

VILLAGE OF CUMBERLAND
WELCOME



Spring Hours

April 2 - May 31:

Monday to Friday: 7am - 9pm

Weekends: 9am - 4:30pm

Summer Hours

June 1 - September 3:

Monday to Thursday: 7am - 9pm

Friday: 7am - 4:30pm

Weekends: closed

Facilities Closed:

May 20 - Victoria Day

July 1 - Canada Day

August 5 - B.C. Day

September 2 - Labour Day

Registration Info

Spring/Summer programs:

(excluding summer camps) -

Registration begins Monday,

March 11 @ 7:00 am.

Summer Camps:

Registration begins Monday,

April 15 @ 7:00 am.

Online: cumberland.ca/recprograms

By Phone: 250-336-2231

Admission & Membership Rates

These rates apply to the fitness studio and most Drop-in Programs (see page 3).

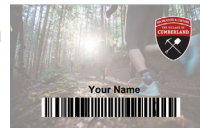
Note that programs included with membership are subject to change.

	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

*Children 12 and under are not permitted in the fitness studio;
teens 13-15 must be accompanied by an adult.*

Did you get your membership card yet?

If you're a Cumberland Recreation member, you may have already received a membership card that you can scan at our front counter to quickly and easily access the fitness studio without the need to sign in or wait in line. **Effective September 3rd**, all members will be required to scan in using their membership card to access the fitness studio, so ask for your card during your next visit. Don't want to carry around another card? Take a photo of it and scan in using your phone!



Legend:



Childminding is offered
during this program



New program



Drop-In Programs

Regular admission rates apply. Drop-in programs run April 2 - Aug 31 unless noted otherwise.

Drop-in programs are free with a Cumberland Recreation Membership. See page 2 for details.

PICKLEBALL

All ages • Gymnasium

Drop in for a fun, fast and social game of pickleball

Mondays Apr 8 - Jun 24

Advanced 8:00 - 10:00 am

Tuesdays Apr 2 - Jun 25

Intermediate 1:00 - 3:00 pm

Wednesdays Apr 3 - Jun 26

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 am

Beginner 12:30 - 2:30 pm

Thursdays Apr 4 - Jun 27

All Levels 7:45 - 8:45 pm

Fridays Apr 5 - Aug 30

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 am

Beginner 12:30 - 2:30 pm

Sundays Apr 7 - May 26

All levels 9 - 10:30 am

No pickleball May 15 & Jun 7.

BADMINTON

All ages • Gymnasium

Gymnasium is open for self-supervised badminton.

Tuesdays Apr 2 - Aug 27

5:00 - 7:00 pm

Sundays Apr 7 - May 26

1:00 - 2:30 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

Wednesdays Apr 3 - Aug 28

All Ages 2:00 - 5:00 pm

Fridays Apr 5 - Aug 30

Youth 4:00 - 5:30 pm

All Ages 5:30 - 9:00 pm

Sundays Apr 7 - Aug 25

All Ages 1:30 - 4:30 pm

BASKETBALL

5+ • Gymnasium

These fun-forward drop-in games are open to all genders and abilities. **Pre-registration is highly recommended.** Please note that LEAP passes cannot be used for 16+ basketball, but FAIR credits can. (See p.2 for details.)

Mondays (16+) 6:00 - 8:45 pm

#FR9011 Apr 8 - Jun 24

#FR9068 July 8 - Aug 26

No Basketball Jul 8 & Aug 5

Thursdays (youth) Jul 11 - Aug 29

5:00 - 7:00 pm

OPEN GYM

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

Wednesdays Apr 3 - Jun 26

Youth (9 - 15 yrs) 2:45 - 5:30

Saturdays April 6 - May 25

Family (3 - 12 yrs) 12:00 - 3:00 pm

Youth (9 - 15 yrs) 3:30 - 4:30 pm

Wednesdays Jul 10 - Aug 28

Youth (9 - 15 yrs) 5:00 - 7:00 pm

Thursdays Jul 11 - Aug 29

All ages 7:00 - 9:00 pm

SQUASH

Squash Courts

Our courts are open during regular facility hours; call 250-336-2231 to reserve a spot. Balls and rental racquets available if needed.

YOUTH FLOOR HOCKEY

5-16 • Gymnasium

Canada's most iconic sport, sans ice. Drop-in for a fun game of floor hockey.

Thursdays Apr 4 - June 27

6:00 - 7:30 pm

NERF BATTLES

6-16 yrs • Gymnasium

Bring your blaster or use one of ours, set up the mats as shields and let the battle begin! We provide Elite & Rival Nerf rounds.

\$4/child

Instructor: Spencer Vallentine

Sundays Apr 7 - May 26

3:00 - 4:15 pm

ROLLER SKATING

All ages • Gymnasium

Come kick it with us old school! Roller skates and protective gear are not provided and helmets are strongly recommended. Friday evenings are facilitated by members of the Brick House Betties. Children under 13 must be accompanied by an adult.

Fridays Apr 5 - May 31

7:15 - 8:45pm

No Roller Skating Apr 5, 19, & May 3



follow us 

SPRING/SUMMER PROGRAM REGISTRATION BEGINS MONDAY MARCH 11
SUMMER CAMP REGISTRATION BEGINS MONDAY APRIL 15 | See page 2



Early Years

PARENT & TOT GYM

0-4 years • *Gymnasium*
Meet new friends and play on climbers, ride-on toys & more!
Self-supervised; by donation.
Suggested donation is \$2.

Tuesday & Thursday
10:30 am - 12:00 pm
Apr 2 - Jun 18

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 \$12 each if space allows.

Instructor: Rikki Warwaruk

#9094 Mondays
11:00 am - 12:00 pm
Apr 8 - Jun 24
\$143/11

No class May 20.

LITTLE NINJAS MIDDAY

3-6 years • *Gymnasium*
A fun gymnastics mix that includes games and fundamentals like jumping, rolling, vaulting and climbing. Learn to move safely and efficiently while having a tonne of fun!

Instructors: Rikki Warwaruk

#9102 Mondays
12:30 pm - 2:00 pm
Apr 8 - Jun 24
\$154/11



School Age

GIRLS GET OUTSIDE

6-12 yrs • *No. 6 Mine Park & forest*

Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure! Includes 2:45 pm pick up at CCS.

Instructor: Renée Baron

#9051 Tuesdays
3:00 - 5:00 pm
Apr 2 - Jun 25
\$180/12

No class May 21.

LITTLE NINJAS AFTERSCHOOL

5-7 years • *Gymnasium*

An afterschool version of our most popular gymnastics program. Jump, vault, and frolic in this dynamic, action-packed and super-fun class!

Includes 2:45 pm pick-up from CCS.

Instructors: Rikki Warwaruk

#9093 Mondays
3:00 - 4:00 pm
Apr 8 - Jun 24
\$154/11

No class May 20.

EXTREME REC NIGHT

11 - 16 years

Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in rock climbing, swimming, pizza, snacks and more! Transportation included from the LINC, pick up the CV Aquatic Centre at 10:30 pm. Part of our BC Youth Week Festivities.

Friday May 3
3:30 - 10:30 pm
\$10 (\$15/drop in if space permits)

*Call the Lewis Centre to register at 250-338-5371

See page 36 for more details and full activity schedule!



TINY PENCIL STUDIOS ART EXPERIMENTS

7-11 yrs • *Buchanan Hall*

Join our risk taking, mistake making, paint covered group of art experimenters! Share your inner world and connect with our incredible Cumberland community as we explore the possibilities of materials, processes and ideas in response to local, national and international artists. Includes 2:45 pm pick-up from CCS.

Instructor: Christina Jones

#9081 Tuesdays
3:00 - 5:00 pm
Apr 9 - Jun 11
\$250/10

TAEKWONDO

4+ • *Buchanan Hall*

Learn Taekwondo skills such as kicking, punching, blocking, self-defense, poomse and Olympic sparring in a respectful environment.

Instructor: Paul Sitko, 5th Dan Master

Little Dragon 4 - 8 yrs

#9012 Mondays &
Wednesdays
6:30-7:00 pm
Apr 3 - Jun 26
\$168/24

Red Dragon ages 9+

#9013 Mondays &
Wednesdays
7:00-8:30 pm
Apr 3 - Jun 26
\$192/24

No class May 20

Indoor Climbing

CLIMB & MOVE

5-8 yrs • Gymnasium

A fun program for Junior Climbers, plus time on the rings, rope and bars to develop the strength and balance required to be a successful climber.

Includes 2:45 pm pick-up from CCS

Instructors: Tom & Rikki

#9052 Thursdays

3:00 - 4:00 pm

Apr 4 - Jun 27

\$182/13

CLIMBING CLUB

8-14 yrs • Gymnasium

This program teaches young climbers and belayers climbing techniques, belaying, safety procedures and more, under the tutelage of an experienced climbing instructor. No experience necessary.

Instructors: Tom & Rikki

#9060 Thursdays

4:30 - 5:45 pm

Apr 4 - Jun 27

\$169/13

BELAY & CLIMBING SKILLS

9+ • Gymnasium

Learn how to belay, tie a figure eight and climb safely and independently on the wall, plus have a chance to learn techniques to become a more efficient climber from one of our experienced climbing supervisors. *Includes rental gear. Sessions are 1 hour, register online and choose any available day. Arrive anytime between 12:00 - 2:00 pm.*

FR#9070 Saturdays

April 13 - May 25

\$20/Session



Open Indoor Climbing

Gymnasium Climbing Wall (Apr 5 - May 31)

No climbing Apr 6 & May 3

Staff available to belay if needed

Fridays 5:15 - 7:00 pm & Saturdays 12:00 - 3:00 pm

Child/Youth Drop-in: \$4.00

Adult Drop In: \$6.00

Senior Drop In: \$5.00

Members: FREE

Gear rental: \$2.00 (free for members)

Outdoor Climbing

OUTDOOR CLIMBING CLUB

10-17 yrs • Comox Lake

Advance your climbing skills or begin a new challenge with this outdoor youth climbing club. The program covers outdoor climbing techniques, belaying and rope work, safety, the Climbers Code of Respect and more. A perfect opportunity for young climbers to discover the adventures of climbing the crags at Comox Lake! Participants should bring climbing shoes, helmet, harness and hiking shoes, as well as clothes for the elements. A limited number of helmets, harnesses and shoes are available to borrow.

Instructors: Julian & Tom

#9065 Fridays

4:00 - 7:00 pm

Jun 7 - 28

\$132/4

#9066 Fridays

4:00 - 7:00 pm

Jul 5 - 26

\$132/4

#9067 Fridays

4:00 - 7:00 pm

Aug 2 - 30

\$165/5

All climbing programs are supervised by Julian Blackhall and/or Tom Bailey, both ACMG-certified top-rope climbing Instructors. Registered climbing programs include all gear.



follow us 

SPRING/SUMMER PROGRAM REGISTRATION BEGINS MONDAY MARCH 11

SUMMER CAMP REGISTRATION BEGINS MONDAY APRIL 15 | See page 2





Mountain Biking

Participants must have a helmet and bike in safe working condition. Knee and elbow pads are recommended.

AFTERSCHOOL BIKE CLUB

6-9 years • Various

Locations

Presented by Balance Biking

Includes 2:45 pm pick up at CCS.

This afterschool bike club will focus on skill building, team building, trail knowledge, bike knowledge and how to become a steward on the trails. Led by Balance Biking's experienced coaches, members will share in new adventures from skills drills, trail riding, trail building and more.

Instructors: Balance Biking

#9116 Wednesdays
3:00 - 5:00 pm
April 3 - May 1
\$180/5

#9118 Wednesdays
3:00 - 5:00 pm
May 8 - Jun 5
\$180/5



NEW

**Want to play
disc golf?**
Rent discs for just \$2 at
Cumberland
Recreation Center
reception desk!

Special Interest

SHE'S WILD

18+ yrs • No. 6

Mine Park & forest

NEW

This program seeks to empower women by creating an inclusive space for meaningful conversations, nature connection, wilderness skill building, and laughter. Renee aims to create an ongoing like-minded women's group that is shaped according to the group's needs and where spending quality time in nature is central. *In order to create continuity and a strong foundation, registration to both sessions is encouraged but not required.*

Instructor: Renée Baron

#9091 Saturdays &
Sunday*
9:00 - 1:00 pm
Apr 13, 20, 28*
\$105/3

#9092 Saturdays
9:00 - 1:00 pm
Jun 15 - 29
\$105/3

GROWN-UP GYM CLASS

16+ • Gymnasium

Gym class is back - and this time it's for grown-ups! Your PE teacher, Phill Fuller of Comox Valley Bounce, might assign tasks like dodgeball, pickleball, capture the flag with Nerf Blasters, or Spikeball. Each class will be an exciting new surprise!

Instructor: Phill Fuller

#9019 Tuesdays
7:45 - 9:00 pm
Apr 2 - May 28
\$81/9

Need a break from the heat?



The Water Spray Park is open Victoria Day weekend to Labour Day weekend.

Visit cumberland.ca/village-park/ for park hours & more info!

50+ Fitness

The following classes are just \$5 each or free with membership (see p. 2 for details).

Please pre-register for all classes. Please call or check online for drop-in availability.

STRETCH & STRENGTH

50+ • Moncrief Hall

Build your strength, endurance and increase balance through resistance training before finishing off with a long set of stretching to encourage flexibility and recovery.

Instructor: Laurie Baird

Tuesdays & Thursdays

FR#9016 6:30 - 7:30 pm

Apr 2 - Jun 27

LINE DANCE FUSION

50+ • Buchanan Hall

Instructor: Nimisha Jimenez

Line Dance Bootcamp - for experienced beginners

Get ready to have fun learning new patterns of steps and current dances at the High Beginner and Improver levels. Dance to a variety of dance styles, country, pop, latin, and swing.

Wednesdays

10:00 - 11:00 am

FR#9088 April 3 - Jun 19

FR#9089 July 3 - 31

Line Dance Easy - for new beginners

If you've always wanted to learn line dance, this 5-week beginner program will emphasize repetition and proper technique along with the joy of movement.

Wednesdays

11:15 - 12:15 pm

FR#9087 April 10 - May 8

FR#9090 July 3 - 31



TRX FOR SENIORS

50+ • Moncrief Hall

This class focuses on strengthening everyday movements to improve everyday function. Benefits of the TRX suspension trainer includes stability and scalability, allowing you to tailor each exercise to your own personal fitness and/or comfort level.

*Please note, waitlists are no longer available for this class.

Instructor: Ally Greer

Mondays

10:45 - 11:45 am

FR#9035 Apr 8 - Jun 17

No class May 20

FR#9048 Jul 15 - Aug 26

No class Aug 5

Wednesdays

10:45 - 11:45 am

FR#9036 Apr 3 - Jun 19

FR#9049 Jul 3 - Aug 28

No class Jul 10

Thursdays

10:45 - 11:45 am

FR#9037 Apr 4 - Jun 20

FR#9050 Jul 4 - Aug 29

No class Jul 11

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 a variety of more challenging exercises for fit older adults looking to stay active and have fun.

Instructor: Janice Bradford

Mon, Wed & Fri

8:45 - 9:45 am

FR#9015 Apr 3 - Jun 28

No class May 20 & Jun 7

July & August TBD



ADULT SOCIAL CLUB

50+ • Buchanan Hall

Enjoy the company of friends and neighbours along with a complimentary tea or coffee, plus activities like Mahjong, cards, book club, and wellness activities. For details on what's upcoming, visit cumberland.ca/social-club.



Tuesdays 10:00 am - 12:30 pm

Fridays 10:00 am - 2:00 pm

Closed for July, back open Aug 6

Exception Dates:

Jun 7 & 14.

Adults: \$4

Seniors: \$3

Members: free



follow us 

SPRING/SUMMER PROGRAM REGISTRATION BEGINS MONDAY MARCH 11
SUMMER CAMP REGISTRATION BEGINS MONDAY APRIL 15 | See page 2



Fitness

STRENGTH & ENDURANCE

16+ • Moncrief Hall

Join Ally for a solid workout designed to build cardio, endurance & strength. This is an intermediate-level workout that can be scaled up or down to meet your fitness needs.

Instructor: Ally Greer

Mondays

5:30 - 6:30 pm

FR#9023 Apr 8 - May 27 \$63/7

FR#9024 Jun 3 - 17 \$27/3

FR#9040 July 8 - 29 \$36/4

FR#9041 Aug 12 - 26 \$27/3

No class May 20

Wednesdays

5:30 - 6:30 pm

FR#9025 Apr 3 - May 29 \$81/9

FR#9026 Jun 5 - 19 \$27/3

FR#9042 July 10 - 31 \$36/4

FR#9043 Aug 7 - 28 \$36/4

STRENGTH & ENDURANCE



16+ • Gymnasium

Ally's same Strength & Endurance class that you love (see above), plus toys and supervision for your preschoolers. Tots play in one half of the gym while you work out in the other.

\$2/child is payable at reception.

Instructor: Ally Greer

Tuesdays

9:15 - 10:15 am

FR#9027 Apr 2 - May 28 \$81/9

FR#9028 Jun 4 - 18 \$27/3

FR#9045 July 2 - 30 \$45/5

FR#9047 Aug 6 - 27 \$36/4

Thursdays

9:15 - 10:15 am

FR#9029 Apr 4 - May 30 \$81/9

FR#9030 Jun 6 - 20 \$27/3

FR#9044 July 11 - 25 \$27/3

FR#9046 Aug 1 - 29 \$45/5



SUNRISE BOOTCAMP

16+ Gymnasium

The early bird gets the baddest beach bod with this early morning full-body workout that combines cardio drills with core building dumbbell and body weight exercises.

Instructor: Ally Greer

Wednesdays

7:00 - 8:00 am

FR#9038 Jul 10 - 31 \$36/4

FR#9039 Aug 7 - 28 \$36/4



TRX STRENGTH & CORE

16+ • Gymnasium

Get ready to increase your power, strength and endurance with this dynamic total-body TRX class. Ally combines suspension strength training, cardio-intensive intervals and serious core challenges for a mix of gravity resistance and power building that may just be the ultimate workout!

Instructor: Ally Greer

Tuesdays

5:15 - 6:15 pm

FR#9033 Apr 2 - May 28 \$81/9

FR#9034 Jun 4 - 18 \$27/3

LUNCH EXPRESS HIT

16+ Moncrief Hall

Beat the afternoon doldrums by kicking up the cardio and pumping a little iron in this bite-sized, high-intensity class. In just 40 minutes, you'll be ready to face the rest of your day feeling alert, refreshed and stronger than ever!

Instructor: Ally Greer

Wednesdays

12:10 - 12:50 pm

FR#9031 Apr 3 - May 29 \$63/9

FR#9032 Jun 5 - 19 \$21/3

Youth Fitness

THIS GIRL CAN

13-18 yrs • Moncrief Hall

A class specifically designed for young women and female-identifying participants. Increase your strength, endurance and overall fitness while creating healthy habits and instilling a life-long love of exercise.

Instructor: Ally Greer

Wednesdays

7:00 - 8:00 am

FR#9134 Apr 8 - May 13 \$42/6

See "FR" in front of the program code?

Our flex reg (FR) fitness programs let you sign up for the entire series or just pick a few!



Spin

POWER SPIN

16+ • Moncrief Hall

This high-intensity class is focused on endurance and strength and will have you feeling fit and fabulous all Winter.

Instructor: Kim Royer

#FR9104 Mondays
7:00 - 8:00 pm
Apr 8 - May 13
\$54/6

SPINCROSS

16+ • Moncrief Hall

Intense spins combined with floor exercises that will improve your strength, boost your fitness and deliver a fun, challenging workout every time. Find out why Paul's classes have been a local favourite for more than a decade!

Instructor: Paul Purin

Tuesdays
5:15 - 6:15 pm
FR#9014 Apr 2 - Jun 25 \$117/13
FR#9062 Jul 2 - Aug 27 \$81/9

SPIN & CORE

16+ • Moncrief Hall

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

Instructor: Kim Royer

#FR9105 Wednesdays
7:00 - 8:00 pm
Apr 3 - May 15
\$63/7

Yoga

YOGA FOR GUYS

14+ • Buchanan Hall

An all-levels class for guys that uses a combination of mental focus, conscious breathing and slow, mindful movement through a variety of postures and exercises to improve flexibility, balance and strength.

Instructor: Jeff Hubbick

FR#9017 Tuesdays
7:30 - 8:30 pm
Apr 2 - Jun 18
\$108/12

WEEKEND WARRIOR YOGA

14+ • Buchanan Hall

Warrior 1

A slow practice focusing on stretching, mobility and functional movement. Prevent injuries, promote flexibility and achieve the most from your body!

Instructor: Christina Roersma

FR#9057 Saturdays
9:30 - 10:30 am
Apr 6 - May 25
\$63/7

No class May 18

Warrior 2

A continued Hatha and Flow style of yoga focused on endurance, breath and strength.

FR#9058 Saturdays
10:45 - 11:45 am
Apr 6 - May 25
\$63/7

No class May 18



CHAIR YOGA

14+ • Buchanan Hall

A gentle class great for people with limited mobility, those recovering from injury.

Instructor: Christina Roersma

FR#9055 Mondays
10:45 - 11:45 am
Apr 8 - May 27
\$63/7

No class May 20

FR#9063 Mondays
10:45 - 11:45 am
Jul 8 - Aug 26
\$63/7

No class Aug 5

NOON HATHA YOGA

14+ • Buchanan Hall

A balanced practice of breath, body and mind to strengthen and stabilize the body while replenishing the soul.

Instructor: Christina Roersma

FR#9056 Mondays
12:05 - 12:55 pm
Apr 8 - May 27
\$63/7

No class May 20

FR#9064 Mondays
12:05 - 12:55 pm
Jul 8 - Aug 26
\$63/7

No class Aug 5



follow us

SPRING/SUMMER PROGRAM REGISTRATION BEGINS MONDAY MARCH 11

SUMMER CAMP REGISTRATION BEGINS MONDAY APRIL 15 | See page 2



Explore the Wild Summer Day Camps



EXPLORE THE WILD CAMP

6-11 yrs • various park locations

Our Explore the Wild summer camps offer the best of summertime living in the Village of Cumberland, with a focus on active outdoor recreation in a safe and supportive environment.

Every camp is filled with a diverse range of activities designed to challenge, engage and inspire. Each week presents new adventures and discoveries but, regardless of which week you choose, your child(ren) will enjoy plenty of fresh air, games, exploration, nature education and a healthy dose of splashy splashy fun. Most camp activities will be outdoor except in the case of extreme weather.

But wait, there's more! On Friday of each week your child(ren) will enjoy a fun-filled day at Comox Lake exploring the unique natural areas of Cumberland Lake Park and enjoying a cool-off in Comox Lake under the supervision of camp leaders. PDFs will be provided.

Get ready for a camp filled with excitement, camaraderie and adventure!

Monday - Friday
9:00 - 4:00 pm
\$195/5 day camp
\$156/4 day camp*

- #9072 July 2 - 5*
- #9073 July 8 - 12
- #9074 July 15 - 19
- #9075 July 22 - 26
- #9076 July 29 - August 2
- #9077 August 6 - 9*
- #9078 August 12 - 16
- #9079 August 19 - 23
- #9080 August 26 - 30

Drop-Off and Pick-Up

Drop-off and pick-up locations vary week to week. Please refer to each camp's online description for details. On Friday of each week, drop-off and pick-up is at the covered area on the beach at Comox Lake (Cumberland Lake Park).

JUNIOR EXPLORERS CAMP

3-5 yrs • Village Park

Each Junior Explorers camp offers a bite-sized taste of Explore the Wild for our youngest adventurers! Each week has its own unique theme and incorporates activities like nature walks, crafts, Slip 'n' Sliding, splash park frolicking and more! Activities are inspired by our own imaginations, with an ultimate goal of fun for all. **All children must be out of diapers (Pull-Ups are still considered diapers).**

Instructors: Rikki Warwaruk

Monday - Thursday

9:00 - 12:00 pm

#9125 Jul 15 - 18 \$130

#9126 Aug 19 - 22 \$130



Don't Forget! Registration for all summer camps begins Monday, April 15 at 7:00 am. See page 2 for ways to register.

Specialty Camps

SOCCERTRON FULL DAY

7-14 yrs • Village Park

Almost a full soccer season packed into one glorious week! Improve individual techniques such as defending, attacking and creating space. Plus, enjoy some refreshing splash park sessions and come home with a free t-shirt to keep.

Monday - Friday
Tuesday - Friday*
9:00 - 4:00 pm

#9109 Jul 15 - 19 \$297

#9113 Aug 6 - 9* \$238

SOCCERTRON HALF DAY

6-14 yrs • Village Park

Improve your soccer skills while having a blast in this fun-forward program led by Soccertron's enthusiastic coaches. Participants will be divided into separate age groups. Soccertron t-shirt included.

Monday - Friday
Tuesday - Friday*
9:00 - 12:00 pm

#9110 Jul 15 - 19 \$182

#9114 Aug 6 - 9* \$145

SOCCERTRON TOTS

3-5 yrs • Village Park

Budding soccer stars and any kids with an interest in the beautiful game are introduced to skills in a fun, safe environment. Soccertron t-shirt included.

3 - 4 yrs

Monday - Friday
Tuesday - Friday*
9:30 - 10:30 am

#9107 Jul 15 - 19 \$110

#9111 Aug 6 - 9* \$87

4 - 5 yrs

Monday - Friday
Tuesday - Friday*
10:45 - 11:45 am

#9108 Jul 15 - 19 \$110

#9112 Aug 6 - 9* \$87

MY FIRST BIKE CAMP!

3-5 yrs • No. 6 Mine Park

Want to get your little one stoked on biking but not too sure where to start? Balance Biking's experienced coaches will have your tot gaining confidence, learning new skills and having fun! This camp is suitable for strider/balance bikes and training wheels. Helmets are mandatory. Knee/elbow pads are recommended.

Instructor: Balance Biking

Monday - Friday
9:00 - 12:00 pm

#9122 Aug 6 - 9 \$180

SUMMER SHRED CAMP

6-9 yrs • Village Park

Does your little shredder want to learn new skills, make new friends and gain confidence on and off the bike? Balance Biking's experienced coaches will guide your child through all the ups and downs of mountain biking and how to have fun on the bike! All members must bring a helmet, bicycle in good working condition and backpack to ride with. Water/snacks are required. Elbow/knee pads are recommended.

Instructor: Balance Biking

Monday - Friday
9:00 - 12:00 pm

#9119 Jul 22 - 26 \$250

#9120 Jul 29 - Aug 2 \$250

LITTLE NINJAS CAMP

3-5 yrs • Gymnasium

This half-day gymnastics camp features everything your kids love about our weekly Little Ninjas program, including skills like jumping, swinging, rolling, vaulting, balancing and climbing. Plus, weather permitting, we'll mix it up with nature walks and other outdoor fun. **All children must be out of diapers (Pull-Ups are still considered diapers).**

Instructor: Rikki Warwaruk

Tuesday - Friday*
Monday - Thursday
9:00 - 12:00 pm

#9131 Jul 9 - 12* \$130

#9128 Aug 12 - 15 \$130

TINY PENCIL STUDIOS ART EXPERIMENTS CAMP

7-11 yrs • Moncrief Hall

What changes do you want to see in the world? Find out how we can become activists through art making. We will express our own unique passions and raise our voices through a variety of materials and processes, inspired by the ideas of local, national and international artists.

Instructor: Christina Jones

Monday - Friday
9:00 - 12:00 pm

#9082 Jul 8 - 12 \$175

OUTDOOR CLIMBING CAMP

10-16 yrs • Comox Lake

Designed for adventurous youths who love climbing, this camp covers outdoor climbing techniques like belaying, rappelling and the Climber's Code of Respect. You'll explore the crags at Comox Lake, improve your climbing skills and discover a wealth of adventure right here in your own backyard! Shoes, helmet and harness required; we have a limited number available to borrow.

Instructor: Julian & Tom, ACMG TRCI

Tuesday - Friday
9:00 - 3:00 pm

#9123 July 2 - 5 \$290

#9124 Aug 6 - 9 \$290

LUSH VALLEY YOUNG COOKS CAMPS

7-14 yrs • Recreation Centre Kitchen

Your future Master Chef will learn fundamental culinary and food safety skills in this engaging day camp. From knife skills to dish-washing, fresh linguine to arroz con leche, students will gain confidence in the kitchen and learn recipes from around the globe. Financial assistance is available. Please email admin@lushvalley.org to inquire about bursaries.

Monday - Friday
9:00 - 12:00 pm

#9115 Jul 15 - 19 \$175

#9106 Aug 12 - 16 \$175



follow us 

SPRING/SUMMER PROGRAM REGISTRATION BEGINS MONDAY MARCH 11

SUMMER CAMP REGISTRATION BEGINS MONDAY APRIL 15 | See page 2

