

Village of Cumberland Recreation Centre
2665 Dunsmuir Avenue
Cumberland, BC V0R 1S0
250-336-2231
recreation@cumberland.ca

Facility Hours

Monday to Friday
7:00 am - 9:00 pm
Saturday & Sunday
9:00 am - 4:30 pm

The Front Desk closes 15 minutes prior to the building closing.

Facilities Closed

Jan 1 New Year's Day
Feb 15 Family Day
Mar 26 Good Friday
Mar 29 Easter Monday

Village of Cumberland

Winter Registration starts
Monday, November 16 at 7:00 am

How to Register

Online: cumberland.ca/recprograms
Phone: 250-336-2231
In Person: 2665 Dunsmuir Avenue, Cumberland

	Fitness Studio, Drop-In Programs & Squash Court	Memberships Full Facilities Access		Climbing Wall
Admission Rates	**Drop-In**	**1 Month**	**Year**	**Drop-In**
Early Years (4 & under)	$1.30	$13.00	$78.00	$2.60
Child/Youth (5-18)	$2.60	$26.00	$156.00	$5.25
Adult (19-59)	$5.25	$52.50	$315.00	$7.85
Senior (60+)	$3.95	$39.50	$237.00	$6.55

Drop-In Programs*

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

Badminton
All ages
Our gymnasium is open for self-supervised badminton.

Mondays
Jan 4 - Mar 29 | 4:15-6:15pm

Fridays (half gym)
Jan 8 - Mar 12 | 5:30-7:00pm
Location: Gymnasium

Youth Floor Hockey
Ages 5-16
Drop in for a fast-paced, fun and facilitated game of floor hockey! All skill levels welcome. Equipment provided. Come ready to play and move!

Thursdays
Jan 7 - Mar 11 | 7:30-8:30pm
Facilitator: Jeff Corbett | Location: Gymnasium

Roller Skating
All Ages
Kick it old school! Roller skates and protective gear are not provided and helmets are strongly recommended. Children under 13 must be accompanied by an adult.

Fridays
Jan 8 - Mar 19 | 7:15-8:45pm
Facilitator: Brick House Betties | Location: Gymnasium

Youth Basketball
Ages 12-17
Shoot some hoops and practice your layups, all before school even starts. Open to all genders and abilities

Mondays/Wednesdays/Fridays
Jan 4 - Mar 12 | 7:00-8:00am

Tuesdays/Thursdays
Jan 5 - Mar 11 | 7:00-8:30am
Unfacilitated | Location: Gymnasium
No basketball Feb 15



Youth & Family Volleyball NEW!
All ages
All ages are welcome to this casual, drop-in volleyball session where the goal is fun, non-competitive and inclusive play. All abilities are welcome to these unfacilitated, self-organized sessions.

Sundays
Jan 10 - Mar 28 | 2:45-4:15pm
Location: Gymnasium

Table Tennis
Play with members of the Cumberland Table Tennis Club or practice your skills with our table tennis robot. Whether you've been playing for years, just want to try it out or are training for the Dodge City Open tournament, all are welcome to these fun-focused sessions.

Wednesdays
Jan 6 - Mar 31 | 2:00-5:00pm (all ages)

Fridays
Jan 8 - Mar 19 | 4:00-5:30pm (youth)
Jan 8 - Mar 19 | 5:30-9:00pm (all ages)

Sundays
Jan 3 - Mar 28 | 1:30-4:30pm (all ages)
Facilitator: Adam Kuzma | Location: Moncrief Hall

Helpful Tip
Looking for drop-in programs for your preschool child? Check out our Early Years programs on page 6!

*Regular admission rates apply. Drop-in programs are free with a Cumberland Recreation membership. See page 2 for details.

Drop-In Programs con't

Pickleball

All ages

Drop in for a fun, social game of pickleball, with distinct sessions tailored toward different playing levels. Sessions run January 4 to March 14.

Mondays
8:00-10:00am | Advanced

Wednesdays
8:00-10:30am | Advanced
10:30-12:30pm | Intermediate
12:30-2:30pm | Beginner

Thursdays
12:30-2:30pm | Intermediate

Fridays
8:00-10:30am | Advanced
10:30-12:30pm | Intermediate
12:30-2:30pm | Beginner

Sundays
Mar 7 & 14 only | 1:00-2:30pm All levels

Unfacilitated | Location: Gymnasium

Adult Social Club

Ages 50+

Enjoy the company of friends old and new, along with complimentary tea, coffee and light snacks. Sessions offers activities like Mahjong, cards, Scrabble, wellness programs and occassional guest speakers.

Tuesdays
Jan 5 - Mar 30 | 10:00am-12:30pm
Facilitator: Sharon Aul | Location: Buchanan Hall
No Social Club Mar 16 or 23

Open Gym

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

Tuesdays
Jan 5 - Mar 9 | 2:45-5:30pm Youth (ages 10-18)

Thursdays
Jan 7 - Mar 11 | 2:45-4:00pm Youth (ages 10-18)

Saturdays
Jan 9 - Mar 13 | 12:00-3:00pm Family
3:30-4:30pm Youth (ages 10-18)



Adult Special Interest

Roller Skating 101—Intro to Roller Skating

Ages 16+

Presented by the Brick House Betties. Learn to be safe and have fun on eight wheels, including balance, stride, falls and stops. May include some roller dance if participants are interested.

Sundays
#9983 Jan 10 - Mar 14 | 9:15-10:45am | $110/10
Instructor: Brick House Betties | Location: Gymnasium

Beginner Roller Skating—Derby Edition

Ages 16+

Presented by North Island Roller Derby. Have fun and get sweaty while building the strength and stability to progress to roller derby or other skating pursuits! This beginner's class teaches skills such as safe falls, stops, crossovers, transitions and backward skating, using a roller derby fitness curriculum. Email northislandrollerderby@gmail.com to discuss borrowing equipment.

Sundays
#9956 Jan 10 - Mar 14 | 11:00am-12:30pm | $90/10
Instructor: North Island Roller Derby
Location: Gymnasium

Useful Links

Refund Policy cumberland.ca/refunds
Code of Conduct cumberland.ca/rec-code

Line Dance Easy

Ages 16+

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!

Wednesdays

FR#10031 Jan 6 - Mar 10 | 10:00-11:15am | $8/class
Instructor: Ruth Bell | Location: Buchanan Hall

Adult Basketball

Ages 18+

This fun-forward basketball time is open to all genders and abilities. Pre-registration is strongly recommended to secure your spot in this extremely popular program.

Mondays

#9957 Jan 4 - Mar 22 | 6:45-8:45pm | $6/session
Facilitator: Amiel Tabernero | Location: Gymnasium

Grown Up Gym Class

Ages 16+

Gym class is back — and this time it's for grown-ups! This class is all about having good, clean, active fun with friends new and old. Play games you won't encounter very often and inject your routine with a healthy dose of youthful frivolity. Tasks could include dodgeball, pickleball, capture the flag or plenty of other surprises. It's all the fun of gym class with none of the wedgies — and not a report card in sight!

Tuesdays

#9958 Jan 5 - Mar 9 | 7:00-9:00pm | $140/10
Instructor: Phill Fuller | Location: Gymnasium

Helpful Tip

Though not listed in a program's exclusion dates, programs never run on stautory holidays.

Financial Aid

Qualifying families can receive financial assistance for recreation programs and drop-ins, both through the Village's FAIR program and through the regional LEAP program.

FAIR (Financial Assistance In Recreation)
Available exclusively to Cumberland residents, the FAIR program offers qualifying residents a credit of $350 per calendar year that can be used toward a 50% discount on registered programs.

LEAP (Leisure for Everyone Accessibility Program)
Qualifying Comox Valley residents are eligible for 52 free admissions in *each* of the four jurisdictions (Courtenay, Comox, Cumberland and the Comox Valley Regional District).

Both programs are accessible through one single application form that can be dropped off at any participating recreation centre in the Comox Valley.

For full details visit:
cumberland.ca/leap-fair





Indoor Climbing

Drop-in Open Climbing

All ages

Whether you're a beginner or experienced climber, our indoor wall will challenge you to practice skills, build strength and have fun at your own pace.

Gear rentals available for $2.60 (free for members). Climbing admission rates apply; see page 2 for details.

Independent Climbing Friday Evenings

This session is supervised by a qualified instructor but is for climbers who bring their own experienced belay partner.

Jan 8 - Mar 12 | 5:15-7:00pm

No Independent Climbing Feb 26

Open Climbing Saturday Afternoons

The perfect session for all climbers — both new and experienced, both young and young at heart! Belayers are available if needed.

Jan 9 - Mar 13 | 12:00-3:00pm

Location: Gymnasium

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

Early Years

Ready, Set, Connect!

Ages 0-5

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!). Drop-in only.

Thursdays

Jan 7 - Mar 11 | 10:30 - 12:00pm | $1.30 per child

Location: Gymnasium

Time Together Club NEW!

Ages 0-99+

Presented by Senior Support North Vancouver Island. Calling Cumberland seniors and families! The Time Together Club is a free community drop-in group for kids ages 0 to 99+. Come for crafts, games, coffee and conversation — stay for the multigenerational connection!

Fridays

Jan 8 - Mar 12 | 10:00-11:30am | Free

Location: Buchanan Hall

No Time Together Club Feb 26

Parent & Tot Gym

Ages 0-4

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

Tuesdays

Jan 5 - Mar 30 | 10:30 - 12:00pm | $1.30 per child

Location: Gymnasium

Wiggle, Giggle, Move NEW!

Ages 3-5

It's time to wiggle, giggle and move our bodies! This play-based program is a fun way to shake the sillies out, promote play and encourage little movers to explore their abilities. We'll jump, skip, dance and more as we develop both gross motor skills and friendships! Parent/guardian is required to stay onsite for duration of the class but participation is not required.

Tuesdays

#10025 Jan 12 - Mar 9 | 1:00-2:00pm | $108/9

Instructor: Courtnea Ledger | Location: Gymnasium

Early Years con't

Easy Riders

Ages 2.5-5

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 and training wheels welcome.

Thursdays

#9949 Jan 7 - Feb 4 | 4:45 - 5:30pm | $113/5
#9950 Feb 11 - Mar 11 | 4:45 - 5:30pm | $113/5
Instructor: Gravity MTB | Location: Gymnasium

Tiny Tumblers

Ages 0-4 with caregiver

A special time just for active tots and their caregivers! Help your young explorer navigate our gymnastics-inspired obstacle course as they swing, crawl, balance and jump their way toward fun, confidence and physical literacy. Each class begins with a short circle time followed by guided exploration of an exciting and ever-changing course. Together, children and caregivers will discover new ways to move, play and learn while building coordination, confidence and a lifelong love of physical activity.

Mondays

#10036 Jan 4 - Mar 8 | 11:00am-12:00pm | $112/8
Instructor: Breah Dunn | Location: Gymnasium
No Tiny Tumblers Feb 8

Little Leapers

Ages 3-5

In this fun and imaginative movement class, children will navigate balance beams, rope swings, fun foam block obstacles and more as they practice their balance, strength and agility and explore creative movement through play-based activities. This gymnastics-inspired program uses music, imagination and age-appropriate challenges to get little ones moving, exploring and building confidence.

Mondays

#10035 Jan 4 - Mar 8 | 12:15-1:15pm | $120/8
Instructor: Breah Dunn | Location: Gymnasium
No Little Leapers Feb 8

School Age

Kid Soccer Stars

Ages 5-7

This soccer development program for young players helps kids build coordination, teamwork and confidence in a safe and ultra-supportive environment. *Includes 2:45 pm pick up from CCS.*

Mondays

#10043 Jan 11 - Mar 8 | 3:00-4:00pm | $128/8
Instructor: Andre Bell & Tray McCann
Location: Gymnasium

After the Bell

Ages 8-11

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. Please note that school pickup is not available with this program.

Tuesdays

#10024 Jan 5 - Mar 9 | 3:00-4:15pm | $160/10
Instructor: Courtnea Ledger | Location: Buchanan Hall

Ready to Babysit

Presented by On the Go First Aid. Are you between the ages of 11 to 16 and interested in becoming a babysitter? Build confidence and learn the essential skills needed to keep children safe, engaged and cared for.

#10005 Saturday, Jan 30 | 9:00am-4:00pm | $70
Instructor: On the Go First Aid | Location: Moncrief Hall

Taekwondo

Learn Taekwondo skills such as kicking, punching, blocking, self-defense, poomse (forms) and Olympic sparring in a fun, safe and respectful environment. Led by 5th Dan Master Paul Sitko.

Little Dragon - Ages 4-8
Mondays & Wednesdays

#9951 Jan 4 - Mar 10 | 6:30-7:00pm | $171/19

Red Dragon - Ages 9+
Mondays & Wednesdays

#9952 Jan 4 - Mar 10 | 7:00-8:30pm | $190/19
Instructor: Paul Sitko | Location: Buchanan Hall

School Age con't

Parents' Night Out

Ages 6-10

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

Fridays

#10008 January 22 | 5:30-7:30pm | $25
#10009 February 19 | 5:30-7:30pm | $25
Instructor: various | Location: Buchanan Hall

Pro-D Day Camp

Ages 5-11

No school? No problem! This one-day camp will keep kids energized, engaged and having fun. Pack a snack, lunch, water bottle and appropriate clothing for both indoor and outdoor activities.

Friday

#10022 February 26 | 9:00am-4:00pm | $40
Instructors: Abby Weiss & Alex Leonin
Location: Buchanan Hall



Girls Get Outside

Ages 5-12

Girls Get Outside is an outdoor afterschool program for girls and female-identifying children that's focused on nature connection, creativity, play and community. Through wilderness skills, exploration and free play, participants build confidence, resilience, friendships and meaningful relationships with the natural world. Includes 2:45pm pick up from CCS.

Pups 5-7 years | Wednesdays

#10027 Feb 10-Mar 10 | 3:00-5:00pm | $95/5

Wolves 8-12 years | Tuesdays

#10026 Feb 9-Mar 9 | 3:00-5:00pm | $95/5
Instructor: Renee Baron
Location: No. 6 Mine Park & Community Forest

Young Cooks

Ages 9-13

Sponsored and presented by LUSH Valley. Future master chefs will learn basic cooking and baking skills in this fun-forward class led by a LUSH Valley professional chef. We'll eat what we prepare, so bring an appetite and a container for leftovers! All ingredients are provided; to inquire about about financial assistance, please send an email to admin@lushvalley.org.

Thursdays

#10037 Feb 18 - Mar 11 | 3:30-6:00pm | $80/4
Instructor: LUSH Valley | Location: Rec Centre Kitchen

Multisport Madness

Ages 8-12

Get ready for 10 weeks of fun, games and friendly competition in this ultimate sports sampler showdown! We'll rotate through some classic team sports and games over the course of the program, putting theory to practice as we hone our skills and enjoy some good, sporty fun!

Thursdays

#10033 January 7 - March 11 | 6:00-7:15pm | $150/10
Instructor: Justin Lee | Location: Gymnasium

Helpful Tip

Do you have a young yogi in your family? Check out Yoga For Kids on page 12!

Spring Break Camps

Spring Adventure Camp

Ages 5-11
Get the most out of Spring Break with this week-long day 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.

Monday-Friday
#9946 Mar 15-19 | 9:00am-4:00pm | $200
#9947 Mar 22-25 | 9:00am-4:00pm | $160 (4 days)
Instructor: Kaya Fox
Location: Buchanan Hall and outdoors

Sports Playmakers Camp NEW!

Ages 8-12
Move, play and make new friends during this action-packed week of non-stop sports, crafts and outdoor fun! We'll touch on many of the classic team sports and games, with a bit of craft time and outdoor play mixed in. Lace up your sneakers and bring your energy for the ultimate spring break playmakers experience!

Monday-Thursday
#10032 Mar 22-25 | 9:00am-4:00pm | $160 (4 days)
Instructor: Justin Lee | Location: Gymnasium

Girls Get Outside Camp

Ages 7-12
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 wide variety of outdoor activities, including games, crafting, storytelling, exploration and wilderness skills. Campers will challenge themselves, build new skills and discover the joy of spending time in nature — all while making lasting friendships and unforgettable memories. Children should be prepared to be outside for the entire program.

Monday-Friday
#10028 Mar 15-19 | 9:00am-2:00pm | $175
Instructor: Renee Baron
Location: No. 6 Mine Park & Community Forest



Birthday Parties

Gymnasium Parties

Invite your friends and family for two hours of self-supervised gym time with tot toys, sports gear and more! Bounce castles are welcome but must be booked independently.

Fridays 3:00-5:00pm | **Saturdays** 9:30-11:30am
Please note that the following dates are only available for climbing parties: Jan 9 & 30; Feb 20 & 27; Mar 20 & 27
Location: Gymnasium | $95 + gst

Climbing Parties

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!

Select Saturdays 9:30-11:30am
Available Jan 9 & 30; Feb 20 & 27; Mar 20 & 27
Location: Gymnasium | $205 + gst



Wall climbing, plasma cars, floor hockey & more!

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

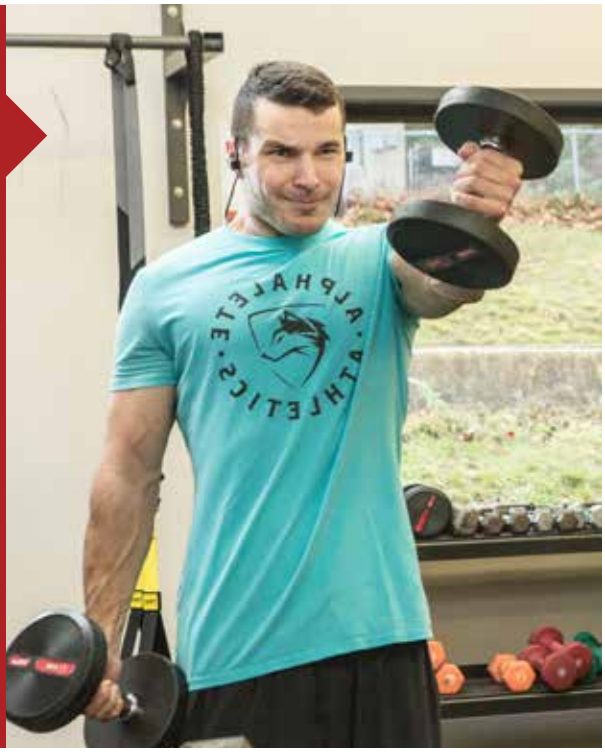
Bookings open 90 days in advance.

Fitness Studio 13 years and over*

Monday to Friday 7:00 am - 9:00 pm
Saturday & Sunday 9:00 am - 4:30 pm

Fitness Studio Admission Rates	Drop-In
Youth (13-18)	$2.60
Adult (19-59)	$5.25
Senior (60+)	$3.95
Member	Free

*Teens 13-15 years must be accompanied by an adult or have taken "Youth Fitness Studio 101" (see page 11).



Adult Fitness

Functional Strength NEW!

Ages 16+

Get stronger, move better and feel your best in this dynamic, full-body strength class. Using a combination of resistance training, core exercises, unilateral movements and functional fitness, you'll develop strength and confidence in a supportive, enthusiastic environment. All fitness levels welcome, as long as you have an enthusiastic willingness to become stronger, healthier and fitter!

Tuesdays
FR#10040 Jan 5 - Mar 30 | 5:15-6:15pm | $12/class

Thursdays
FR#10041 Jan 7 - Mar 25 | 5:15-6:15pm | $12/class
Instructor: Liv Stutchbury | Location: Moncrief Hall

Helpful Tip

See "FR" in front of a program code?
Our flex reg (FR) fitness programs allow you to sign up for the entire series or just pick a few!

Strength & Endurance

Ages 16+

Join Ally for a solid workout designed to build cardio, endurance & strength. This all-levels workout can be scaled up or down to meet your fitness needs.

Mondays
FR#9999 Jan 4 - Mar 22 | 5:15-6:15pm | $12/class
Instructor: Ally Greer | Location: Gymnasium

Wednesdays
FR#10000 Jan 6 - Mar 31 | 5:15-6:15pm | $12/class
Instructor: Ally Greer | Location: Moncrief Hall

Strength & Endurance with childminding

Ages 16+

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.

Tuesdays
FR#10001 Jan 5 - Mar 9 | 9:15-10:15am | $12/class

Thursdays
FR#10002 Jan 7 - Mar 11 | 9:15-10:15am | $12/class
Instructor: Ally Greer | Location: Gymnasium

Total Mobility
Ages 16+
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. Sharon will guide you to explore your full range of motion, reconnect with your body and support recovery so you can feel ready for whatever your weekend brings!

Fridays
FR#9989 Jan 8 - Mar 19 | 11:00-11:45am | $9/class
Instructor: Sharon Aul | Location: Moncrief Hall

Lunch Express HIT
Ages 16+
Beat the afternoon slump by kicking up the cardio and pumping some iron in this bite-sized, high-intenisty class. In just 40 minutes, you'll be ready to face your afternoon feeling alert, refreshed and stronger than ever!

Mondays
FR#10006 Jan 4 - Mar 8 | 12:10-12:50pm | $9/class
Instructor: Ally Greer | Location: Moncrief Hall

Lunch Express LIFT NEW!
Ages 16+
Build strength and reap the benefits of lifting heavy, using slow and steady counts and isometric holds. This is a pure weightlifting class designed for strength gains!

Monday
FR#9990 Jan 8 - Mar 19 | 12:10-12:50pm | $9/class
Instructor: Sharon Aul | Location: Moncrief Hall

Spin

Lunch Express Spincross
Ages 16+
A high-energy lunchtime class combining a challenging spin with targeted core-building floor exercises. Designed for efficiency, this class delivers a fun, motivating group workout that fits into your work day while building endurance and boosting energy.

Thursdays
FR#10007 Jan 7 - Mar 11 | 12:10-12:50pm | $11/class
Instructor: Ally Greer | Location: Moncrief Hall

Youth Fitness

Youth Fitness Studio 101
Ages 13-15
This orientation teaches youth ages 13-15 how to use our fitness equipment safely and effectively, practice proper gym etiquette and build confidence to work out on your own. Once you've completed this course, adult supervision in the Fitness Studio will no longer be required, subject to continued safe and respectful use of the space. Only two spots available per session.

Wednesdays
#9994 Jan 20 | 3:30-4:15pm | $25
#9995 Feb 17 | 3:30-4:15pm | $25
#9996 Mar 17 | 11:30am-12:15pm | $25
Instructor: Sharon Aul | Location: Fitness Studio

50+ Fitness

Forever Fit
Ages 50+
A balanced workout that combines functional training, balance and strength work. This class can be tailored to your level and ability, from a moderate workout with modifications as needed, to more challenging exercises for fit older adults looking to stay active and have fun.

Monday/Wednesday/Friday
FR#9967 Jan 4 - Mar 31 | 8:30-9:30am | $7/class

Monday/Wednesday/Friday
FR#9968 Jan 4 - Mar 31 | 9:45-10:45am | $7/class
Instructor: Sharon Aul | Location: Moncrief Hall

Stretch & Strength
Ages 50+
Build your strength and endurance and improve your balance through resistance training, before finishing off with a long stretching set to encourage flexibility and recovery. This original Cumberland 50+ fitness class is still going strong — and you will be too! Please see the online program description for exception dates.

Tuesdays & Thursdays
FR#10038 Jan 5 - Mar 30 | 6:30-7:30pm | $5/class
Instructor: Laurie Baird | Location: Moncrief Hall

50+ Fitness con't

TRX
Ages 50+
This intermediate class focuses on strengthening everyday movements to improve everyday function. Benefits of the TRX suspension trainer include stability and scalability, allowing you to tailor each exercise to your own personal fitness and/or comfort level.

Mondays
FR#9992 Jan 4 - Mar 8 | 11:00-11:45am | $7/class
Thursdays
FR#9993 Jan 7 - Mar 11 | 11:00-11:45am | $7/class
Instructor: Ally Greer | Location: Moncrief Hall

Sit Strong
Ages 50+
(Formerly Chair Fit) Improve strength, flexibility and energy with low-impact exercises while seated or using a chair for support. Perfect for those looking to stay active while minimizing joint strain.
Mondays
9970 Jan 4 - Mar 8 | 11:30am-12:30pm | $81/9
Wednesdays
9971 Jan 6 - Mar 10 | 11:30am-12:30pm | $81/9
Instructor: Sharon Aul | Location: Buchanan Hall

Cardio & Strength 50+
Ages 50+
(Formerly Sit Strong) A low-impact fitness class designed to boost your heart rate, strength and stamina. This energizing session combines cardio, light resistance training and upbeat music to improve circulation, coordination and overall fitness.

Mondays
9985 Jan 4 - Mar 22 | 1:00-2:00pm | $99/11
Instructor: Sharon Aul | Location: Buchanan Hall
Wednesdays
9986 Jan 6 - Mar 24 | 1:00-2:00pm | $108/12
Instructor: Sharon Aul | Location: Moncrief Hall

Helpful Tip

Though designed for older participants, our 50+ Fitness classes are suitable for anyone needing a gentle or introductory fitness option.

Yoga & Pilates

Contemporary Mat Pilates NEW!
Ages 16+
A dynamic Pilates class combining functional movement, focused core work and intentional flow. Expect controlled, purposeful sequences designed to improve stability, coordination and everyday movement.

Tuesdays
FR#10039 Jan 5 - Mar 30 | 7:00-8:00am | $14/class
Instructor: Liv Stutchbury | Location: Buchanan Hall

Yoga for Kids
Ages 5-8
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, confidence, focus/listening skills, healthy movement and coordination and social connection. *Includes 2:45 pm pick up from CCS.*

Mondays
#10042 Jan 11 - Mar 8 | 3:00-4:00pm | $112/8
Instructor: Breah Dunn | Location: Buchanan Hall

Yoga for Guys
Ages 14+
This all-levels class for guys combines mental focus, conscious breathing and slow, mindful movement. Improve flexibility, balance and strength through a variety of postures and exercises in a supportive environment.

Tuesdays
FR#9987 Jan 12 - Mar 30 | 7:30-8:30pm | $14/class
Instructor: Jeff Hubbick | Location: Buchanan Hall

Weekend Warrior Yoga
Ages 14+
A slow practice focusing on stretching, mobility and functional movement. Prevent injuries, promote flexibility and achieve the most from your body!

Saturdays
FR#9969 Jan 9 - Mar 20 | 9:30-10:30am | $140/10
Instructor: Christina Roersma
Location: Buchanan Hall
No Weekend Warrior Yoga Feb 6

Yoga & Pilates con't

All Levels Hatha Yoga
Ages 14+
A Hatha-based yoga practice that's suitable for everyone, regardless of experience. This practice uses breathwork techniques in conjunction with mindful movement to develop focus, strength, balance and flexibility. You'll find encouragement and support whether you're just beginning your yoga journey or are already well down your path!

Tuesdays
FR#9997 Jan 12 - Mar 30 | 6:15-7:15pm | $14/class
Instructor: Jeff Hubbick | Location: Buchanan Hall

Prenatal and Calm Yoga NEW!
Ages 14+
Guided by Yoga Therapist Margaret Huff, this all-trimester yoga community class will help you connect inwardly — as well as with other folks — and prepare for birth, postpartum and any other twists life sends your way. We'll practice quieting and focusing the mind, connecting with breath and cultivating stability and comfort through your pregnancy journey and beyond. Designed with expectant mothers in mind, but open to anyone who appreciates a calming yoga practice.

Saturdays
FR#10030 Jan 9 - Mar 20 | 10:45am-12:00pm
$15/class
Instructor: Margaret Huff | Location: Buchanan Hall
No Prenatal and Calm Yoga Feb 6





Facility Rentals

- Cultural Centre (Buchanan Hall & Moncrief Hall)
- Recreation Centre Gymnasium

Park Rentals

- Village Park
- No.6 Mine Park
- Village Square
- Coal Creek Park
- Cumberland Community Forest Park (trail network)

Trying to decide which venue is most appropriate for your event?

Visit **cumberland.ca/event-venues** or scan the QR code for information on our parks and facilities, including capacities, equipment and services included, sample site plans and more.

Visit **cumberland.ca/event-applications** to submit an online permit application or call Cumberland Recreation at **250-336-2231**.