

COMOX VALLEY RECREATION GUIDE | WINTER 2022



GET
MOVING
in
2022



Comox Valley
REGIONAL DISTRICT



CITY OF
COURTENAY
Recreation



TOWN OF
COMOX
Recreation



THE VILLAGE OF
CUMBERLAND



Safety First!

At Cumberland Recreation, we're taking care to follow all PHO orders, including the proof of vaccination mandate that is in effect at least until Jan 31, 2022. Let's recreate responsibly!

How to Register

Online: cumberland.ca/recprograms
By Phone: 250.336.2231

Hours of Operation

Mon-Fri 7:00 am - 9:00 pm
Sat & Sun 9:00 am - 4:30 pm
Closed on all statutory holidays

Holiday Hours 2021-22

Dec 24: 7am - 12pm
Dec 25-28: closed
Dec 29-30: 7am - 9pm
Dec 31: 7am - 12pm
Jan 1-3: closed
Jan 4: resume regular hours

Admission & Membership Rates

These rates apply to the fitness studio and all Drop-in Programs (see page 109). Please note that programs included with membership are subject to change.

	Early Years Ages 0-4	Child/Youth Ages 5-18	Adult Ages 19-59	Senior Ages 60+
Single Visit:	\$1	\$2	\$4	\$3
1 Month:	\$10	\$20	\$40	\$30
1 Year:	\$60	\$120	\$240	\$180

There is no need to pre-register for the fitness studio; please drop in anytime during opening hours! Children 12 and under are not permitted in the fitness studio; teens 13-15 must be accompanied by an adult.

Book the Rec Centre for your next birthday party!

Book your Nerf battle, climbing wall or gymnasium party online or call for details

Gym Party Invite your friends and family for two hours of self-supervised gym time with climbing and ride-on toys, Nerf blasters, sports gear and more! <i>Available Fridays, 3:00-5:00 pm</i>	\$90	Climbing Party Enjoy all the fun of a gym party, plus we'll provide two belayers and climbing gear for a unique vertical party experience! <i>Available Saturdays, 9:30-11:30 am</i>	\$190
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Early Years

PARENT & TOT GYM

0 - 6 years • *Gymnasium* **FREE!**
Meet new friends and enjoy some fun, unstructured play with climbers, ride-on toys & more! Self-supervised; by donation.
Tue & Thu 10:30am - 12:00pm
#7903
Jan 4 - Mar 17; suggested donation: \$2

FAMILY GYMNASTICS

1 - 6 years with parent • *Gymnasium*
Fun-filled playtime for parent & tot on our beams, ropes and rings. Once series registration closes, individual class registration may be available for \$10 if space allows.
Instructor: Sheri Roffey
Mondays, 11:00-11:45 am
Jan 10 - Mar 14: \$81/9 #7862

LITTLE NINJAS

3 - 6 years • *Gymnasium*
A fun mix of parkour and gymnastics that includes jumping, landing, rolling, vaulting, climbing and falling safely.
Jan 10 - Mar 14
Midday: Mondays 12:30-1:30 pm: \$99/9 #7863
Afterschool: Mondays, 3:00-4:30 pm (includes CCS pick-up): \$108/9 #7864

School Age

RED DRAGON TAEKWONDO

4+ • *Buchanan Hall*
Learn Taekwondo skills such as kicking, blocking, self-defense & Olympic sparring in a respectful environment.
Instructor: Paul Sitko, 5th Dan Master
Mondays & Wednesdays
Little Dragon 4-8 yrs, 6:30-7:00 pm
Jan 5 - Mar 16: \$140/20 #7861
Red Dragon ages 9+, 7:00-8:00 pm
Jan 5 - Mar 16: \$160/20 #7860

IMAGINATURE CLUB **NEW!**

6-10 yrs • *No. 6 Mine Park & forest*
This program, which incorporates curricula developed by the Cumberland Community Forest Society, deepens connections to nature and includes games, outdoor skills and small community projects. Though we have an indoor backup space, children should be prepared to be outside for the entire program. Includes 2:45 pick-up from CCS.
Instructor: Renée Baron
Mondays, 3:00-4:30
Jan 10 - Mar 14; \$135/9 #7851

IT'S ALL FUN & GAMES

5-10 years • *Buchanan Hall* **NEW!**
Unleash your inner thespian as we sing, dance, role-play and have fun letting our imaginations go wild! No experience necessary. Includes 2:45 pick-up from CCS.
Instructor: Arriana Gibson
Tuesdays, 3:00-4:30 pm
Jan 11 - Mar 15: \$120/10 #7867

AFTERSCHOOL CLUB

5 - 9 years • *Moncrief Hall*
A fun mixture of indoor and outdoor activities will keep active bodies moving and creative minds engaged! Includes 2:45 pick-up from CCS.
Instructors: Sabrina Savage & Rikki Warwaruk
Thursdays, 3:00-4:30 pm
Jan 6 - Mar 17: \$132/11 #7878

NERF BATTLE CLUB

9 - 13 years • *Gymnasium* **FREE!**
In partnership with CCSS
Battle it out in a variety of game formats. Bring your blaster or use one of ours; we'll provide the Nerf rounds (Elite and Rival only). Snack & 2:45 pick-up from CCS provided.
Facilitator: Arriana Gibson
Wednesdays, 3:00 - 4:30 pm
Jan 26 - Mar 9 #7895
To register, contact 250.336.8511 or ccss.coordinator@gmail.com.

Climbing

Instructor: Arriana Gibson

JUNIOR CLIMBERS

5 - 8 yrs • *Gymnasium*
Explore the climbing wall through games, bouldering, climbing and belaying. Parents are welcome to come and belay. Includes 2:45 pick-up from CCS.
Thursdays, 3:00 - 4:00 pm
Jan 6 - Mar 17: \$143/11 #7866

CLIMBING CLUB

8 - 13 yrs • *Gymnasium*
This program gives young climbers and belayers even more time on the wall, learning climbing techniques, belaying, safety procedures and more, under the tutelage of a highly experienced and certified climbing instructor. No experience necessary; skills will be tailored to the group.
Thursdays, 4:30-5:45 pm
Jan 6 - Mar 17: \$143/11 #7865

OPEN CLIMB & FAMILY GYM

Wall staff is available to help belay, and the gymnasium is available with toys for families and children to play, Saturdays, 12:30 - 4:15 pm
Jan 8 - Mar 26 #7901
Child/Youth Drop-in: \$4.00
Adult Drop In: \$6.00
Senior Drop In: \$5.00
Gear rental (non-members): \$2.00

INDEPENDENT CLIMBING

13+ • *Gymnasium* • **Climbers must bring their own belay partner(s). Half the gymnasium is open for other activities.**
Fridays 5:45 - 6:45 pm #7909

Afterschool programs with pick-up from Cumberland Community School:

We meet at 2:45 pm under the covered area between the youth centre annex and the Beaufort Building.





Special Interest

Kids

PRO-D KIDAPALOOZA

5-10 yrs • *Gymnasium* **NEW!**

While the teachers are away the kids will play! Kidapalooza is a day to let kids be kids, with games, crafts, active play and other indoor/outdoor fun! Your children will wish every day were a Pro-D day!

Instructor: Rebecca Stewart

9:00 am - 4:00 pm

Feb 18: \$39 #7855

CREATIVE KIDS ART WORKSHOPS

5-13 yrs • *Moncrief Hall*

Join local artist Connie Schaad for these fun and inspirational art workshops using a variety of media. You'll leave with a new appreciation for your artistic abilities and some new treasures to take home! All materials provided.

Instructor: Connie Schaad; \$33/class

Saturday, Jan 29:

5-9 yrs: 10:00 am - 12:00 pm #7874

7-13 yrs: 12:30 - 2:30 pm #7876

Saturday, Mar 5:

5-9 yrs: 10:00 am - 12:00 pm #7875

7-13 yrs: 12:30 - 2:30 pm #7877

Adults

INTRO TO ROLLER SKATING

16+ • *Gymnasium*

Run by the Brick House Betties roller derby team, this program provides a comprehensive introduction to roller skating. Level 1 covers basics such as falls, stops, and cross-overs. Level 2 expands into controlling edges, skating backwards, transitions and more. The Betties may be able to lend skates and protective gear; contact brickhousebetties@gmail.com.

Level 1 (16 yrs+): Sun, 9:15-10:45 am

Jan 9 - Mar 13: \$80/10 #7891

Level 2 (18 yrs+): Wed, 7:15-8:45 pm

Jan 12 - Mar 16: \$80/10 #7912

LINE DANCE FUSION

16+ • *Moncrief Hall*

This well-rounded beginner class will have you moving with a variety of music, from Latin to foxtrot to waltz and more! Line Dance is a great way to de-stress, energize, strengthen the body-mind connection and keep active!

Instructor: Nimisha Jimenez

Thursdays, 1:00 - 2:00 pm

Jan 13 - Mar 17: \$75/10 #7879

Spring Break

LITTLE NINJAS CAMP **NEW!**

3-6 yrs • *Gymnasium*

This half-day camp features everything your tot loves about our Little Ninjas program, like jumping, swinging, rolling, vaulting, balancing and climbing. Weather permitting, we'll also enjoy some outdoor fun!

Instructor: Sabrina Savage

Mar 21-25, 1-4 pm: \$115 #7854

JUNIOR EXPLORERS CAMP

3-5 yrs • *Gymnasium* **NEW!**

Ready for adventure? We'll explore the forest, play active games and uncover the secrets that lie just beyond our front steps, all while making friends and having a blast!

Instructors: Sabrina & Rikki

9:00 am - 12:00 pm

Mar 21-25: \$115 #7856

SPRING ADVENTURE CAMP

5-10 years • *Moncrief Hall & gymnasium*

These camps showcase the best of our Village in the Forest. Your child will enjoy a diverse range of activities designed to challenge and inspire, including active games, scavenger hunts, crafts & much more. Each day is a new adventure!

9:00 am - 4:00 pm

Mar 21-25: \$205 #7857

Mar 28 - Apr 1: \$205 #7858

IMAGINATION CAMP **NEW!**

8-14 yrs • *No. 1 Japanese Townsite*

This program builds reverence for and a desire to protect wild spaces and is based on the idea that all living things are connected. We'll build meaningful connections to the natural spaces surrounding us while playing, exploring and learning about local plants, animals and ecosystems.

Instructor: Renée Baron

9:00 am - 3:00 pm

Mar 28 - Apr 1: \$225 #7893

Drop-In Programs

Regular admission rates apply (see page 106).

Except where noted, winter programs run Jan 4 - Mar 31

BASKETBALL

16+ • *Gymnasium* • Bring your friends and make some new ones at these fun-forward drop-in games. Pre-registration is available but not required.

Mixed: Mon, 6:00-78:45 pm #7904

Women's: Tue, 7:45-8:45 pm #7905

PICKLEBALL

12+ • *Gymnasium* • Drop in for a fun, fast and social game of pickleball. Four courts with up to five players per court.

Beginner & Intermediate:

Wednesdays, 12:30 - 2:30 pm

Fridays, 12:30 - 2:30 pm

Intermediate & Advanced:

Wednesdays, 10:30 am - 12:30 pm

Advanced:

Mon, Wed & Fri, 8:00 - 9:45 am

No pickleball Feb 2 or 18

SQUASH

Squash Courts • Our courts are open during regular facility hours; call 250.336.2231 to reserve a spot. Balls and rental raquets available if needed.

NERF BATTLES

Gymnasium • Bring your blaster or use one of ours and we'll provide the Nerf rounds (Elite and Rival only). A great way to burn off energy on a mucky winter weekend! Self-facilitated; parent participation encouraged!

6-10 yrs: Sundays 1:00 - 2:30 pm

8-15 yrs: Sundays 2:45 - 4:15 pm

ROLLER SKATING

Gymnasium • Come kick it with us old school at this open roller skate facilitated by members of the Brick House Betties. Roller skates and protective gear are not provided and helmets are strongly recommended.

Fridays, 7:15 - 8:45 pm

OPEN GYM

Gymnasium • Our gym is open for self-supervised floor hockey, basketball, soccer, badminton and more.

Youth 9-15 yrs: Tue, 2:45 - 4:45 pm

Adult 16+: Tue, 5:00 - 6:15 pm

14+ (half gym): Fri, 5:45- 6:45 pm

No youth sessions during spring break

YOUTH FLOOR HOCKEY

Gymnasium • Canada's most iconic sport, sans ice! Facilitated by *Youth Unlimited* (Christian group) with optional chat on values at half time.

Jan 6 - Mar 17

5-11 yrs: Thursdays, 6:30 - 7:30 pm

12-18 yrs: Thursdays 7:45 - 8:45 pm



TABLE TENNIS

Moncrief Hall • Play with members of the Cumberland Table Tennis Club or practice your skills with our table tennis robot.

Facilitator: Adam Kuzma

Youth: Fridays, 4:00-5:30 pm

All Welcome (#7908):

Wednesdays 3:00-5:00 pm

Fridays, 5:30-9:00 pm

Sundays, 1:30-4:30 pm



Membership & Fees

Scan here for all the information you need at cumberland.ca/rec!



follow us

REGISTRATION STARTS MONDAY, NOV 15 | See page 106



Fitness & Spin

Except where noted, winter classes run Jan 4 - Mar 31

Individual class registration may be available for \$12/class (unless stated otherwise) but won't open until at least two weeks before the first class (priority is given to those who book the full session).

Register early and save! Get a reduced price when you book the full session of a program. Programs are subject to cancellation if they don't reach minimum numbers though, so please book early!

MTB SPIN & STRENGTH

16+ • Moncrief Hall

This high-intensity class, half spin and half body strength workout, is specifically designed for off-season mountain bike training. The trails next spring won't know what hit them!

Instructor: Justin Wolfe

Thu, 7:45-8:45 pm \$117/13 #7894

POWER SPIN **NEW TIME!**

16+ • Cultural Centre • This high intensity class is focused on endurance and strength and will keep you spinning, sweating and commiserating with fellow riders through the winter. Choose Monday evening, Friday morning or both!

Instructor: Kim Royer

Jan 7 - Mar 28

Mon, 7:00-8:00 pm: \$99/11 #7890

Fri, 7:00 - 8:00 am: \$108/12 #7906

YOUTH SPIN

10 - 19 yrs • Moncrief Hall

This popular high-intensity spin class is designed for competitive junior cyclists and anyone who just wants the fitness of one! \$10/class or \$7 when you book the full session.

Instructor: Justin Wolfe

Thursdays, 6:30 - 7:30 pm

Jan 6 - Mar 17: \$77/11 #7872

FAMILY BOOTCAMP

6+ • Moncrief Hall • A multi-generational workout for the whole family! Work out with your children and set an example for the next generation of Cumberlanders. Please don't bring kids who are not participating in the class.

Instructor: Chris Berglund

Tue, 6:30 - 7:30 pm #7881

Adults: \$12/ea or \$117/13;

Teens: \$8/ea; kids under 13: free

STRENGTH & ENDURANCE

16+ • Moncrief Hall • Join Ally for an intermediate-level, twice-weekly workout designed to build cardio, endurance & strength. *Instructor: Ally Greer*

Mon & Wed, 5:30-6:30 pm

Mon, Jan 10 - Feb 14: \$54/6 #7882

Mon, Feb 28 - Mar 28: \$45/5 #7883

Wed, Jan 5 - Feb 9: \$54/6 #7884

Wed, Feb 16 - Mar 30: \$63/7 \$7885

STRENGTH & ENDURANCE

WITH CHILDMINDING

Gymnasium • You sweat it out with Ally while the young'uns enjoy some supervised playtime on our ride-on toys, tot slides and more. Childminding costs an additional \$2 per child.

Tue & Thu, 9:15 - 10:15 am

Tue, Jan 4 - Feb 8: \$54/6 #7886

Tue, Feb 15 - Mar 15: \$45/5 #7887

Thu, Jan 6 - Feb 10: \$54/6 #7888

Thu, Feb 15 - Mar 15: \$45/5 #7889

PURE TRAINING & SPIN

16+ • Moncrief Hall • A high intensity spin combined with floor exercises that will improve your strength and fitness and deliver a fun, challenging workout every time.

Instructor: Paul Purin

Tue, 7:45-8:45 pm: \$117/13 #7850

PURE TRAINING TRAIL FIT

16+ • Coal Creek Park

An intermediate level outdoor fitness class that combines trail running, hill repeats, core and bodyweight strength. *Instructor: Paul Purin*

Tuesdays, 5:00-6:00 pm

Mar 1-29: \$45/5 #7873

SPIN & CORE

16+ • Moncrief Hall

A hard spin combined with core-building floor and stability exercises delivered in a highly motivating, fun-forward group environment. Great for all-around fitness!

Instructor: Kim Royer

Wed, 7:00-8:00 pm: \$117/13 #7896

BELLYFIT

NEW TIME!

Buchanan Hall

Open your Chakras while having fun with this fusion of dance, fitness and yoga designed for modern women of all ages. Shake and shimmy your way through a class that's so much fun you won't even notice the great full-body workout you're getting!

Instructor: Janice Bradford

Mon 5:00-6:00 pm: \$99/11 #7859

TRX BLAST

16+ • Moncrief Hall

You won't believe the workout you'll get using just a TRX suspension trainer and your own body weight. Find out for yourself with Ally's newest fitness offering. \$10/class or \$7 when you book the full session.

Instructor: Ally Greer

Tuesdays, 5:15 - 6:00 pm:

Jan 4 - Feb 15: \$49/7 #7871

Feb 22 - Mar 29: \$42/6 #7870

Thursdays, 5:15 - 6:00 pm:

Jan 6 - Feb 17: \$49/7 #7868

Feb 24 - Mar 31: \$42/6 #7869

50+ Fitness

These classes for adults ages 50 and older are just \$5 each (except where noted) or free with your Cumberland Recreation membership. Please pre-register for all classes or bring \$5 in exact change for the instructor.

TOTAL BODY FIT

50+ • Moncrief Hall

Increase flexibility, stability, balance, coordination, agility and strength while focusing on functional fitness. Suitable for all fitness levels.

Instructor: Janice Bradford

Tue & Thu, 8:45 - 9:45 am

Jan 4 - Mar 31

#7852

No classes Mar 21 - Apr 1

FOREVER FIT

50+ • Moncrief Hall

A balanced workout that combines functional training, balance and strength work. This class can be tailored to your level and ability, from a moderate workout with modifications as needed, to more challenging exercises for fit older adults looking to stay active and have fun.

Instructor: Janice Bradford

Mondays & Fridays, 8:45-9:45 am

Jan 7 - Mar 18

#7853

No class Feb 25

Fitness Studio

Looking for a more independent workout? Drop in to our fitness studio anytime during opening hours. See page 106 for rates and details.



Cumberland Drop-In Seniors' Centre

60+ • Buchanan Hall

The Cumberland Seniors' Centre is a volunteer-led initiative that welcomes seniors of all ages and abilities to pursue their favourite leisure pastimes and enjoy the company of friends and neighbours.

The Seniors' Centre is shaped by the community, so bring a lunch (if you like), enjoy a complimentary tea or coffee and let us know how we can shape this new initiative to meet your needs!

Tuesdays & Fridays, 10am - 2pm

\$3 per visit, or free with a Cumberland Recreation membership

Scheduled Activities

In order to attract a critical mass of like-minded participants, we've scheduled the following specific activities within the Seniors' Centre. Please note that other activities can happen concurrently:

Book Club: Let's start one! Meet on Fri, Jan 14 at 10:00 to discuss

Candy Bar Bingo: Tuesdays 10:30-12:00 (bring a candy bar to play and you could win some more!)

Carpet Bowling: Tuesdays 12:30-2:00 (We're looking for a facilitator; email rparton@cumberland.ca if you're interested.)

Mahjong: Fridays 10:00



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REGISTRATION STARTS MONDAY, NOV 15 | See page 106