOTION 3

Shallow & deep water for those looking to improve their cardio respiratory fitness, balance and posture.

Tuesday & Thursday
10:30-11:30am
Sports Centre Pool

48318 May 7-May 30
48435 June 4-27

Monday & Wednesday
4:30-5:30pm
Aquatic Centre Leisure Pool

48615 July 3-August 7

Tuesday & Thursday
10:30-11:30am
Sports Centre Leisure Pool

48617 August 13-September 7

\$73.65 for 10 classes



WELLNESS & FITNESS CLASSES

SPORTS CENTRE, 3001 VANIER DR,
COURTENAY, 250-334-9622
AQUATIC CENTRE, 377 LERWICK RD,
COURTENAY, 250-334-2527

Hip & Knee, FAME and Osteomotion classes require a physician's consent form - available at the customer service desk.

FAME and osteomotion are dry land programs. If you require assistance please contact the program leader, 250-334-9622 ext 225.

No classes on statutory holidays.

AQUATIC HIP & KNEE

You may start this program 6 weeks after surgery. 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.

Monday & Wednesday
10:30-11:30am
Sports Centre Pool

48320 May 6-May 29
48438 June 3-26

Monday & Wednesday
4:30-5:30pm
Aquatic Centre Leisure Pool

48611 July 3-August 7

Monday & Wednesday
10:30-11:30 am
Sports Centre Pool

48612 August 12-September 4

\$73.65 for 10 classes

FAME (post stroke fitness & exercise program)

For persons who have had a stroke or other neurological condition and would like to get back into an exercise program. The instructors, working closely with a physiotherapist, are specifically trained in post stroke exercise. This ongoing program will improve balance, function, confidence, walking speed, muscle strength and quality of life.

Tuesday & Friday
11:00am-12:00pm
Sports Centre Aquarium

48323 May 7-May 31
48437 June 4-28

\$73.65 for 10 classes

OSTEOMOTION FOR LIFE

A safe exercise program developed just for individuals living with osteoporosis. This program is designed for those who are active on a regular basis, to increase bone strength, balance and agility.

Tuesday & Thursday
1:30-2:30pm
Aquatic Centre Wave Room

48337 May 7-May 30
48436 June 4-27
48618 July 2-August 8

\$61.15 for 10 classes

WHEELCHAIR USERS INTEREST LIST

Discover activities that minimize injury and maximize your potential strength and endurance. This program can include the use of weights, endurance activities and a variety of adapted sports. To add your name to an interest list, or to request further information about activity programs for persons with special needs, please contact the program leader at 250-334-9622 ext 225.

AQUAFIT

AQUATIC CENTRE, 377 LERWICK RD, COURTENAY, 250-334-2527

SPORTS CENTRE, 3001 VANIER DR, COURTENAY, 250-334-9622

Drop in to one of our shallow or deep water aquafit classes that provide physical conditioning using water as resistance. Tone and strengthen your muscles without the aches and pains sometimes experienced after dry land exercise. Classes are designed for all fitness levels and are 60-minutes long, including a warm up and cool down.

AQUATIC CENTRE JUNE 1-30, 2013

DROP IN AQUAFIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am		
AFTERNOON		Warm Shallow 2:00pm		Warm Shallow 2:00pm			
EVENING		Deep 7:35pm		Deep 7:35pm			

SPORTS CENTRE JUNE 1-28, 2013

DROP IN AQUAFIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Shallow 9:00am		Shallow 9:00am		Shallow 9:00am		
AFTERNOON	50+ Shallow 1:15pm		50+ Shallow 1:15pm		50+ Shallow 1:15pm		
EVENING	Deep 7:30pm		Deep 7:30pm				

AQUATIC CENTRE JULY 1-AUGUST 10, 2013 - No aquafit on statutory holidays July 1 & August 5.

DROP IN AQUAFIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am	Shallow 9:15am	Deep 7:35am Deep 10:15am		
AFTERNOON	Warm Shallow 1:00pm	Warm Shallow 1:00pm	Warm Shallow 1:00pm	Warm Shallow 1:00pm			
EVENING		Deep 7:30pm		Deep 7:30pm			

SPORTS CENTRE AUGUST 12-SEPTEMBER 1, 2013

DROP IN AQUAFIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	Shallow 9:00am		Shallow 9:00am		Shallow 9:00am		
AFTERNOON	50+ Shallow 1:15pm		50+ Shallow 1:15pm		50+ Shallow 1:15pm		
EVENING	Deep 6:30pm		Deep 6:30pm				

SPONSORED BY



CUPE 556
Comox Valley Municipal Workers

“FREE”
Family Swim...
on Us!

In Celebration of
“Communities Day”

June 22nd
1:00pm - 4:30pm
CVRD Aquatic Centre
377 Lerwick rd

CVRD Sports & Aquatic Centres
CUPE Free Swim

ACTIVE COMOX VALLEY



THRIFTY FOODS..
Young chef
having fun with food

A Fun and Energizing Camp
for Kids that Want to Cook

REGISTER TODAY!

ACTIVE COMMUNITIES
everyone. active. every day.

YOUNG CHEF COMOX VALLEY CAMPS

July 16-19, 2013
9:00am-4:00pm
Courtenay Recreation Lewis Centre
For youth 10-12 years
No Charge
Call 250-338-5371 to register

August 6-9, 2013
9:30am-4:30pm
Comox Community Centre
For youth 10-12 years
No charge
Call 250-339-2255 to register

BIKE TO WORK WEEK 2013 MAY 27-JUNE 2

Mark your calendar and get ready to take to the streets on two wheels! For registration details, celebration station locations, prizes and more, visit www.biketowork.ca/comox_valley



ACV has been busy planning many initiatives to keep you active and healthy over the coming months – watch for details on our website at www.activecomoxvalley.ca and look for us on Facebook!



CAUTION!



- **Physiotherapy**
- **Orthotics**
- **Massage**
- **Aquatic Therapy**
- **Occupational Therapy**

Treatments covered under most Extended Plans

A physician referral is not required to make an appointment

We promise to get you in as quickly as possible

780 Grant Avenue
(beside the Courtenay Medical Clinic)
(250) 334-9670



REHABILITATION IN MOTION

CVRD Sports & Aquatic Centres
Rehabilitation in Motion

Legacy Program

Leaving a legacy for the next generation is the ultimate gift. To enhance and protect Comox Valley greenspaces the regional district accepts gifts of land or “in-kind” services as well as park facilities such as tables and benches.

Create a legacy in honour of a loved one or your family. Your valued gift will help keep the Comox Valley a spectacular place to live, work and relax!

For more information please contact us, drop by during office hours or visit webpage:

www.comoxvalleyrd.ca/gifts



Leashing Requirements



FAWN SEASON AT SEAL BAY PARK

Leash Pets until June 30 on all trails.

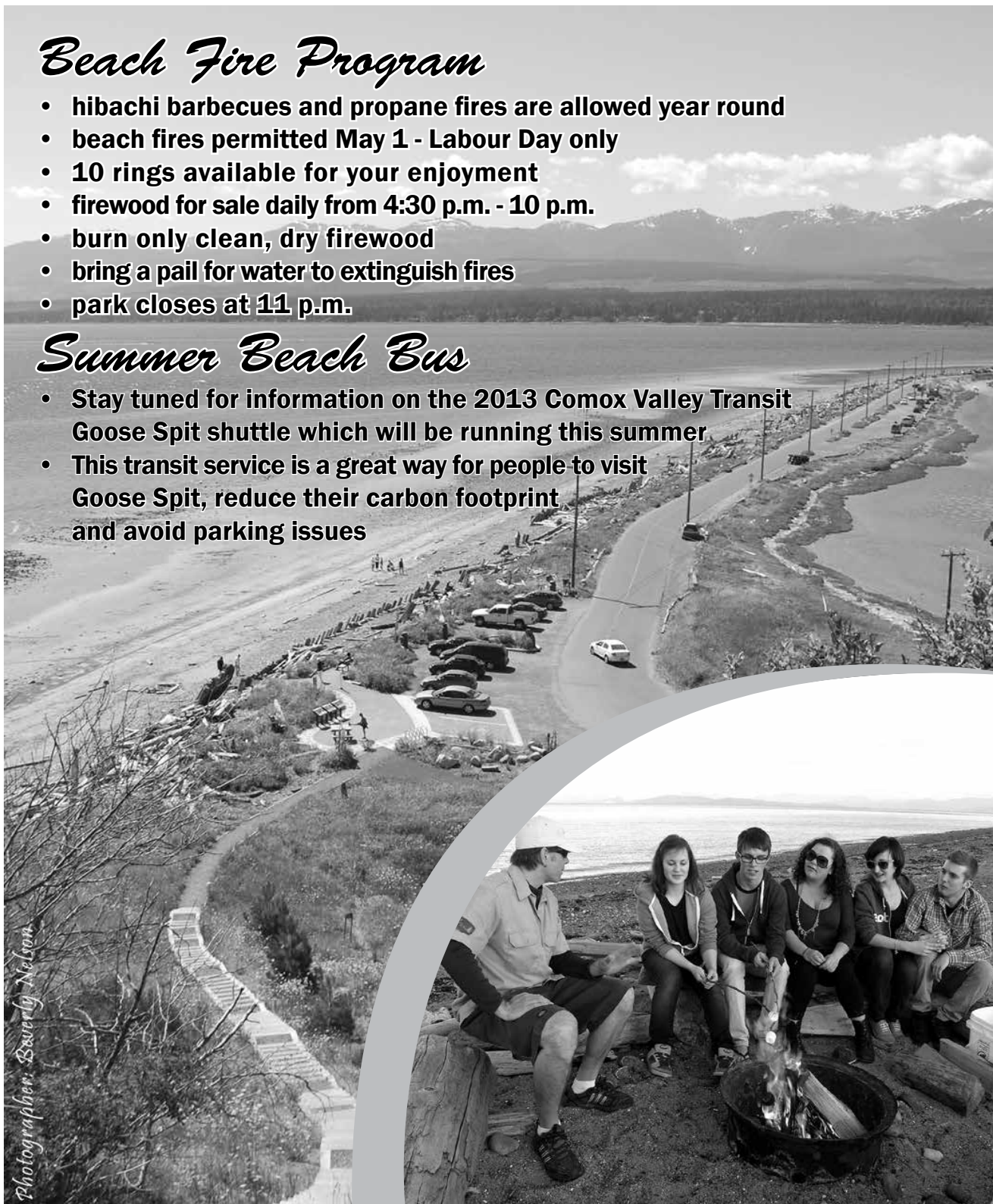
Off leash dogs pose a risk to fawns, birds, tree frogs, squirrels and other young wildlife.

Beach Fire Program

- hibachi barbecues and propane fires are allowed year round
- beach fires permitted May 1 - Labour Day only
- 10 rings available for your enjoyment
- firewood for sale daily from 4:30 p.m. - 10 p.m.
- burn only clean, dry firewood
- bring a pail for water to extinguish fires
- park closes at 11 p.m.

Summer Beach Bus

- Stay tuned for information on the 2013 Comox Valley Transit Goose Spit shuttle which will be running this summer
- This transit service is a great way for people to visit Goose Spit, reduce their carbon footprint and avoid parking issues



Photographer: Beverly Nelson

CVRD Sports & Aquatic Centres
CVRD Goose Spit



Reason #22 - Comox Valley transit has a **Goose Spit Beach Shuttle** this summer!

Reason #25 - It costs over \$7,000 a year on average to own and maintain a car*. It costs about \$500 a year for monthly bus passes.

*http://www.caa.ca/drivingcosts/CAA_Driving_Costs_English.pdf

Reason #36 - People who take transit are three times more likely to meet the Heart and Stroke Foundation of Canada's suggested daily minimum of physical activity**.

** Journal of Public Health Policy, 2009 "Transit and Health"

Reason #41 - The Comox Express bus goes between downtown Courtenay and downtown Comox in only 15 minutes.

View schedules and maps at www.comoxvalleyrd.ca/transit