



Village of Cumberland
Welcome

Fall Facility Hours

September 8 - December 31

Monday to Friday

7:00 am - 9:00 pm

Saturday & Sunday

9:00 am - 4:30 pm

Facilities Closed

September 7 - Labour Day

September 30 - National Day for

Truth and Reconciliation

October 12 - Thanksgiving

November 11 - Remembrance Day

December 25 - Christmas Day

December 26 - Boxing Day

	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".

Program Registration

Spring/Summer programs:

Registration begins Monday,

August 10 @ 7:00 am.

Contact Us

Cumberland Recreation Centre

2665 Dunsmuir Avenue

Phone

250-336-2231

Email

recreation@cumberland.ca

Financial Assistance

Qualifying individuals and 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 37 for details.

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.

Badminton

All ages • Gymnasium

Gymnasium is open for self-supervised badminton.

Mondays Sep 14 - Oct 26

4:30 - 6:00 pm

Fridays Sep 11 - Dec 18

5:15 - 7:00 pm (1/2 gym)

No Badminton Sep 25, Oct 12, Nov 6, 20, 27.

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 Sep 9 - Dec 16

All Ages 2:00 - 5:00 pm

Fridays Sep 11 - Dec 18

Youth 4:00 - 5:30 pm

All Ages 5:30 - 9:00 pm

Sundays Sep 13 - Dec 20

All Ages 1:30 - 4:30 pm

No Table Tennis Sep 30, Oct 2, Nov 6, 8, 11, 27, 29.

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!

Facilitator: Jeff Corbett

Thursdays Sep 10 - Dec 17

7:15 - 8:15 pm

Youth Basketball

12-17 yrs • Gymnasium

Open to all genders and abilities.

Mondays Sep 14 - Dec 14

7:00 - 8:00 am

Tuesdays Sep 8 - Dec 15

7:00 - 8:30 am

Wednesdays Sep 9 - Dec 16

7:00 - 8:00 am

Thursdays Sep 10 - Dec 17

7:00 - 8:30 am

Fridays Sep 11 - Dec 18

7:00 - 8:00 am

No Basketball Sep 30, Oct 12, Nov 6, 9, 11.

Youth Volleyball

10-17 yrs • Gymnasium

Gymnasium is open for self-supervised Volleyball.

Sundays Sep 13 - Dec 12

2:45 - 4:30 pm

No Volleyball Nov 8, 29.



Open Gym

Gymnasium

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

Tuesdays Sep 8 - Dec 15

Youth (10 - 15 yrs) 2:45 - 4:00 pm

Wednesdays Sep 9 - Dec 16

Youth (10 - 15 yrs) 2:45 - 5:30 pm

Saturdays Sep 12 - Dec 19

Family 12:00 - 3:00 pm

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

No Open Gym Sep 26, 30, Nov 7, 11, 28

Pickleball

All ages • Gymnasium

Drop in for a fun and social game of pickleball.

Mondays Sep 14 - Dec 14

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

Wednesdays Sep 9 - Dec 16

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

Beginner 12:30 - 2:30 pm

Fridays Sep 11 - Dec 18

Advanced 8:00 - 10:30 am

Intermediate 10:30 - 12:30 pm

Beginner 12:30 - 2:30 pm

Sundays Nov 15 - Dec 20

All levels 1:00 - 2:30 pm

No pickleball Sep 30, Oct 12, 23, Nov 6, 9, 11, 27, 29

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 Sep 11 - Dec 18

7:15 - 8:45 pm

No Roller Skating Sep 25, Oct 23, Nov 6, 20, 27

Early Years

Ready, Set, Connect!

0-5 yrs with caregiver • Gymnasium

Presented by the Building Connections Project

Burn off some energy while creating community connections! Join us for a rotating schedule of gym toys, crafts, snacks, activities and connections! Parent participation required (and encouraged!).

Thursdays

Sep 10 - Dec 17

10:30 am - 12:00 pm

\$2.50 per child

(drop-in only)

Time Together Club

NEW

0 - 99+ yrs • Buchanan Hall

Presented by Senior Support North Vancouver Island.

Calling Cumberland Seniors and families. The Time Together Club, is a no charge, community drop-in group for people ages 0 to 99+. Come for simple crafts, games, coffee and conversation. Stay to enjoy your community – all ages welcome!

Fridays

10:00 - 11:30 am

Sep 18 - Dec 18

Free

No Time Together Club Oct 2, 23, Nov 6, 27.

Parent & Tot Gym

0-4 yrs • Gymnasium

Meet new friends and play on climbers, ride-on toys & more! Children must be accompanied by an adult. Drop in only. Regular admission rates apply.

Tuesdays

Sep 8 - Dec 15

10:30 am - 12:00 pm

\$1.25 per child (drop-in only)

Wiggle, Giggle, Move

NEW

3-5 yrs • Gymnasium

It's time to wiggle, giggle and move your bodies! This gym play based program is a fun and exciting way to promote play and encourage confident little movers to explore their movement abilities. We'll jump, skip, dance and more as we promote gross motor skills and friendship!

Instructor: Courtnea Ledger

#9863 Tuesdays

1:00 - 2:00 pm

Sep 15 - Dec 1

\$144/12

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 is required. Run bikes, pedal bikes & training wheels welcome.**

Instructors: Gravity MTB

#9866 Thursdays

4:45 - 5:30 pm

Oct 29 - Dec 3

\$135/6

School Age

Kid Soccer Stars

5-7 yrs • Gymnasium

Run, kick, and have fun in this Cumberland soccer development program to build great players! Kids learn soccer skills, coordination, teamwork, and confidence in a safe, supportive environment.

Includes 2:45 pm pick up from CCS.

Instructors: Andre Bell & Tray McCann.

#9880 Mondays

3:00 - 4:00 pm

Sep 28 - Dec 14

\$176/11

No class Oct 12.

After the Bell

NEW

8-11 yrs • Buchanan Hall

Spark your imagination and make new friends after the bell with lego challenges, creative mini projects, science experiments and more! After a long day at school, unwind and chill in this new and exciting afterschool program guaranteed to have you wishing every day was Tuesday.

This program does not include after school pickup from CCS.

Instructor: Courtnea Ledger

#9865 Tuesdays

3:00 - 4:00 pm

Sep 15 - Dec 1

\$156/12

Birthday Parties

Wall climbing, plasma cars, floor hockey and more!

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

Bookings open 90 days in advance. No birthday parties available June through August.

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, 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 August 10 | See page 37





School Age cont'd

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

#9876 Mondays &
Wednesdays
6:30 - 7:00 pm
Sep 14 - Dec 16
\$207/23

No class Sep 30, Oct 7, 12, 14, Nov 11.

Red Dragon ages 9+ yrs

#9877 Mondays &
Wednesdays
7:00 - 8:30 pm
Sep 14 - Dec 16
\$230/23

No class Sep 30, Oct 7, 12, 14, Nov 11.

Ready to Babysit

11-16 yrs • Moncrief Hall

Presented by On the Go First Aid

Are you between ages 11-16 and interested in becoming a babysitter? Build confidence and learn the essential skills needed to keep children safe, engaged, and cared for.

Instructor: On the Go First Aid

#9881 Saturday
9:00 am - 4:00 pm
Sep 26
\$70/1

Parents Night Out!

6-10 yrs • Buchanan Hall

Enjoy a well-deserved Friday evening while your kids have a blast with us! Drop your child off for creative crafts, fun games, engaging activities, and snacks in a safe and welcoming environment. Perfect for dinner dates, mountain bike rides, errands, or simply some uninterrupted downtime!

Instructor: TBD
Fridays
6:00 - 8:30 pm

#9911 Sep 18 \$25/1

#9912 Oct 9 \$25/1

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

Pups 5-7 yrs

#9879 Wednesdays
3:00 - 5:00 pm
Sep 16 - Dec 16
\$216/12

No class Sep 3-, Nov 11.

Wolves 8-12 yrs

#9878 Tuesdays
3:00 - 5:00 pm
Sep 15 - Dec 15
\$252/14

Bump, Set, Play - Volleyball

NEW

Age 11-15 yrs • Gymnasium

This fun and engaging volleyball program teaches the fundamentals of the game, including passing, serving, setting, and teamwork. Participants will build skills, confidence, and sportsmanship in a supportive recreational environment while enjoying active play and making new friends.

Instructor: TBA

#9930 Tuesdays
5:00 - 6:30 pm
Sep 22 - Nov 10
\$120/8

Oct 23 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: TBA

#9929 Friday
9:00 am - 4:00 pm
Oct 23
\$40

Register online at
cumberland.ca/recprograms



Roller Skating

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

#9867 Sundays

9:15 - 10:45 am

Sep 13 - Nov 22

\$110/10

No class Nov 8.

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

#9889 Sundays

11:00 - 12:30 pm

Sep 13 - Dec 13

\$108/12

No class Nov 8, 29.

Want to play disc golf?

Rent discs for just \$2.30 at Cumberland Recreation Center reception desk!

Indoor Climbing

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.

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

Gear rentals available for \$2.45 (free for members).

Climbing admission rates apply, see page 37.

Friday Open Climb

5:15 - 7:00 pm

Oct 2 - Dec 18

No climbing Nov 6, 20, 27.

Saturday Open Climb

12:00 - 3:00 pm

Oct 3 - Dec 19

No climbing Nov 7, 28.

Special Interest

Gym Class: Survivor

16+ yrs • Gymnasium

Get ready to outplay, outlast, and outwit in the ultimate 10-week group fitness adventure! Inspired by the thrill of reality TV competitions, Gym Class: Survivor drops you into a high-energy experience packed with exciting challenges, strategic gameplay, and unforgettable team dynamics. Join the tribe. Embrace the challenge. Survive the game.

Instructor: Phill Fuller

#9864 Tuesdays

7:00 - 9:00 pm

Sep 15 - Nov 17

\$140/10

Adult Basketball

18+ yrs • Gymnasium

This fun-forward basketball time is 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 37.

#FR9858 Mondays

6:45 - 8:45 pm

Sep 14 - Dec 14

No Basketball Oct 12.



follow us 

Registration starts Monday August 10 | See page 37





Special Interest con't

Pickleball FUNDamentals

16+ yrs • Gymnasium

**Presented by Comox Valley
Pickleball Association**

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: Moira Ashlee

#9883 Sundays
1:00 - 2:30 pm
Sep 13 - Oct 4
\$60/4

Pickleball Progressions

16+ yrs • Gymnasium

**Presented by Comox Valley
Pickleball Association**

Designed for players ready to move beyond the basics and elevate their game, focusing on improving consistency, shot selection, positioning, and strategy while building confidence on the court. Sessions include game-like drills, tactical play, and partner communication - all in a fun, supportive environment.

Instructor: Ron Dumbarton

#9884 Sundays
1:00 - 2:30 pm
Oct 11 - Nov 1
\$60/4

Badminton Fundamentals

14+ yrs • Gymnasium

Want to improve your badminton skills? This inclusive program welcomes all levels, from beginners to advanced players. Learn key techniques like footwork, shot selection, and game strategies in a supportive environment focused on building consistency and confidence.

Instructor: Michael Gau

#9896 Thursdays
5:00 - 6:30 pm
Sep 10 - Oct 22
\$112/7

Gravity Bike Skills

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 up to 8 unique skills over 6 weeks with the help of skilled Gravity Coaches: Trackstands, J-Hops or Bunny Hops, Wheelies or Wheel Lifts, Stoppies, Skinnies, Manuals, Jibs, Endo/Nose Picks.

A Clean Bike is mandatory.

Instructor: Gravity MTB

#9868 Thursdays
5:45 - 6:45 pm
Oct 29 - Dec 3
\$165/6

She's Wild

18+ yrs • No. 6 Mine Park & forest

She's Wild is a women's outdoor group for adventurous souls ready to deepen their connection with themselves, each other, and the natural world. Each gathering includes meditation, hiking, wilderness skills, games, reflection, and community connection. No experience is required - just come as you are, curious and open to growth.

Instructor: Renée Baron

9:00 am - 1:00 pm
#9885 Oct 3 \$45
#9886 Nov 14 \$45
#9887 Dec 5 \$45

She's Wild - Crafting

18+ yrs • No. 6 Mine Park & forest

She's Wild crafting is a women's nature-based creative gathering focused on connection, mindfulness, and community. Through meditation, gentle outdoor exploration, crafting, playfulness, and circle sharing, women are invited to slow down, reconnect, and create in a supportive, inclusive space.

Instructor: Renée Baron

9:00 am - 1:00 pm
#9905 Sep 27 \$50
#9890 Oct 17 \$50
#9891 Nov 21 \$50
#9892 Dec 12 \$50

Essential Oils for the Immune System

16+ yrs • Buchanan Hall

Cold and flu season got you down? This immunity boosting aromatherapy workshop will include essential oil safety, chemistry, stories, dilution & more. Make & take an aromatic roll-on. Taught by an RA EOT registered Aromatherapist.

Instructor: Deanna Papineau

Friday
5:00 - 7:00 pm
#9870 Nov 13 \$49
#9871 Dec 4 \$49

Special Interest con't

Adult Social Club

50+ yrs • Buchanan Hall

Enjoy the company of friends and neighbours along with a complimentary tea or coffee, plus activities like Mahjong, cards, and wellness activities.

For details on what's upcoming, visit cumberland.ca/social-club.

Facilitator: Sharon Aul

Tuesdays

10:00 am - 12:30 pm

Sep 8 - Dec 15

Adults: \$4.90

Seniors: \$3.70

Members: Free

50+ Fitness

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#9915 Mon/Wed/Fri

8:30 - 9:30 am

Sep 14 - Dec 23

\$6/class

No class Sep 30, Oct 2, Oct 12, Nov 6, Nov 9, Nov 11.

FR#9916 Mon/Wed/Fri

9:45 - 10:45 am

Sep 14 - Dec 23

\$6/class

No class Sep 30, Oct 2, Oct 12, Nov 6, Nov 9, Nov 11.

TRX

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#9913 Mondays

11:00 - 11:45 am

Sep 14 - Dec 14

\$6/class

No class Oct 12, Nov 9.

FR#9914 Thursdays

11:00 - 11:45 am

Sep 17 - Dec 17

\$6/class

Line Dance Easy

50+ yrs • Buchanan Hall

Come out and have some fun learning line dancing with others who enjoy movement and music. All kinds of music will be played and correct terminology will be taught. Enjoy fun, friendship and the simple joy of dancing.

Instructor: Ruth Bell

FR#9917 Wednesdays

10:00 - 11:15 am

Sep 9 - Dec 16

\$7/class

No class Sep 30, Oct 7, 14, Nov 11.

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#9918 Tues/Thurs

6:30 - 7:30 pm

Sep 8 - Dec 17

\$5/class

No class Oct 1, 13.

Fitness

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

#9907 Mondays

11:30 - 12:30 pm

Sep 14 - Dec 14

\$99/11

No class Sep 28, Oct 12, Nov 9.

#9908 Wednesdays

11:30 - 12:30 pm

Oct 21 - Dec 16

\$72/8

No class Nov 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

#9909 Mondays

1:00 - 2:00 pm

Sep 14 - Dec 14

\$99/11

No class Sep 28, Oct 12, Nov 9.

#9910 Wednesdays

1:00 - 2:00 pm

Oct 21 - Dec 16

\$72/8

No class Nov 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 August 10 | **See page37**





Fitness

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

FR#9900 Mondays
12:10 - 12:50 pm
Sept 14 - Dec 14
\$9/class

No class Oct 12, Nov 9.

Lunch Express LIFT

NEW

16+ yrs • Moncrief Hall

Build strength and reap the benefits of weight lifting using slow and steady counts and isometric holds. This class is a pure weight lifting class utilizing dumbbells, kettle bells, and other varied equipment.

Instructor: Sharon Aul

FR#9919 Fridays
12:10 - 12:50 pm
Sept 18 - Dec 18
\$9/class

No class Oct 2, Nov 6, 27.

Cardio Core

16+ yrs • Moncrief Hall

Combine dynamic cardio intervals with targeted core exercises to build strength, stability, and endurance. This workout will improve balance, boosts fitness, and leaves you feeling strong.

Instructor: Ally Greer

FR#9901 Wednesdays
5:15 - 6:15 pm
Sept 16 - Dec 16
\$12/class

No class Sep 30, Nov 11.

Outdoor Strength & Endurance

NEW

16+ yrs • No. 6 Mine Park

Soak in the last months of Summer! Join Ally outside for a fun, bodyweight workout that gets your heart pumping and muscles working - fresh air included! Scalable for all levels.

Instructor: Ally Greer

FR#9893 Mondays
5:15 - 6:15 pm
Sept 14 - Oct 26
\$12/class

No class Oct 12.

Strength & Endurance

16+ yrs • 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

FR#9894 Mondays
5:15 - 6:15 pm
Nov 2 - Dec 14
\$12/class

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

FR#9903 Tuesdays
9:15 - 10:15 am
Sept 15 - Dec 15
\$12/class

FR#9904 Thursdays
9:15 - 10:15 am
Sept 17 - Dec 17
\$12/class

Total Mobility

NEW

16+ yrs • Moncrief Hall

Move more freely - on the trail, on the court, and everywhere in between. Flow through dynamic movements that awaken your spine, open your shoulders, and unlock your hips, building both strength and flexibility. You'll be guided to explore your full range of motion, reconnect with your body, and support recovery - so you can feel ready for everything your week brings.

Instructor: Sharon Aul

FR#9920 Fridays
11:00 - 11:45 am
Sep 18 - Dec 18
\$9/class

No class Oct 2, Nov 6, 27.

Youth Fitness

Youth Fitness Studio 101

13-15 yrs • Fitness Studio

This orientation teaches youth ages 13-15 how to use our fitness equipment safely & effectively, practice gym etiquette, and build confidence to work out on their own. Adult supervision in the Fitness Studio not required after completing the session.

Wednesdays

3:00 - 3:45 pm

\$25

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

Spin

Lunch Express Spincross

16+ yrs • Moncrief Hall

A high-energy lunch class combining a challenging spin with targeted core-building floor exercises. Designed for efficiency, it delivers a fun, motivating group workout that fits perfectly into your midday break while building strength, endurance, and energy.

Instructor: Ally Greer

FR#9906 Thursdays

12:10 - 12:50 pm

Oct 1 - Dec 17

\$11/class

Register online at
cumberland.ca/recprograms



Yoga

Yoga for Kids

5-8 yrs • Buchanan Hall

Using games, storytelling, and creative yoga activities, kids learn simple ways to manage their energy, understand their feelings, and calm their bodies. This program supports emotional regulation, focus and listening skills, healthy movement and coordination, and confidence and social connection. **Includes 2:45 pm pick up from CCS.**

Teacher: Breah Dunn

#9927 Mondays

3:00 - 4:00 pm

Oct 19 - Dec 14

\$112/8

No class Nov 9.



GYROKINESIS®

NEW

Method

14+ yrs • Buchanan Hall

Gyrokinesis classes are intended to awaken one's entire system and bring you into greater balance. The focus on flowing movement and breath stimulates the parasympathetic nervous system resulting in a sense of calm, well-being and mental clarity.

Teacher: Rebecca Halls

#9928 Tuesdays

1:30 - 2:30pm

Sep 15 - Oct 20

\$96/6



Cumberland Spin & Yoga



follow us

Registration starts Monday August 10 | See page 37





Yoga con't

All Levels Hatha Yoga

14+ yrs • Buchanan Hall

A Hatha-based yoga practice that is suitable for everyone, regardless of experience. Beginners are welcome, but experienced students will also be supported and encouraged. Practice using breath work techniques in conjunction with mindful movement to develop focus, strength, balance, and flexibility.

Teacher: Jeff Hubbick

FR#9875 Tuesdays

6:15 - 7:15 pm

Sep 15 - Dec 15

\$14/class

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#9874 Tuesdays

7:30 - 8:30 pm

Sep 15 - Dec 15

\$14/class

Flow & Restore Yoga

14+ yrs • Buchanan Hall



A grounding, community-focused yoga class beginning with restorative breathwork, moving into mindful alignment and gentle flow, weaving fundamentals and sun salutations to build energy, clarity, and connection as you begin the week.

Teacher: Breah Dunn

FR#9925 Mondays

7:00 - 8:00 am

Oct 19 - Dec 14

\$14/class

No class Nov 9.

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#9899 Saturdays

9:30 - 10:30 am

Sep 19 - Dec 19

\$14/class

No class Oct 3, Nov 7, 28.

Register online at
cumberland.ca/recprograms



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!