



Village of Cumberland
Welcome

Spring Hours

March 31 - May 31:

Monday to Friday: 7:00am - 9:00 pm

Weekends: 9:00am - 4:30 pm

Summer Hours

June 1 - August 31:

Monday to Thursday: 7:00am - 9:00 pm

Friday: 7:00am - 4:30 pm

Weekends: closed

Facilities Closed:

April 18 - Good Friday

April 21 - Easter Monday

May 19 - Victoria Day

July 1 - Canada Day

August 4 - B.C. Day

September 1 - Labour Day

Registration Info

Spring/Summer programs:

(excluding summer camps) -

Registration begins Monday,

March 10 @ 7:00 am.

Summer Camps:

Registration begins Monday,

April 28 @ 7:00 am.

Online: cumberland.ca/recprograms

By Phone: 250-336-2231

	ADMISSIONS	MEMBERSHIPS		CLIMBING WALL
	Includes: fitness studio, drop-in programs & squash courts	Includes: climbing wall & gear, fitness studio, squash courts, & drop-in programs		Admission
	Single	1 Month	Annual	
Early Years <i>Ages 0-4</i>	\$1.15	\$11.50	\$69.00	\$2.30
Child/Youth <i>Ages 5-18</i>	\$2.30	\$23.00	\$138.00	\$4.60
Adult <i>Ages 19-59</i>	\$4.60	\$46.00	\$276.00	\$6.85
Senior <i>Ages 60+</i>	\$3.45	\$34.50	\$207.00	\$5.70

Children 12 and under are not permitted in the fitness studio;

teens 13-15 must be accompanied by an adult.

Birthday Parties

Nerf blasters, wall climbing, bounce castles and more!

Book online at cumberland.ca/recprograms or call 250-336-2231 for more information.

Bookings open 90 days in advance

Gymnasium Parties Available Fridays 3:00 - 5:00 pm.....**\$95.00**

Add a bounce castle for an additional fee.

Climbing Parties Available Saturdays 9:30 - 11:30 am.....**\$205.00**

Includes all climbing gear and two belayers.

Legend:



Childminding is offered during this program



New program



follow us 

Spring/Summer Registration Starts Monday March 10

 Summer Camp Registration Starts Monday April 28 | **See page 57**



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Drop-In Programs

Regular admission rates apply.

Drop-in programs are free with a Cumberland Recreation Membership. See page 49 for details.

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.
Tuesdays Apr 1 - Jun 24
10:30am - 12:00 pm

Open Gym

Gymnasium
Our gymnasium is open for self-supervised basketball, floor hockey, soccer, badminton, free play and more.
Wednesdays Apr 2 - Jun 25
Youth (9 - 15 yrs) 2:45 - 5:00 pm
Wednesdays Jul 2 - Aug 27
Youth (9 - 15 yrs) 5:00 - 7:00 pm
Thursdays Apr 3 - June 26
All ages 8:00 - 9:00 pm
Thursdays Jul 10 - Aug 28
All ages 7:00 - 9:00 pm
Saturdays Apr 5 - May 31
Family (3 - 12 yrs) 12:00 - 3:00 pm
Teen (13 - 17 yrs) 3:30 - 4:30 pm
No open gym May 24.
Sundays Apr 6 - May 25
Youth (9 - 15) 2:30 - 4:30 pm

Squash

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

Pickleball

All ages • Gymnasium
Drop in for a fun, fast and social game of pickleball.
Mondays Mar 31 - June 23
Advanced 8:00 - 10:00 am
Tuesdays Apr 1 - Jun 24
Intermediate 1:00 - 3:00 pm
Wednesdays Apr 2 - Jun 25
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm
Fridays Apr 4 - Aug 29
Advanced 8:00 - 10:30 am
Intermediate 10:30 - 12:30 pm
All Levels 12:30 - 2:30 pm
Sundays Apr 6 - May 25
All levels 9:00 - 10:30 am
No pickleball Apr 18, 21, May 9, 19, Jul 4.

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 2 - Aug 27
All Ages 2:00 - 5:00 pm
Fridays Apr 4 - Aug 29
Youth 4:00 - 5:30 pm
All Ages 5:30 - 9:00 pm
No Table Tennis Apr 18, Jun 13.
Sundays Apr 6 - Aug 31
All Ages 1:30 - 4:30 pm

Basketball

Gymnasium
These fun-forward drop-in games are open to all genders and abilities. **Pre-registration is highly recommended for Mondays.** Please note that LEAP passes cannot be used for adult basketball, but FAIR credits can.
Adult Basketball Ages 18+
Mondays 6:00 - 8:45 pm
#FR9368 Mar 31 - Jun 30
#FR9413 Jul 14 - Aug 25
No Basketball Apr 21, May 19, Aug 4.
Teen Basketball Ages 13 - 17
Thursdays Jul 10 - Aug 28
5:00 - 7:00 pm

Badminton

All ages • Gymnasium
Gymnasium is open for self-supervised badminton.
Tuesdays Apr 1 - Jun 24
5:15 - 6:15 pm
Tuesdays Jul 8 - Aug 26
5:00 - 7:00 pm
Sundays Apr 6 - May 25
1:00 - 2:30 pm
No Badminton Apr 6, 13, 27.

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. Children under 13 must be accompanied by an adult.
Facilitator: Brick House Betties
Fridays Apr 25 - May 30
7:15 - 8:45 pm
No Roller Skating May 9, 23.

Youth Floor Hockey

5-16 • Gymnasium
Canada's most iconic sport, sans ice. Drop-in for a fun game of floor hockey.
Facilitator: TBA
Thursdays Apr 3 - Jun 26
6:00 - 7:30 pm

Early Years

Family Gymnastics

1-4 yrs 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 \$14 each if space allows.

Instructors: Rikki Warwaruk & Breah Dunn

#9355 Mondays
11:00 am - 12:00 pm
Mar 31 - Jun 16
\$140/10

No class Apr 21, May 19.

Fantastic Gymnastics

3-5 yrs • *Gymnasium*
A week by week progressive skill building class focusing on fundamental gymnastic skills such as safe landings, rolls, balance, hangs, mobility, floor work and more. This program is geared towards children not yet in Kindergarten.

Instructors: Rikki Warwaruk & Tom Bailey

#9357 Thursdays
1:00 - 2:00 pm
Apr 3 - Jun 19
\$150/10

No class Apr 24, May 22

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!



Little Ninjas Midday

3-5 yrs • *Gymnasium*
A fun movement class using gymnastics equipment and games to practice balance, strength, and agility. Kids are introduced to group learning and movement confidence, supporting their growth and playful exchanges. This program is geared towards children not yet in Kindergarten.
Instructor: Rikki Warwaruk & Breah Dunn

#9356 Mondays
1:00 - 2:00 pm
Mar 31 - Jun 16
\$150/10

No class Apr 21, May 19.

School Age

Little Ninjas Afterschool

5-7 yrs • *Gymnasium*
An afterschool version of our popular Little Ninjas program. Jump higher, play stronger, and showcase your confidence in this dynamic, action-packed, and super-fun class!

Includes 2:45 pm pick-up from CCS.

Instructors: Rikki Warwaruk & Breah Dunn

#9354 Mondays
3:00 - 4:00 pm
Mar 31 - Jun 16
\$150/10

No class Apr 21, May 19.

SEA Acting for Kids

10-15 yrs • *Buchanan Hall*

NEW

Presented by The SEA School of Acting

Discover the world of acting, with our exciting new Acting for Kids program. Learn performance techniques, create confidence and build your communication skills through collaborative games, acting exercises & performance. Build your memorisation skills while following directions and channel all your energy into showcasing your inner superstar.

Instructor: Stephen Arthur

#9430 Tuesdays
4:00 - 5:30 pm
Apr 15 - Jun 17
\$160/10

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

Ages 7 - 12 yrs

#9360 Tuesdays
3:00 - 5:00 pm
Apr 1 - Jun 24
\$180/12

No class Jun 10.

Ages 6 - 10 yrs

#9457 Wednesdays
3:00 - 5:00 pm
Apr 2 - Jun 25
\$195/13



follow us

Spring/Summer Registration Starts Monday March 10

Summer Camp Registration Starts Monday April 28 | See page 57





Taekwondo

4+ yrs • *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

#9390 Mondays & Wednesdays
6:30 - 7:00 pm
Mar 31 - Jun 25
\$216/24

No class Apr 21, May 19.

Red Dragon ages 9+

#9391 Mondays & Wednesdays
7:00 - 8:30 pm
Mar 31 - Jun 25
\$240/24

No class Apr 21, May 19.

Young Cooks

9-13 years • *Recreation Centre Kitchen*

Presented by LUSH Valley

Cooking skills are life skills, and this class will set your child on a path for greatness in the kitchen! Your future master chef will learn basic cooking and baking skills in this fun-forward cooking class.

All ingredients provided.
To inquire about financial assistance, please email admin@lushvalley.org

Tuesdays
3:30 - 6:00 pm
#9351 Apr 8 - 29 \$75/4
#9352 May 6 - 27 \$75/4
#9353 Jun 3 - 24 \$75/4

Extreme Rec Night (pg.84)

11-16 yrs
Extreme Rec Night is back! Get in on the fun as we cruise through some of our local rec centres and participate in archery tag, rock climbing, skatepark, air hockey, pizza, snacks, and more!
Transportation included from the LINC, pick up the CV Aquatic Centre at 10:30 pm.

Friday May 2
3:30 - 10:30 pm

\$10 (\$15/drop in if space

permits)

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

See page 84 for more details and full activity schedule!

Mountain Biking

Easy Riders

2.5-5 yrs • *Gymnasium*

Presented by Gravity MTB

This indoor program is all about fun and getting comfortable on a bike. Parents will support their child as they navigate obstacles and try drills and skills that lead into the basics of mountain biking. Parent participation required.

Instructors: Gravity MTB

Run Bikes & Pedal Bikes

Thursdays
4:30 - 5:15 pm
#9358 Apr 17 - May 15 \$109/5
#9359 May 22 - Jun 19 \$109/5

Indoor Climbing

All climbing programs and drop-ins are supervised by qualified top-rope climbing instructors. Registered climbing programs include all gear.

Homeschool Climb & Move

6-12 yrs • *Gymnasium*

Through playful activities on the rock wall, ropes, rings, and bars, your child will develop resilience and strength while navigating emotions like excitement and fear, building confidence along the way.

Instructors: Tom Bailey & Rikki Warwaruk

#9362 Thursdays
11:00 - 12:00 pm
Apr 3 - Jun 19
\$140/10

No class Apr 24, May 22.

Climb & Move

5-7 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 Bailey & Rikki Warwaruk

#9364 Thursdays
3:00 - 4:00 pm
Apr 3 - Jun 19
\$170/10

No class Apr 24, May 22.

Register ONLINE at
cumberland.ca/recprograms



Open Climbing

Gymnasium Climbing Wall

Staff available to belay if needed

Fridays 5:15 - 7:00 pm
Apr 25 - May 30
no climbing May 2, 9, 23, 24.
Saturdays 12:00 - 3:00 pm
Apr 5 - May 31

Gear rental: \$2.30 (free for members)

Special Interest

Pickleball FUNdamentals

16+ yrs • Gymnasium

**Presented by Comox Valley
Pickleball Association**

Have fun while learning the basics of the fastest growing game in town...pickleball! This program will take you from nervously stepping on the court for the first time to being a confident and knowledgeable pickleball player. The sessions will include positioning, scoring, serving, shot choices (dinks, lobs, drops, etc.), strategy but most importantly- FUN!

Paddles and balls are supplied.

Instructor: Comox Valley

Pickleball Association

#9370 Sundays
1:00 - 2:30 pm
Mar 30 - Apr 27
\$50/4

No class Apr 20.



Puppy Potential

Buchanan Hall

For dogs 12 weeks to 6 months

Dogs require proof of vaccination

Presented by Strathcona Dogs

Get your puppy off to the best start possible. Topics will include: motivation and communication. Proper socialization and body handling. The basics of sit, down and stay. Building your recall and off leash skills. Trouble shooting crate, chew and house training.

Instructor: Strathcona Dogs

Fridays
5:30 - 6:30 pm

#9371 Apr 25 - May 23 \$200/5

#9372 May 30 - Jul 4 \$200/5

No class Jun 13.

Everyday Obedience

Buchanan Hall

For dogs of 6 months and older

Not suitable for reactive dogs

Dogs require proof of vaccination

Presented by Strathcona Dogs

Teach your dog the skills they need to be your happy, confident and well behaved companion at home, on the trails and in life. Topics will include: motivation and communication. Sit, down and stay for the real world. Recall from everyday distractions, 'Leave It' and loose leash walking.

Instructor: Strathcona Dogs

Fridays
6:45 - 7:45 pm

#9373 Apr 25 - May 23 \$200/5

No class Jun 13.

She's Wild

18+ yrs • No. 6

Mine Park & forest

A women's group for active adventurous sisters who are looking to deepen their connection with self, others, and the natural world, facilitated by Renee Baron, an experienced outdoor educator and meditation teacher. Renée seeks to empower women outdoors so that they can increase their confidence to move through wild spaces. Meditation, hiking in the Cumberland Forest area, and community circle will give shape to each monthly meeting.

Instructor: Renée Baron

Saturdays
9:00 - 1:00 pm

#9346 Apr 5 \$35

#9348 May 3 \$35

#9349 Jun 7 \$35

Grown-up Gym Class

16+ yrs • 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

#9350 Tuesdays
7:00 - 8:30 pm
Apr 1 - Jun 17
\$100/10

No class May 6, 13.



Cumberland Spring Special Interest



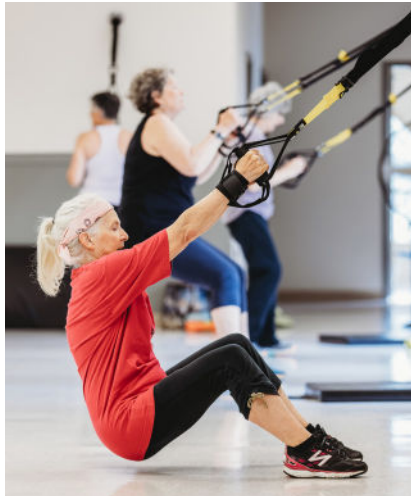
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Spring/Summer Registration Starts Monday March 10

Summer Camp Registration Starts Monday April 28 | **See page 57**



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Adult Social Club

April 1 - June 27 (no Social Club Apr 18, Jun 13)

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.**

Facilitator: Sharon Aul

Tuesdays 10:00am - 12:30 pm
Fridays 10:00am - 2:00 pm

Adults: \$4.60
Seniors: \$3.45
Members: Free

50+ Fitness

The following classes are just \$5 per class or free with membership.

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

TRX For Seniors

50+ yrs • 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 comfort level.

Instructor: Ally Greer

Mondays
11:00 - 11:45 am

FR#9426 Apr 7 - Jun 23

FR#9440 Jul 7 - Aug 25

No class Apr 21, May 19, Aug 4.

Wednesdays
11:00 - 11:45 am

FR#9427 Apr 2 - Jun 25

FR#9441 Jul 2 - Aug 27

Thursdays
11:00 - 11:45 am

FR#9428 Apr 3 - Jun 26

FR#9442 Jul 3 - Aug 28

Forever Fit: Level 1



50+ yrs • Moncrief Hall

A gentle, beginner-friendly workout that focuses on building strength, balance, and mobility. This class can be adjusted to suit your ability, offering simple exercises with modifications, perfect for those new to fitness or looking for a supportive, enjoyable way to stay active.

Instructor: Sharon Aul

Mon & Wed
9:45 - 10:45 am

FR#9376 Mar 31 - Jun 25

FR#9410 Jun 30 - Aug 27

No class Apr 21, May 19.

Forever Fit: Level 2

50+ yrs • Moncrief Hall

This class offers options for varying fitness levels, with both moderate and more challenging exercises to help you build strength and stability while staying active and having fun. Perfect for those ready to push themselves at their own pace.

Instructor: Sharon Aul

Mon, Wed & Fri
8:30 - 9:30 am

FR#9375 Mar 31 - Jun 27

FR#9409 Jun 30 - Aug 29

No class Apr 18, 21, May 19.

Line Dance Easy

50+ yrs • Buchanan Hall

Fun-to-do easy beginner dances that move your body and soul! A new approach to line dance that begins and ends with a few stretches for warmups and cool down. It emphasizes repetition and proper technique along with the joy of movement. Rumba, swing, country, waltz...we've got them all!

Instructor: Nimisha Jimenez

Wednesdays
10:00 - 11:15 am

FR#9378 Apr 9 - Jun 11

FR#9408 Jul 9 - Aug 20

Stretch & Strength

50+ yrs • 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
6:30 - 7:30 pm

FR#9388 Apr 1 - Jun 26

Adult Fitness

Strength & Endurance

16+ yrs • 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#9419 Mar 31 - May 26 \$63/7

FR#9443 Jun 2 - 30 \$45/5

FR#9444 Jul 7 - 28 \$36/4

FR#9445 Aug 11 - 25 \$27/3

No class Apr 21, May 19, Aug 4.

Wednesdays

5:30 - 6:30 pm

FR#9420 Apr 2 - May 28 \$81/9

FR#9446 Jun 4 - 25 \$36/4

FR#9447 Jul 2 - 30 \$45/5

FR#9448 Aug 6 - 27 \$36/4

Strength & Endurance with childminding

16+ yrs • 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. *childminding not available during July & August.

\$2/child is payable at reception.

Instructor: Ally Greer

Tuesdays

9:15 - 10:15 am

FR#9422 Apr 1 - May 27 \$81/9

FR#9452 Jun 3 - 24 \$36/4

FR#9453 Jul 8 - 29 \$36/4

FR#9454 Aug 5 - 26 \$36/4

No class Jul 1.

Thursdays

9:15 - 10:15 am

FR#9421 Apr 3 - May 29 \$81/9

FR#9449 Jun 5 - 26 \$36/4

FR#9450 Jul 10 - 31 \$36/4

FR#9451 Aug 7 - 28 \$36/4

No class Jul 3.



Lunch Express HIT

16+ yrs • 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#9423 Apr 2 - May 28 \$63/9

FR#9455 Jun 4 - 25 \$28/4

20/20/20

16+ yrs • Moncrief Hall

Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, finishing off with 20 minutes of stretching and core work. Are you ready for the challenge?

Instructor: Sharon Aul

Tuesdays

8:30 - 9:30 am

#9436 Apr 1 - Jun 24 \$117/13

#9437 Jul 8 - Aug 26 \$72/8



Chair Fit

16+ yrs • Buchanan Hall

Improve strength, flexibility, and energy with low-impact exercises—all while seated, using a sturdy chair for support! Perfect for those looking to stay active while minimizing joint strain. Fun, safe, and effective!

Instructor: Sharon Aul

Mondays

11:05 - 11:45 pm

#9435 Mar 31 - Jun 30 \$84/12

No class Apr 21, May 19.



TRX Strength & Cardio

16+ yrs • 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#9425 Apr 1 - May 27 \$81/9

FR#9456 Jun 3 - 24 \$36/4



Cumberland Spring/Summer Fitness



follow us

Spring/Summer Registration Starts Monday March 10

Summer Camp Registration Starts Monday April 28 | See page 57





Yoga

Yoga for Guys

14+ yrs • 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.

Teacher: Jeff Hubbick
Tuesdays

7:30 - 8:30 pm

FR#9347 Apr 1 - Jun 24 \$117/13

Youth Fitness

Youth Strength & Endurance

(Formerly 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

Mondays

4:30 - 5:30 pm

#9429 Mar 31 - Jun 23 \$77/11

No class Apr 21, May 19.

Spin

Lunch Express Spincross

16+ yrs • Moncrief Hall

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

Instructor: Ally Greer

Thursdays

12:10 - 12:50 pm

#FR9424 Apr 3 - May 29 \$63/9

Spincross

16+ yrs • 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

5:00 - 6:15 pm

FR#9365 Apr 1 Jun 24 \$117/13

FR#9407 Jul 8 - Aug 26 \$72/8

Wednesdays

7:00 - 8:15 pm

FR#9431 Apr 2 - Jun 25 \$117/13

FR#9432 Jul 9 - Aug 27 \$72/8

Weekend Warrior Yoga

14+ yrs • Buchanan Hall

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

Teacher: Christina Roersma

Saturdays

9:30 - 10:30 am

FR#9366 Apr 5 - May 31 \$81/9

Noon Hatha Yoga

14+ yrs • Buchanan Hall

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

Teacher: Christina Roersma

Mondays

12:05 - 12:55 pm

FR#9367 Mar 31 - May 26 \$63/7

FR#9412 Jun 23 - Aug 18 \$72/8

No class Apr 21, May 19.

Register ONLINE at
cumberland.ca/recprograms



Want to play
disc golf?
Discs are available
to rent at the
Cumberland
Recreation Center

Explore the Wild Summer Day Camps



Explore the Wild Camp

6-11 yrs • No. 6 Mine Park

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*
\$117/3 day camp**
- #9392** July 2 - 4**
- #9393** July 7 - 11
- #9394** July 14 - 18
- #9395** July 21 - 25
- #9396** July 28 - August 1
- #9397** August 5 - 8*
- #9398** August 11 - 15
- #9399** August 18 - 22
- #9400** August 25 - 29

Drop-Off and Pick-Up

Drop-off and pick-up will be at No. 6 Mine Park Monday - Thursday. 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

Tuesday - Friday

9:00 - 12:00 pm

#9401 Jul 15 - 18 \$130

#9402 Aug 12 - 15 \$130

Don't Forget! Registration for all summer camps begins **Monday, April 28** at 7:00 am. See page 49 for ways to register.



Cumberland Summer Camps



follow us 

Spring/Summer Registration Starts Monday March 10

 Summer Camp Registration Starts Monday April 28 | See page 57





Specialty Camps

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
9:00 - 12:00 pm

#9403 Jul 22 - 25 \$150

#9404 Aug 19 - 22 \$150

Young Cooks Camp

9-13 yrs • Recreation Centre Kitchen

Presented by LUSH Valley

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

#9405 Jul 21 - 25 \$175

#9406 Aug 11 - 15 \$175

Rising Stars of the Stage Camp

10-15 yrs • Buchanan Hall

NEW

Experience the joy of theatre with The SEA School of Acting's - Rising Stars of the Stage Summer Camp. Run by professional actor & writer Stephen, these camps offer an immersive experience for your imagination to run wild, and to channel your energy into embodying characters on stage. You'll build confidence through exciting games and improvisation activities, while working towards a small group performance on the last day. Get ready for collaborative learning and imaginative play!

Instructor: Stephen Authur

Monday - Friday
Tuesday - Friday*
8:30 - 12:30 pm

#9439 Jul 28 - Aug 1 \$185

#9458 Aug 5 - 8* \$145

Girls Get Outside Camp

7-12 yrs • No. 6 Mine Park & Forest

NEW

Girls Get Outside is specifically targeted toward female-identifying participants. Build confidence, empowerment and a spirit of adventure in this fun summer camp!

Instructor: Renée Baron

Monday - Friday
9:00 - 1:00 pm

#9438 Jul 14 - 18 \$150

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

#9459 Jul 14 - 18 \$297

#9460 Aug 5 - 8* \$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

#9461 Jul 14 - 18 \$182

#9462 Aug 5 - 8* \$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

#9463 Jul 14 - 18 \$110

#9464 Aug 5 - 8* \$87

4 - 5 yrs

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

#9465 Jul 14 - 18 \$110

#9466 Aug 5 - 8* \$87