



Village of Cumberland
Welcome



Winter Facility Hours

Monday to Friday

7:00 am - 9:00 pm

Saturday & Sunday

9:00 am - 4:30 pm

Facilities Closed

January 1 - New Years Day

February 16 - Family Day

April 3 - Good Friday

April 6 - Easter Monday

Registration Info

Winter Program Registration

Monday, November 17 @ 7:00 am.

Online cumberland.ca/recprograms

By Phone 250-336-2231

Contact Us

Cumberland Recreation Centre

2665 Dunsmuir Avenue,
Cumberland BC V0R 1S0

Phone

250-336-2231

Email

recreation@cumberland.ca

Online

www.cumberland.ca/recreation-centre

	ADMISSIONS Includes: fitness studio, drop-in programs & squash court	MEMBERSHIPS Includes: climbing wall & gear, fitness studio, squash court, & drop-in programs		CLIMBING WALL
	Single	1 Month	Annual	Admission
Early Years <i>Ages 0-4</i>	\$1.25	\$12.50	\$75.00	\$2.45
Child/Youth <i>Ages 5-18</i>	\$2.45	\$24.50	\$147.00	\$4.90
Adult <i>Ages 19-59</i>	\$4.90	\$49.00	\$294.00	\$7.35
Senior <i>Ages 60+</i>	\$3.70	\$37.00	\$222.00	\$6.15

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

Teens 13-15 must be accompanied by an adult or have completed "Youth Fitness Studio 101" (pg 8).

Financial Assistance

Qualifying families can receive financial assistance for recreation.

FAIR (Financial Assistance In Recreation)

Provides eligible Cumberland residents a credit of \$350 per calendar year that can be used toward a 50% discount on any registered program(s).

LEAP (Leisure for Everyone Accessibility Program)

Provides eligible Comox Valley residents with 52 free drop-ins to each municipal recreation department.

For full details visit: <https://cumberland.ca/rec-financial-assistance/>

Legend:



Childminding is offered
during this program



New program



Drop-In Programs

Regular admission rates apply.

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

Parent & Tot Gym

0-4 yrs • Gymnasium

Meet new friends and play on climbers, ride-on toys & more! Self-supervised; by donation. Suggested donation is \$2.00 per child. Drop in only.

Tuesdays Jan 6 - Mar 17
10:30 am - 12:00 pm

Open Gym

Gymnasium

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

Tuesdays Jan 6 - Mar 17

Girls (9 - 17 yrs) 2:45 - 4:45 pm

Wednesdays Jan 7 - Mar 18

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

Saturdays Jan 10 - Mar 21

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

Teen (13 - 17 yrs) 3:30 - 4:30 pm

Badminton

All ages • Gymnasium

Gymnasium is open for self-supervised badminton.

Tuesdays Jan 6 - Mar 17

5:15 - 6:15 pm

Sundays Jan 11 - Mar 22

2:30 - 4:15 pm

No Badminton Feb 22.

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.

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 Jan 7 - Mar 25

All Ages 2:00 - 5:00 pm

Fridays Jan 9 - Mar 27

Youth 4:00 - 5:30 pm

All Ages 5:30 - 9:00 pm

Sundays Jan 11 - Mar 29

All Ages 1:30 - 4:30 pm

Pickleball

All ages • Gymnasium

Drop in for a fun and social game of pickleball.

Mondays Jan 5 - Mar 16

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

All Levels 12:30 - 2:30 pm

Tuesdays Jan 6 - Mar 17

All Levels 12:30 - 2:30 pm

Wednesdays Jan 7 - Mar 18

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

All Levels 12:30 - 2:30 pm

Fridays Jan 9 - Mar 20

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

All Levels 12:30 - 2:30 pm

Sundays Jan 11 - Mar 22

All levels 1:00 - 2:30 pm

No pickleball Jan 25, Feb 1, 8, 15, 16, 17, 22.

Pickleball Email List

Stay up to date on pickleball news & schedule changes by enrolling yourself into this email list. Opt out any time by giving us a call.
#9468

Youth Basketball

12-15 yrs • Gymnasium

Before school drop-in time for youth. Open to all genders and abilities.

Tuesdays & Thursdays

Jan 6 - Mar 19

7:00 - 8:30 am

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 Jan 9 - Mar 27

7:15 - 8:45 pm

Youth Floor Hockey

5-16 yrs • Gymnasium

Drop in for a fast-paced, fun, facilitated game of floor hockey! All skill levels welcome. Equipment provided. Come ready to play and move!

Thursdays Jan 8 - Mar 19

6:00 - 7:00 pm

Scan the QR code or visit cumberland.ca/recprograms for the **online drop-in schedule**



follow us

Registration starts Monday November 17 | See page 2





Early Years

Ready, Set, Connect!

0-5 yrs with caregiver • Gymnasium

Presented by the Building Connections Project

Drop in to our open gym space and burn off some energy all while creating community connections with other families. Each session will include a rotating schedule of crafts, snacks, activities and fun special guests! Parent participation required (and encouraged!).

Thursdays

Jan 8 - Mar 19

10:30 am - 12:00 pm

\$2.50 per child (drop-in only)

**Check out
Parent & Tot Gym
on page 3!**

Easy Riders

2.5-5 yrs • Gymnasium

Presented by Gravity MTB

Prepare your little one for a lifetime full of MTB adventure with Gravity MTB's Easy Riders program. 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. Please note that parent participation is required for this program. Run bikes & pedal bikes welcome.

Instructors: Gravity MTB

#9671 Thursdays

4:45 - 5:30 pm

Jan 8 - Feb 12

\$132/6

**Register online at
cumberland.ca/recprograms**



School Age

Girls Get Outside

5-12 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 from CCS.

Instructor: Renée Baron

Wolves 8 - 12 yrs

#9678 Tuesdays

3:00 - 5:00 pm

Jan 6 - Mar 17

\$176/11

Pups 5 - 7 yrs

#9679 Wednesdays

3:00 - 5:00 pm

Jan 7 - Mar 18

\$176/11

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

#9621 Mondays &

Wednesdays

6:30 - 7:00 pm

Feb 2 - Mar 18

\$117/13

No class Feb 16.

Red Dragon ages 9+ yrs

#9622 Mondays &

Wednesdays

7:00 - 8:30 pm

Feb 2 - Mar 18

\$130/13

No class Feb 16.

Extreme Rec Night (pg.32)

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 rock climbing, swimming, pizza, snacks and more! Transportation included from the LINC, pick up the CV Aquatic

Centre at 10:30 pm.

Friday Feb 13**3:30 - 10:30 pm**

\$15

Please pre-register through <https://bit.ly/extremerec> by Feb 10 or call the Lewis Centre at 250-338-5371

See page 32 for more details and full activity schedule!

Register online at
cumberland.ca/recprograms

**Spring Break & Day Camps****Feb 17 Pro D Day Camp**

5-11 yrs • Buchanan Hall

No school? No problem! This one day camp is sure to keep kids energized, engaged, and having fun. Pack a snack, lunch, water bottle and appropriate clothing for venturing outside.

*Instructor: Kaya Fox***#9638** Tuesday

9:00 am - 4:00 pm

Feb 17

\$40

Spring Adventure Camp

5-11 yrs • Buchanan Hall

Make the most of Spring Break! Join our Spring Break Camp packed with games, crafts, outdoor adventures, and fun activities to keep kids active, creative, and smiling. Pack a snack, lunch, water bottle and appropriate clothing for venturing outside.

Instructor: Kaya Fox

Monday - Friday

*Monday - Thursday

9:00 am - 4:00 pm

#9657 Mar 23 - 27 \$200**#9660** *Mar 30 - Apr 2 \$160**Winter Mania Camp**

5-11 yrs • Buchanan Hall

Grab your mittens and get ready for nonstop winter fun! From frosty games and festive crafts to outdoor adventures and holiday surprises, this action-packed indoor/outdoor camp will make the most of winter break.

Registration is already open for this program

Instructor: Kaya Fox

Monday & Tuesday 9:00 - 4:00pm

Wednesday 9:00 am - 12:00pm

#9664 Dec 22 - 24 \$100**#9665** Dec 29 - 31 \$100**Girls Get Outside Camp**

7-12 yrs • No. 6 Mine Park & forest

The same Girls Get Outside program you love, but all week long! Specifically designed for female-identifying participants to connect, explore, and thrive in the outdoors. This empowering camp encourages confidence, teamwork, and a spirit of adventure through a variety of exciting outdoor activities.

Instructor: Renée Baron

Monday - Thursday

9:00 am - 2:00 pm

#9701 Mar 23 - 26 \$130**Birthday Parties**

Nerf blasters, wall climbing, plasma cars 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 - 5:00pm**\$95**

Invite your friends and family for two hours of self-supervised gym time with tot toys, Nerf blasters, sports gear and more!

Bounce castles are welcome - must be booked independently.

Climbing Parties: Available Saturdays 9:30 - 11:30am**\$205**

Turn your birthday party into a vertical climbing adventure! A climbing party is all the fun of a gymnasium party, plus two belayers and all the climbing gear you need for two hours of fun!



follow us

Registration starts Monday November 17 | **See page 2**





Indoor Climbing Roller Skating

All climbing programs and drop-ins are supervised by qualified top-rope climbing instructors.

Drop-in Open Climbing

All ages • *Gymnasium*
Drop in for open climbing time on our indoor rock wall! Whether you're a beginner or experienced climber, this is a great time to practice skills, build strength, and have fun at your own pace. Staff available to belay if needed.

Gear rentals available for \$2.45 (free for members).
Climbing admission rates apply, see page 2.

Friday Open Climb

5:15 - 7:00 pm
Jan 9 - Mar 27
No climbing Feb 13.

Saturday Open Climb

12:00 - 3:00 pm
Jan 10 - Mar 28

Roller Skating 101 - Derby Edition

16+ yrs • *Gymnasium*
Presented by North Island Roller Derby

This beginner-level rollerskating class teaches skills such as safe falls, stops, crossovers, transitions, and backwards skating using a roller derby fitness curriculum. Have fun and get sweaty while building the strength and stability to progress to derby or other skating pursuits! Email northislandrollerderby@gmail.com to discuss borrowing equipment.

Instructors: *North Island Roller Derby*

#9655 Sundays
11:00 - 12:30 pm
Jan 11 - Mar 22
\$90/10

No class Feb 22.

Roller Skating 101 - Intro to Roller Skating

16+ yrs • *Gymnasium*
Presented by Brick House Betties

Learn to be safe and have fun on 8 wheels, including balance, stride, falls, and stops. May include some roller dance if participants are interested.

Instructors: *Brick House Betties*

#9654 Sundays
9:15 - 10:45 am
Jan 11 - Mar 15
\$81/9

No class Feb 22.

Want to play disc golf?

Rent discs for just \$2.45 at the Cumberland Recreation Centre reception desk!

Special Interest

She's Wild - Crafting

18+ yrs • No. 6 Mine Park, forest, Buchanan Hall

Reconnect with your creativity, presence, and the natural world through mindful crafting and gentle outdoor exploration. A soulful offshoot of our She's Wild program, this experience invites women to slow down and be fully present—through nature-inspired art, meditation, forest wanderings, and heartfelt connection with others. No experience necessary—just curiosity and a willingness to explore. Work with your hands, connect with others, and let the land guide your creative process.

Instructor: Renée Baron

9:00 am - 1:00 pm

Vision in Bloom

#9698 Jan 17 \$35

Nature Journaling & Sketching

#9699 Feb 21 \$35

Sip & Savor

#9700 Mar 22 \$35

She's Wild

18+ yrs • No. 6 Mine Park & forest

A women's group for adventurous souls ready to deepen their connection with themselves, each other, and the natural world. Guided by Renée Baron, an experienced outdoor educator and meditation teacher, each monthly gathering blends meditation, hiking in the Cumberland Forest, wilderness skill building, and playful community connection through games and shared circle time. Come as you are—curious, open, and ready to grow wild.

Instructor: Renée Baron

Saturdays

9:00 am - 1:00 pm

#9680 Jan 3 \$35

#9681 Feb 7 \$35

#9682 Mar 7 \$35

Adult Basketball

18+ yrs • Gymnasium

These fun-forward games are open to all genders and abilities.

Pre-registration is strongly recommended to secure your spot. Please note that LEAP

passes cannot be used for adult basketball, but FAIR credits can. Regular admission rates apply, see page 2.

#FR9619 Mondays

6:45 - 8:45 pm

Jan 5 - Mar 30

No Basketball Feb 16.

Gravity Bike Skills

NEW

17+ yrs • Gymnasium

Presented by Gravity MTB

Have you wondered how you can level up your riding over winter for the upcoming season? Ever seen those steezy riders doing things you wished you could do? Learn 8 unique skills over 6 weeks with the help of skilled Gravity MTB coaches. Trackstands, j-hops or bunny hops, wheelies or wheel lifts, stoppies, skinnies, manuals, jibs, endo/nose picks.

Instructor: Gravity MTB

A clean bike is mandatory.

#9672 Thursdays

7:30 - 8:30 pm

Jan 8 - Feb 12

\$158/6

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

#9656 Tuesdays

7:00 - 8:30 pm

Jan 6 - Mar 10

\$120/10

Pickleball

FUNDamentals

NEW

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

#9673 Sundays

1:00 - 2:30 pm

Jan 25 - Feb 15

\$50/4



follow us 

Registration starts Monday November 17 | **See page 2**





Adult Fitness

Strength & Endurance

16+ yrs • Moncrief Hall/Gymnasium
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
(Gymnasium)
5:30 - 6:30 pm

FR#9674 Jan 5 - Mar 16 \$100/10

No class Feb 16.

Wednesdays
(Moncrief Hall)
5:30 - 6:30 pm

FR#9675 Jan 7 - Mar 18 \$110/11

Strength & Endurance with childminding

16+ yrs • Gymnasium

Ally's same Strength & Endurance class that you love, 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#9677 Jan 6 - Mar 17 \$110/11

Thursdays
9:15 - 10:15 am

FR#9676 Jan 8 - Mar 19 \$110/11

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

#9683 Mondays
11:30 am - 12:30 pm
Jan 5 - Mar 16 \$80/10

No class Feb 16.

#9684 Wednesdays
11:30 - 12:30 pm
Jan 7 - Mar 18 \$88/11

Sit Strong Cardio

16+ yrs • Buchanan Hall
A low-impact fitness class designed to boost your heart rate, strength, and stamina — all from the comfort of a chair! This energizing session combines seated cardio, light resistance training, and upbeat music to improve circulation, coordination, and overall fitness.

Instructor: Sharon Aul

#9692 Mondays
1:00 - 2:00 pm
Jan 5 - Mar 16 \$80/10

No class Feb 16.



Lunch Express HIT

16+ yrs • Moncrief Hall

Beat the afternoon slump 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#9694 Jan 7 - Mar 18 \$88/11

TRX

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#9697 Jan 6 - Mar 17 \$110/11

Youth Fitness

This Girl Can

13-18 yrs • Gymnasium

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

#9693 Mondays
4:30 - 5:30 pm
Jan 12 - Mar 16 \$63/9

No class Feb 16.



Keep an eye on our social media for the next
Youth Fitness Studio 101: a 1-hour fitness
studio orientation for youth ages 13-15 yrs.

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.

Instructor: Ally Greer

#FR9696 Thursdays

12:10 - 12:50 pm

Jan 8 - Mar 19 \$88/11

The Grind

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

FR#9625 Tuesdays

5:00 - 6:15 pm

Jan 6 - Mar 17 \$110/11

FR#9626 Thursdays

5:00 - 6:15 pm

Jan 8 - Mar 19 \$110/11

Ride Strong: Performance Recovery for Cyclists & Mountain Bikers

16+ yrs • Moncrief Hall

Unlock your riding potential with low-risk exercises designed for the stress points of cycling and mountain biking. Through joint-specific osteoarticular exercises, myofascial stretching, and targeted strength conditioning, you'll gain the knowledge for how to build resilience, improve recovery, and reduce the wear and tear that comes with miles on the bike.

Instructor: Amy Yates

Saturdays

2:00 - 3:15 pm

#9685 Jan 17 \$15

#9686 Feb 21 \$15

#9687 Mar 21 \$15

Yoga

Yoga for Cultivating a Calm Body, Mind, & Heart NEW

14+ yrs • Buchanan Hall

Join long-time yoga teacher and therapist Margaret Huff, for a gentle 4-part Sunday morning yoga series to learn embodied techniques for dialing your nervous system to a calmer setting. Incorporate breath, movement, focused awareness, self-massage, and more to introduce mental calm and stability into your life.

Teacher: Margaret Huff

#9691 Sundays

1:00 - 2:30 pm

Jan 18 - Feb 8 \$100/4

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

FR#9688 Saturdays

9:30 - 10:30 am

Jan 10 - Mar 21 \$121/11

All Levels Hatha Yoga

14+ yrs • Buchanan Hall

Practice using breath work techniques in conjunction with mindful movement to develop focus, strength, balance, and flexibility. Beginners are welcome, and experienced students will also be supported and encouraged.

Teacher: Jeff Hubbick

FR#9695 Tuesdays

6:15 - 7:15 pm

Jan 6 - Mar 17 \$121/11

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

FR#9689 Tuesdays

7:30 - 8:30 pm

Jan 6 - Mar 17 \$121/11

See "FR" in front of the program code?

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



follow us 

Registration starts Monday November 17 | **See page 2**





50+ Fitness

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

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/or comfort level.

Instructor: Ally Greer

FR#9634 Mondays
11:00 - 11:45 am
Jan 5 - Mar 16

No class Feb 16.

FR#9635 Wednesdays
11:00 - 11:45 am
Jan 7 - Mar 18

FR#9636 Thursdays
11:00 - 11:45 am
Jan 8 - Mar 19

Forever Fit

50+ yrs • 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: Sharon Aul

FR#9661 Mon, Wed & Fri
8:30 - 9:30 am
Jan 5 - Mar 20

No class Feb 16.

FR#9662 Mon, Wed & Fri
9:45 - 10:45 am
Jan 5 - Mar 20

No class Feb 16.

Adult Social Club

50+ yrs • Buchanan Hall

Jan 6 - Mar 20

Facilitator: Sharon Aul

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 11:00 am - 2:00 pm

No social club Feb 17.

Adults: \$4.90

Seniors: \$3.70

Members: Free

Line Dance Easy

50+ yrs • Buchanan Hall

If you've always wanted to learn line dance, this fun beginner program will emphasize repetition and proper technique along with the joy of movement. To ease the body into the dance, we begin with a few stretches and end with calming chi movements. Latin, swing, country, waltz...we got them all!

Instructor: Nimisha Jimenez

FR#9658 Wednesdays
10:00 - 11:15 am
Feb 11 - Mar 18

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

FR#9666 Tuesdays & Thursdays
6:30 - 7:30 pm
Jan 6 - Mar 19