



Campbell River

RECREATION GUIDE

WINTER / SPRING 2024

WELCOME

On behalf of the City of Campbell River Recreation and Culture Department, I am excited to share the Winter/Spring 2024 Recreation Guide with you. We have a fun-filled line-up of programs, classes and activities to keep you busy from the new year into the spring.

From a seed starting workshop to skills sessions in our bike park, and fitness classes to free family programs, we are ready to help you find the perfect fit for your needs. As always, we offer a broad range of activities for all ages, stages and abilities. Consider making the City of Campbell River's recreational opportunities a part of your plan for a spectacular year ahead.

We look forward to seeing you!

– **Robin Mitchell**, *Manager of Recreation and Culture*

Fee Updates

From January 1, 2024, onwards, updated fees for City recreation facilities, programs, and services will be in place.

Recreation programs and services help meet the social, physical, and mental health needs of the community, and the City's goal is to ensure that fees are reasonable and fair.

We look forward to continuing to welcome community members of all ages, stages and abilities to our facilities.

Find Us Online

 [campbellriverrec](#)

 [CityofCampbellRiver](#)

 [campbellriver.ca/recreationguide](#)

Land Acknowledgement

The City acknowledges we are on the territory of the Laich-Kwil-Tach people of the Wei Wai Kum and We Wai Kai First Nations.



Vision

Campbell River is a **vibrant, healthy, and engaged** community.

Mission

We **inspire** and **support** our community and individual well-being by working in **collaboration** to provide **diverse** recreation and culture opportunities for all ages, stages, and abilities.



Ready to
Book Online?

Register Now

Online
[campbellriver.ca/registration](#)

By Phone
Community Centre | 250.286.1161
Sportsplex | 250.923.7911

In Person
At the Community Centre or the
Sportsplex

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Registration for January to May programs is available online or in-person beginning at 8 a.m. Friday, December 15, 2023.

AFFORDABLE RECREATION

Leisure Involvement For Everyone (LIFE)

Through the City of Campbell River Recreation Department, L.I.F.E. provides free admission and discounted rates for recreation programs for individuals and families with low incomes.

Valid for programs at the Sportsplex and Community Centre. Please visit the Sportsplex or Community Centre for an application form.

City of Campbell River Recreation Programs

- 52 FREE Drop-In Admissions*
- 50% Discount on up to three registered programs*

**some exclusions may apply*



JumpStart

JumpStart is a community-based charitable program that helps kids in financial need participate in organized sports and recreation. To request funding for a program, complete an online application form here:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>



KidSport – So All Kids Can Play!

KidSport is a community-based sports charity that provides grants for children to participate in a recognized sport. Grants are limited to \$200 per year, per child, and certain restrictions apply. To apply, go to: www.kidsportcanada.ca.



MEMBERSHIPS

NEW! Fitness Memberships now include access to even more healthy activities. Memberships give you access to; fitness classes, the weight room, badminton, squash, racquetball, wallyball, table tennis, family badminton, soft tennis, drop in basketball and pickleball.

| FITNESS MEMBERSHIPS AND DROP IN FEES | | | | |
|---|-----------------|---|------------------|-----------------------------------|
| | CHILD (6-12) | YOUTH (13-18) | ADULT (19-59) | SENIOR/STUDENT (60+ or 19-24*) |
| Drop In | \$3 | \$5 | \$7 | \$5 |
| 10 Visit | \$27 | \$35 | \$55 | \$45 |
| 1 Month | x | \$40 | \$60 | \$50 |
| 3 Month | x | \$96 | \$144 | \$120 |
| 1 Year | x | \$264 | \$396 | \$330 |
| FITNESS CLASSES (AGES 12+) | | BADMINTON, SOFT TENNIS, TABLE TENNIS (AGE 16+) | | |
| WEIGHT ROOM (AGE 13+) | | PICKLEBALL (AGE 19+) | | |
| SQUASH, RACQUETBALL, WALLYBALL (AGE 8+) | | DROP IN BASKETBALL(AGE 8+), FAMILY BADMINTON (AGE 6+) | | |

*Student memberships require valid post-secondary identification. All Prices include GST.

Sportsplex
 1800 South Alder St
 250-923-7911
 recandculture@campbellriver.ca

Community Centre
 401-11th Ave
 250-286-1161
 recandculture@campbellriver.ca

| Pottery Pass | |
|---------------|---------|
| DURATION | AGE 14+ |
| Drop In | \$15 |
| 10 Visit Pass | \$130 |

| Active Living Pass | |
|---------------------|---------|
| DURATION | AGE 16+ |
| Annual (Jan to Dec) | \$30 |

YOUTH CARNIVAL NIGHT APRIL 26

Join us for a fun-filled event with a carnival theme! Play games, win prizes, and mingle with friends. Your ticket includes a hot dog, bag of popcorn and refreshment.

SPORTSPLEX | 6 to 8:30 p.m. | Age 10 - 13 Years | \$5

Tickets go on sale Tuesday, April 2, at the Sportsplex and Community Centre. This event will sell out! Get your tickets early to avoid disappointment.

For more information, call 250-923-7911.

SPECIAL EVENTS

Family Day

All Ages | Free Event | 34711

Join us on Family Day! We have FREE activities throughout the Sportsplex. P.L.A.Y. gym, racquetball, disc golf, weight room and a free book giveaway. A pancake breakfast will be hosted by the Kinsmen Club; \$8/Adult (age 19+), \$4/Youth (ages 6-18), children 5 and under FREE.

Location: Sportsplex

Feb 19 | Mon 9 a.m. to 1 p.m.

Repair Cafe

All Ages | Free Event | 35341

Don't toss it; fix it! Keep broken or damaged items out of the landfill by fixing them with the help of on-site repair volunteers. If you can carry it, you can bring it. Small appliances, household items, power tools, jewelry, clothing repairs, eyeglasses and more.

Volunteer fixers needed! Please call 250-286-1161 for more information or to volunteer your skills.

Location: Community Centre

Apr 6 | Sat 9:30 a.m. to 1 p.m.



Ready to Book Online?



Seedy Saturday

All Ages | Free Event | 34748

Join us this spring at Seedy Saturday for more than just seeds! Meet seed vendors, buy plants, or make a craft with the kids in our lil' Sprouts corner. Whether you are a first-timer or an expert seed saver, there will be something for everyone. Vendors \$25/10x10 space. Fill in the questionnaire regarding tables required upon registration.

For more vendor information, call 250-286-1161.

Location: Sportsplex

Mar 23 | Sat 9 a.m. to 1 p.m.

Registration for January to May programs is available online or in-person beginning at 8 a.m. Friday, December 15, 2023.



About Our Events

We love collaborating with community groups to provide inclusive and diverse events. Whether your interest is in physical activity, socializing, or arts and crafts – we have an event for you.





CHILD, YOUTH, AND FAMILIES

Overview

Our programs offer a variety of hands-on opportunities for children and families to connect, build new skills, learn, and grow. Our activities are facilitated by enthusiastic instructors within a fun and encouraging environment designed to promote healthy development.

Children's Community Preschool Waitlist Registration

3 to 5 Years | 34480 | Registered Program

Our preschool program is designed for children aged 3-5 years old to gain independence away from home. Your child will be cared for by our professionally trained Early Childhood Educators who will offer a variety of daily activities. The emphasis is on learning through play, developing routines, and building a strong social foundation.

Our Children's Community Preschool has been approved to participate in the Child Care Fee Reduction Initiative from April 2023 to March 2024 in order to reduce parent fees.

Waitlist registration opens at 8:30 a.m. on January 2, 2024, at the Community Centre.

Registration must be done in person.

If a placement is made, payment for September is required to enrol your child for the 2024/2025 school year.

Program Details

Sep 2024 to June 2025
Tue/Thu 9 a.m. to 1:15 p.m.
Community Centre

Winter Wonderland

5 to 11 Years | \$140 per Person | 32054 | Registered Program

Come and burn off all the energy of the season! Bring a crazy carpet and snow pants and hope for snow to blanket the best sliding hill in town. Warm up afterwards with a hot chocolate. If there is no snow, we'll play indoor games and activities in the gym.

Location: Sportsplex

Jan 2 to 5 | Tue to Fri 9 a.m. to 3 p.m.

Junior Badminton

7 to 16 Years | \$60 for 6 Weeks | 34828 | Registered Program

Come and enjoy the game of badminton with your friends. A coach from the CR Badminton Club will help you learn the game by delivering skill-based drills in moving and hitting, all while having fun! All levels are welcome, from beginner to advanced. Participants must be members of Badminton B.C. with an up-to-date membership (\$15/person). Wear appropriate clothing for sports activities, clean court shoes and bring a racquet.

Location: Sportsplex

Jan 8 to Feb 12 | Mon 3:30 to 5 p.m.

I Heart ♥ Cooking

5 to 11 Years | Registered Program or Drop In

Learn to create awesome snacks in our commercial kitchen. Each week we will work on a new recipe. Each session will include gym time, and of course, gobbling up your daily creations during snack time. Participants will take home their very own cookbook on the last day.

Register for the whole session, or drop in for \$10/week if space is available.

Session 1 | 34879 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Jan 9 to 30 | Tue 3 to 5 p.m.

Session 2 | 34918 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Feb 6 to 27 | Tue 3 to 5 p.m.

Session 3 | 34919 | \$20 for 2 Weeks | \$10 per Drop In

Location: Sportsplex

Mar 5 to 12 | Tue 3 to 5 p.m.

Session 4 | 34921 | \$50 for 5 Weeks | \$10 per Drop In

Location: Sportsplex

Apr 2 to 30 | Tue 3 to 5 p.m.

Session 5 | 34922 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

May 7 to 28 | Tue 3 to 5 p.m.



Ready to Book Online?

Youth Basketball

6 to 14 Years | \$220 for 9 Weeks | Registered Program

The City is partnering with Dime Valley Basketball to offer the "City League" basketball program; a structured local league where youth receive high-level coaching. The organization will work with the same format as their development programs to form City youth teams, each paired with a coach. Each program day will offer a 30-minute team practice, followed by two fun-centred but competitive games. Dime Valley is excited to offer small teams, equal playing time and updated online scores and schedules. Finish the season with a championship weekend with trophies and swag!

Registration for this program is open! Visit www.dimevalleybasketball.com/winter-city-league



Grade K to 2

Location: Sportsplex

Jan 10 to Mar 13 | Wed 3 to 4:15 p.m.

Grade 3 to 5

Location: Sportsplex

Jan 10 to Mar 13 | Wed 4:15 to 5:45 p.m.

Grade 6 to 8

Location: Sportsplex

Jan 10 to Mar 13 | Wed 5:45 to 7:15 p.m.

Girls On The Move

9 to 12 Years | Registered Program or Drop In

Bring your girl–power energy and join us for a variety of movement activities with music and lights including, dance, hula hooping, and balance challenges. Each day we will chat about hot topics over a delicious smoothie.

Register for the whole session, or drop in for \$10/Week if space is available.

Session 1 | 34880 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Jan 10 to 31 | Wed 3 to 5 p.m.

Session 2 | 34925 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Feb 7 to 28 | Wed 3 to 5 p.m.

Session 3 | 34926 | \$20 for 2 Weeks | \$10 per Drop In

Location: Sportsplex

Mar 6 to 13 | Wed 3 to 5 p.m.

Session 4 | 34927 | \$40 for 4 Weeks | \$10 per Drop In

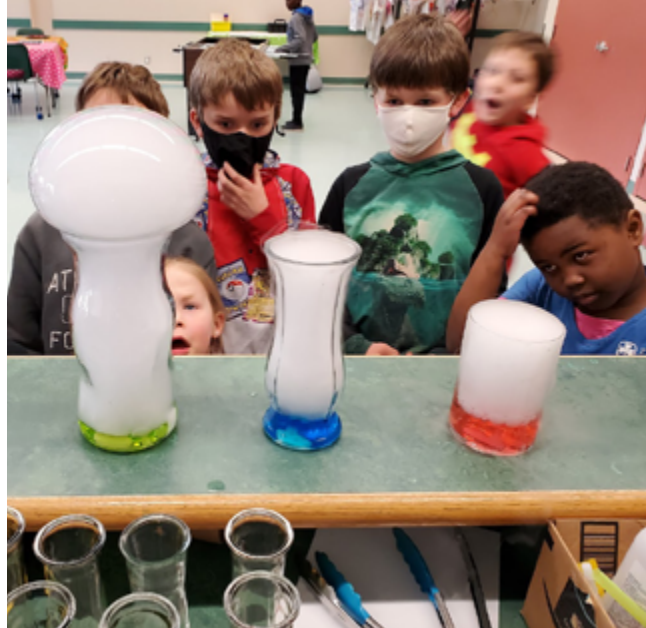
Location: Sportsplex

Apr 3 to 24 | Wed 3 to 5 p.m.

Session 5 | 34929 | \$50 for 5 Weeks | \$10 per Drop In

Location: Sportsplex

May 1 to 29 | Wed 3 to 5 p.m.



I Heart Science

9 to 12 Years | Registered Program or Drop In

Get ready for science fun, including volcano explosions, soda rockets, dry ice experiments and more exciting surprises! Come prepared to get messy. Each day will include gym activities and a healthy snack.

Register for the whole session, or drop in for \$10/Week if space is available.

Session 1 | 34931 | \$30 for 3 Weeks | \$10 per Drop In

Location: Sportsplex

Jan 11 to 25 | Thu 3 to 5 p.m.

Session 2 | 34932 | \$50 for 5 Weeks | \$10 per Drop In

Location: Sportsplex

Feb 1 to 29 | Thu 3 to 5 p.m.

Session 3 | 34933 | \$20 for 2 Weeks | \$10 per Drop In

Location: Sportsplex

Mar 7 to 14 | Thu 3 to 5 p.m.

Session 4 | 34934 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Apr 4 to 25 | Thu 3 to 5 p.m.

Session 5 | 34935 | \$50 for 5 Weeks | \$10 per Drop In

Location: Sportsplex

May 2 to 30 | Thu 3 to 5 p.m.



I Heart ♥ Art

5 to 11 Years | Registered Program or Drop In

Join us to create personal masterpieces with hands-on activities using different mediums each week. Each day will also include games, gym time and a healthy snack.

Register for the whole session, or drop in for \$10/Week if space is available.

Session 1 | 34912 | \$30 for 3 Weeks | \$10 per Drop In

Location: Sportsplex

Jan 15 to 29 | Mon 3 to 5 p.m.

Session 2 | 34914 | \$30 for 3 Weeks | \$10 per Drop In

Location: Sportsplex

Note: No program Feb 19

Feb 5 to 26 | Mon 3 to 5 p.m.

Session 3 | 34915 | \$20 for 2 Weeks | \$10 per Drop In

Location: Sportsplex

Mar 4 to 11 | Mon 3 to 5 p.m.

Session 4 | 34916 | \$40 for 4 Weeks | \$10 per Drop In

Location: Sportsplex

Apr 8 to 29 | Mon 3 to 5 p.m.

Session 5 | 34917 | \$20 for 2 Weeks | \$10 per Drop In

Location: Sportsplex

Location: No program May 20

May 13 to 27 | Mon 3 to 5 p.m.

Mudslingers: Adult and Child Workshop

7+ Years | \$35 per Pair | \$15 per Additional Child | Registered Program

Explore the world of clay together in a special adult/child pottery workshop. Learn to hand build, sculpt and glaze to create a themed project. Come prepared to get dirty! Adult supervision is required. Additional children are \$15/each.

Session 1: Easter Project | 35039

Location: Community Centre

Mar 9 | Sat 10 a.m. to 12:30 p.m.

Session 2: Spring Project | 35040

Location: Community Centre

May 25 | Sat 10 a.m. to 12:30 p.m.

Birthday Parties

12 and Under | \$140 per Party | Registration Required

Let us make your next birthday party a piece of cake! We will look after the setup, gym supervision, games, toys, activities, and, best of all, the clean-up! Parties are 90 minutes long, and families are welcome to arrive 20 minutes before the party for personalized setup and stay 30 minutes at the end to say goodbye.

Note: 2 weeks advance notice is required

Location: Sportsplex

Jan 21 to May 26 | Sun 11 a.m. to 12:30 p.m.

Jan 21 to May 26 | Sun 2 to 3:30 p.m.



Disney Dance

3 to 5 Years | \$35 for 4 Weeks | Registered Program

Participants will learn the primary ballet positions in Disney Dance. This class creates a foundation of self-awareness, creative expression and teamwork. Bring your child dressed as their favourite Disney character or in clothing that allows them to move freely. Please wear ballet slippers or participate in bare feet.

Session 1 | 34703 | \$35 for 4 Weeks

Location: Community Centre

Feb 6 to Feb 27 | Tue 9:15 to 10 a.m.

Session 2 | 34709 | \$35 for 4 Weeks

Location: Community Centre

Apr 3 to 24 | Wed 9:15 to 10 a.m.



HIGH FIVE® - Principles of Healthy Child Development

15+ Years | \$90 per Person | 34939 | Registered Program

NEW! Learn the HIGH FIVE Principles of Healthy Child Development. This certification program helps front-line leaders gain confidence, knowledge, and tools when leading children's programs. Learn best practices, how to create environments where children thrive, and get certified for future or current employment.

Location: Community Centre

Feb 16 | Fri 10 a.m. to 2:30 p.m.

Home Alone

9 to 12 Years | \$80 per Person | 34907 | Registered Program

Are you wondering when it's safe to leave your child at home alone before or after school or while you run errands? This course helps your child become prepared and confident, focusing on home and personal safety, emergencies and strangers.

This course fills up quickly! Register early to avoid disappointment.

Location: Sportsplex

Feb 16 | Fri 9 a.m. to 3 p.m.



P.L.A.Y Spring Mix Camp

7 to 12 Years | \$140 per Person | Registered Program

“Physical Literacy And You” is back for Spring Break! Spend the week skating, swimming, playing sports, and learning the fundamental movements of Physical Literacy. Hop, skip, jump, throw, catch, and run through indoor and outdoor activities at the Sportsplex and Strathcona Gardens. We will be taking public transit, so please dress for the weather and bring a backpack with snacks, a healthy lunch, a water bottle, and your bathing suit and towel each day. This program is presented by the City in partnership with Strathcona Regional District and P.L.A.Y Campbell River.

Participants will travel by city bus during this program. Please do not bring hockey gear/bags. Rentals will be provided at the arena.

Session 1 | 34940 | \$200 per Person

Location: Sportsplex

Mar 18 to 22 | Mon to Fri 9 a.m. to 3 p.m.

Session 2 | 34941 | \$160 per Person

Location: Sportsplex

Mar 25 to 28 | Mon to Thu 9 a.m. to 3 p.m.

Balanced Kids Yoga Series

7 to 10 Years | \$60 for 4 Weeks | 35047 | Registered Program

Children learn to feel at peace within themselves by moving energy and having fun! These sessions explore movement and relaxation through sound, breathing, games, songs and more.

Location: Sportsplex

Apr 8 to 29 | Mon 3:45 to 4:30 p.m.

Registration for January to May programs is available online or in-person beginning at 8 a.m. Friday, December 15, 2023.



Youth Carnival Night

10 to 13 Years | \$5 per Person

Join us for a fun-filled event with a carnival theme! Play games, win prizes, and mingle with friends. Your ticket includes a hot dog, bag of popcorn, and refreshment.

Tickets go on sale Tuesday, April 2, at the Sportsplex and Community Centre. This event will sell out! Get your tickets early to avoid disappointment.

For more information, call 250-923-7911.

Location: Sportsplex

Apr 26 | Mon 6 to 8:30 p.m.



Babysitting Know How

11 to 18 Years | \$90 per Person | 34908 | Registered Program

Learn to be a responsible babysitter. This course covers baby care, feeding, appropriate games and activities, household safety and first aid. Please bring a healthy lunch and a water bottle.

This course fills up quickly! Register early to avoid disappointment.

Location: Sportsplex

May 6 | Mon 9 a.m to 4 p.m.



**Ready to Book
Online?**

CHILD, YOUTH AND FAMILY PROGRAMS

Child, Youth and Family Program Descriptions

All Weather Family Place | Newborn and Up | FREE

Meet at Dick Murphy Park at the Tyee Spit for the outdoor version of our popular Family Place program. We'll provide coffee, snacks, songs, stories, activities, and more. Join us in a welcoming place where children and their caregivers can enjoy simple activities and learn together.

Baby Time | Newborn - Walking | FREE

A time and place for new babies to drop-in with their grown-ups to connect, share and learn from one another. Baby Time welcomes twins and triplets.

Busy Bees | Walking to 5 Years | \$10 per Child

Children stay busy singing songs and participating in games and social play while parents or caregivers catch up on their fitness in the weight room or at one of our classes at the Sportsplex. Drop off the kids and go for a run, study, or sit and enjoy a coffee. Dress appropriately for indoor and outdoor activities and bring a nut-free snack and water. You can register online up to two weeks in advance or take a chance and drop in. Registration is recommended for this popular program.

Family Badminton | Ages 6+

\$3 per Child / \$5 per Youth / \$7 per Adult

Bring the whole gang out and challenge your family or another group to a game of badminton! Equipment is available to borrow, and volunteer badminton leaders will help you learn a few tricks while having fun. Children must attend with a parent or guardian.

NEW! Fitness Memberships and 10 Visit passes can now be used for this program!

Family Place | Newborn and Up | FREE

Join us to create a place for families, caregivers, and their young children to enjoy simple activities and learn together. We will put the coffee on, provide snacks, and share stories, songs, activities and more!

Hemlock Family Place | Newborn and Up | FREE

Join us to create a Family Place on Hemlock Street. We'll put the coffee on and bring snacks, songs, stories, activities, and more. We invite families to join us with their young children to create a welcoming place where children and their caregivers can enjoy simple activities and learn together. Located at: 1048 Hemlock Street.

PLAY Gym | Age 5 and Under | FREE

Motivated by P.L.A.Y. (Physical Literacy and You) CR, this playful hour encourages movement and physical competence for you and your preschooler. Skip, jump, hop, and run through our giant obstacle course, balance and tumble on mats, or push, throw, and catch balls while dancing to fun tunes! Parents/guardians are responsible for their children during this program.

Sunday Fun Day | Age 5 and Under | \$3 per Child | \$5 per Family

It's playtime for preschoolers (walking to 5-year-olds) and their grown-ups. The gyms are ready with riding toys, tumbling mats, balls, climbers and more. Parents/guardians are responsible for their children during this program.

CHILD, YOUTH AND FAMILY CALENDAR

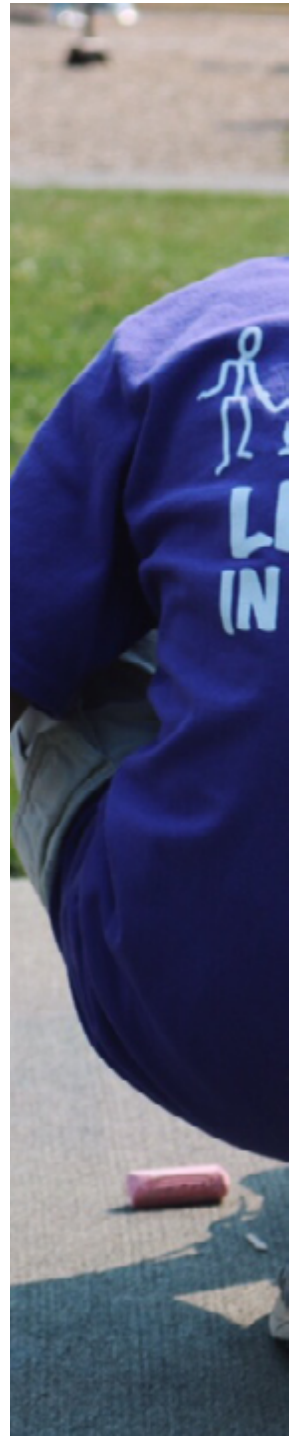
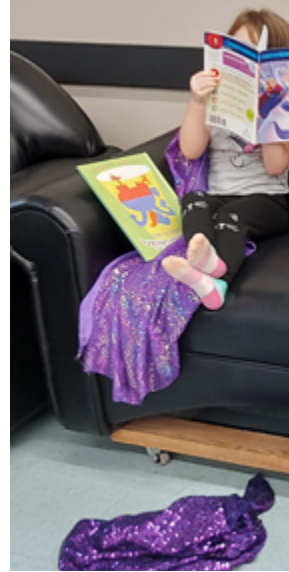
January to May, 2024

| Program will be held in the Community Centre | | Program will be held in the Sportsplex | | Program will be held Offsite | |
|---|--|---|--|--|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 8:45 – 10:45 a.m. Busy Bees Jan 9 – May 28 Sportsplex No Program Mar 19 and 26 | 8:45 – 10:45 a.m. Busy Bees Jan 10 – May 29 Sportsplex No Program Mar 20 and 27 | 8:45 – 10:45 a.m. Busy Bees Jan 11 – May 30 Sportsplex No Program Mar 21 and 28 | | |
| 9:30 – 10:45 a.m. Baby Time Jan 8 – May 27 Community Centre No Program Feb 19, Apr 1, and May 20 | | 9 – 11 a.m. Family Place Jan 3 – May 29 Community Centre | | 9 – 11 a.m. Family Place Jan 5 – May 31 Community Centre No Program Mar 29 | |
| 10:30 – 11:30 a.m. PLAY Gym Jan 8 – May 13 Community Centre No Program Feb 19 and Apr 1 | | 9 – 11 a.m. Hemlock Family Place Jan 10 – May 29 1048 Hemlock St | | 9 – 11 a.m. Hemlock Family Place Jan 12 – May 31 1048 Hemlock St No Program Mar 29 | |
| 12 Noon – 2 p.m. Family Place Jan 8 – May 27 Community Centre No Program Feb 19, Apr 1, and May 20 | | 12 Noon – 2 p.m. Family Place Jan 3 – May 29 Community Centre | 1:15 – 2:30 p.m. All-Weather Family Place Spring Dates To Be Announced Dick Murphy Park | 10:30 – 11:30 a.m. PLAY Gym Jan 12 – May 17 Sportsplex No Program Mar 29 | SUNDAY |
| 3 – 5 p.m. Afterschool Programs Jan 15 – May 27 Sportsplex Registration Recommended | 3 – 5 p.m. Afterschool Programs Jan 9 – May 28 Sportsplex Registration Recommended | 3 – 5 p.m. Afterschool Programs Jan 10 – May 29 Sportsplex Registration Recommended | 3 – 5 p.m. Afterschool Programs Jan 11 – May 30 Sportsplex Registration Recommended | 12 Noon – 2 p.m. Family Place Jan 5 – May 31 Community Centre No Program Mar 29 | 9:30 – 10:30 a.m. Sunday Fun Day Jan 21 – May 26 Sportsplex No Program Mar 31 and May 19 |
| 3:30 – 5 p.m. Junior Badminton Jan 8 – Feb 12 \$60 / 6 Weeks Sportsplex Registration Recommended | 5 – 7 p.m. Family Badminton Jan 9 – May 28 Sportsplex | | | | |

Cancellation Policy

- When 72 Hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
- When less than 72 hours notice is given for registered programs, there will be no refund granted
- Pre-registered drop in sessions must be cancelled by 4 p.m. the day prior in order to receive a refund

- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca







SPECIALIZED RECREATION

Overview

Campbell River aims to provide recreation opportunities to help connect all of its citizens and keep our community vibrant, healthy, and engaged. Specialized Recreation includes active programs and social offerings, as well as recreational classes that support this amazing community in learning or practicing new skills. These programs are geared toward individuals living with a disability and are inclusive, as all City programs are – our recreation is geared for all ages, stages, and abilities.

We gratefully acknowledge Grieg Seafood and MOWI Canada West for sponsoring our Specialized Recreation Programs.



Accessible Trails for All

The TrailRider is a lightweight, one-wheeled, environmentally-friendly access vehicle that is maneuvered by two or three 'sherpas' (friends/family members: one to push and up to two to pull). The TrailRider can take people who have mobility issues or who live with a disability through virtually any terrain, from gentle walking trails to rugged mountain paths. It is very easy to use!

To book the TrailRider, call **250-286-1161**.

Cost: FREE with deposit



SPECIALIZED RECREATION EVENTS AND PROGRAMS

Specialized Recreation Events January to May 2024

Spring Fling

All Ages | \$3 per Person

Put on your dancing shoes and join us for a fabulous Spring social to welcome the sunshine and flowers! Dress in your most colourful outfit to celebrate. Snacks and water are included with the price of admission. Drinks \$1/item.

Location: Community Centre
April 19 | Fri 6:30 to 8:30 p.m.



Registered and Drop-In Programs for January to May 2024

Drum It Up

Bounce along to great music at different tempos, and have fun grooving to the beat while sitting down and hitting a large exercise ball with drumsticks. This class is open to all ages, stages and abilities.

Sewing for Fun

In this specialized recreation program, detailed instruction makes sewing easy to learn. The emphasis is on fun! Projects will vary and be discussed in class.

Singing for Fun

All ages, stages and abilities are welcome at this sing-a-long program. From the Beatles to the Barenaked Ladies – you will be singing your heart out along to a variety of songs. Join John Hollywood and our band volunteers and you will have your toes tapping, fingers snapping, hands jiving, and of course your voice vocalizing! Everybody's favourite program since 2010!

Stepping Out

Everybody's favourite evening social program! Different activities every week. Enjoy games, movie nights, BINGO, crafts, and so much more! You will receive a schedule of events at the first Stepping Out activity.



Ready to Book
Online?

SPECIALIZED RECREATION CALENDAR

January to May, 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|----------|--------|
| <p>10 – 11 a.m. Drum It Up Jan 8 – May 27 Sportsplex</p> <p>FREE</p> <p>No program Feb 19, Mar 18/25, Apr 1, and May 6/20</p> | <p>9:30 a.m. – 12:30 p.m. Sewing for Fun Community Centre</p> <p>Session 1 Jan 16 – Feb 20 \$75 / 6 Weeks</p> <p>Session 2 Feb 27 – Apr 9 \$75 / 6 Weeks No Program Mar 19</p> <p>Session 3 Apr 16 – May 21 \$75 / 6 Weeks</p> <p>Registration Required</p> | <p>10:15 – 11:15 a.m. Singing for Fun Jan 10 – May 29 Community Centre</p> <p>FREE</p> <p>No program Mar 20</p> | | |
| | | | | |
| <p>6 – 8 p.m. Stepping Out Jan 8 – May 27 Community Centre</p> <p>FREE</p> <p>No program Feb 19, Apr 1, and May 20</p> | | | | |

Book registered programs online now at campbellriver.ca/registration

Cancellation Policy

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- When less than 72 hours notice is given for registered programs, there will be no refund granted
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- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca



ACTIVE LIVING

Overview

Integrate healthy activities into your daily life and enjoy comfortable and accessible facilities at the downtown Community Centre and the Sportsplex. Annual memberships are available for \$30, which can be used to enjoy more than 25 volunteer-led activities each week. Without a membership, drop-in to most programs is \$4 per activity. Get involved and have fun being a part of this amazing group.

Active Living for January to May 2024

Backgammon

Backgammon is one of the oldest known board games. It is a 2 player game where each player has 15 pieces that move between 24 triangles, according to the roll of 2 dice. The objective of the game is to be first to move all pieces off the board.

Boccia

Boccia is a ball sport similar to Bocce that is played inside and has been adapted for everyone and can be played seated in a wheelchair or mobility device.

Bridge

A card game derived from whist. Four person play; join other players to form partners, two against two.

Calico Quilters

This quilting group meets to discuss a variety of topics around quilting, with a show and tell each meeting.

Carpet Bowling

A variation of outdoor bowling, the difference being a smaller bowl, smaller jack and a much smaller playing surface. Beginners welcome.

Coffee With Friends

Join us in the Community Lounge for a great social morning. Make new friends, plan activities. Coffee \$1.00 per cup.

Cribbage

Cribbage, or crib, is a card game that involves playing and grouping cards in combinations which gain points.

Crochet and Knitting

A fun and friendly group that meets every Thursday morning to knit, crochet, share patterns, a cup of coffee, and great conversation.

Drop-In Crafts

Crafters make a variety of different craft projects for themselves and also to sell at various events throughout the year.

Duplicate Bridge

An advanced variant from the original game, the purpose of duplicate bridge is to eliminate, as nearly as possible, the element of luck from the game.

Euchre

Euchre is an excellent social card game, simple in concept but with a high degree of subtlety in the play.

Floor Curling

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no need for experience! Beginners welcome.

Fit and Social

This class is suitable for those who are just starting out or have medical considerations that limit full participation in exercise classes. The class can be done seated or standing. After class, stay for social time with coffee and tea.

Hand Quilting

Group quilting, individual projects, and group projects.

Mah Jong

Mah Jong, or mah-jongg, is a tile-based game developed in the 19th century in China. It is commonly played by four players.

Mexican Train

Mexican Train is a game played with dominoes.

Needle Arts

Bring your project and enjoy the time spent with others.

Painting

Join us for a morning of painting. There is no instruction, but help is always available. Bring your current project with you.

Partnership Bridge

Come with your partner and play other twosomes.

Quilt and Sew With Us Meeting

Come join the Thursday evening group for inspiring time of sharing quilting or sewing ideas, show finished projects, and new or unique tools. A great time to share books, magazines, fabrics, and tips.

Quilters Gab

Bring your own project and spend the day sewing and quilting with other quilters.

River City Ukles

Join us to learn to play the ukulele.

Scrabble

The popular word game where two to four players score points by placing tiles.

Stamp Club

Join this group on the 3rd Thursday of the month.

ACTIVE LIVING CALENDAR

January to May 2024 | 16 + Years | \$4 Drop In

Program will be held in the Community Centre

Program will be held in the Sportsplex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 8:30 – 11:30 a.m. Hand Quilting Jan 8 – May 27 No program Feb 19, Apr 1, May 20 | 9 – 11 a.m. Coffee With Friends Jan 2 – May 28 | 8:30 – 11:30 a.m. Hand Quilting Jan 3 – May 29 No program Mar 20 | 9:30 – 11:30 a.m. Mexican Train Jan 4 – May 30 | 10 a.m. – 1 p.m. Needle Arts Jan 5 – May 31 No program Mar 29 |
| 1 – 3 p.m. Floor Curling Jan 8 – May 27 No program Feb 19, Apr 1, May 20 | 9 a.m. – 3 p.m. Quilter's Gab Starts Jan 2 <i>1st Tue of the Month</i> | 9:30 a.m. – 12:30 p.m. Drop In Painting Jan 3 – May 29 | 9:30 – 11:30 a.m. Calico Quilters Starts Jan 18 <i>3rd Thu of the Month</i> | 1 – 4:30 p.m. Bridge No program Mar 29 Jan 5 – May 31 |
| 1 – 3 p.m. NEW Fit and Social Jan 8 – May 27 No program Feb 19, Apr 1, May 20 | 10 a.m. – 12 Noon Scrabble Jan 2 – May 28 | 9:30 – 11:30 a.m. Crochet and Knitting Jan 3 – May 29 | 12:45 – 2:15 p.m. River City Ukles Jan 11 – May 23 <i>2nd and 4th Thu of the Month</i> | 1 – 4:30 p.m. Duplicate Bridge Jan 5 – May 31 No program Mar 29 |
| 1 – 4 p.m. Partnership Bridge Jan 8 – May 27 No program Feb 19, Apr 1, May 20 | 11 a.m. – 12 Noon Backgammon Jan 2 – May 28 | 11:30 a.m. – 2 p.m. Cribbage Jan 10 – May 29 No program Mar 20 and 27 Sportsplex | 1 – 3 p.m. Stamp Club Starts Jan 18 <i>3rd Thu of the Month</i> | |
| | 1 – 3 p.m. Drop In Crafts Jan 9 – May 28 No program Feb 6, Mar 5, Apr 2, May 7 | 1 – 3 p.m. Carpet Bowling Jan 3 – May 29 No program Mar 20 | 1 – 3 p.m. NEW Fit and Social Jan 7 – May 30 | |
| | 1 – 4 p.m. Euchre Jan 2 – May 28 | 1 – 4 p.m. Mah Jong Jan 3 – May 29 | 7 – 9 p.m. Quilt and Sew With Us Meeting Starts Jan 11 <i>2nd Thu of the Month</i> | |
| | 1 – 4:30 p.m. Bridge Jan 2 – May 28 | 1 – 4:30 p.m. Duplicate Bridge Jan 3 – May 29 | | |
| | 1:30 – 3 p.m. Boccia Jan 2 – May 28 | 6:30 – 9:30 p.m. Euchre Jan 3 – May 29 | | |
| | 7 – 10 p.m. Cribbage Jan 2 – May 28 | | | |

Drop In \$4 | Annual Membership \$30

Cancellation Policy

- When 72 Hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
- When less than 72 hours notice is given for registered programs, there will be no refund granted
- Pre-registered drop in sessions must be cancelled by 4 p.m. the day prior in order to receive a refund

- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca

Active Living Pass

| DURATION | AGE 16+ |
|---------------------|---------|
| Annual (Jan to Dec) | \$30 |





ADULT PROGRAMS

Overview

The City of Campbell River offers adults a variety of sports and leisure opportunities to stay active and develop healthy lifestyles, connect with new friends in the community, explore social activities, and develop new skills. Both registered and drop-in programs are provided to accommodate any schedule. The City takes pride in offering programs for adults of all ages, stages and abilities.

Adult Basketball

16+ Years | \$132 for 11 Weeks / \$10 for 1 Week | Register or Drop In

The City is partnering with Dime Valley Basketball to offer more structure, organized games and a little competition. Each week will offer a 15 minute warm up followed by a one-hour timed and officiated game. Register for the entire session to receive a t-shirt and be part of a regular team, or drop in on the weeks that work for you to join a different team each week!

Please visit www.dimevalleybasketball.com/winter-city-league. Drop in may be available each week. Please check the Dime Valley Website on Mondays to register as a drop in player.

Location: Sportsplex
Jan 17 to Mar 27
Wed 7:15 to 9 p.m.



Tai Chi Ongoing

16+ Years | \$4 Adults / Seniors | 34847 | Drop In

Please join us for ongoing tai chi sessions to continue your practice in a group format. Tai chi experience is necessary to attend these sessions.

Location: Community Centre
Jan 11 to May 30 | Thu 1 to 2 p.m.

Tai Chi Beginner

16+ Years | \$40 for 10 Weeks | Registered Program

Tai chi is an ancient practice that combines slow, deliberate movements, meditation, and breath work and consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective. It can improve blood circulation, alignment, and balance, and restore energy levels. Start your journey to better health with this Tai Chi Beginner program.

Session 1 | 34845

Location: Community Centre
Jan 11 to Mar 14 | Thu 2 to 3 p.m.

Session 2 | 34848

Location: Community Centre
Mar 21 to May 23 | Thu 2 to 3 p.m.



Ready to Book
Online?

Pickleball Beginner Lessons

16+ Years | \$75 for 5 Weeks | 34980 | Registered Program

Are you interested in learning the fastest-growing sport in North America? Pickleball is a cross between badminton, tennis and table tennis and can be played by just about anyone, just about anywhere. Leaders will instruct you on the basics of the sport, including rules, moves, and strategies. Paddles, nets and balls will be provided. Those aged 12-15 are welcome to attend, but must be accompanied by a parent or guardian.

Location: Sportsplex

Jan 20 to Feb 17 | Sat 10:30 a.m. to 12 noon



Learn to Knit

16+ Years | \$49 for 6 Weeks | 34993 | Registered Program

Learn the basics of knitting with Lana Rottluff. Members of the Active Living knitting group will be on hand to offer one-on-one instruction. All supplies included.

Location: Community Centre

Jan 31 to Mar 6 | Wed 12:30 to 2:30 p.m.



Seed Starting with Arzeena

16+ Years | \$30 per Person | 34865 | Registered Program

How do you satisfy the gardening itch in the middle of winter? Easy! Start plants from seed. Now is a great time to get a jump start on the gardening season. Just a little preparation will help ensure your seed starting success. Join Arzeena Hamir, a local organic farmer and agronomist, as she walks you through the entire process. Greenways Members receive a \$10 discount.

Location: Sportsplex

Feb 26 | Mon 6:30 to 8 p.m.





Ready to Book Online?

Intro to Permaculture

16+ Years | \$50 per Person | 35020 | Registered Program

An informative 3-day course designed to introduce you to permaculture ethics, principles and design strategies with a focus on creating your own edible landscape. Your instructor, Elaine Codling, is a Permaculture Design Consultant and lifelong organic gardener. After completing her Permaculture Design Certificate in Canada she interned at the Permaculture Research Institute of Australia and took advanced training in Earthworks, Aid Work, Urban Design and Social Permaculture. Greenways Members receive a \$10 discount.



Location: Sportsplex

Mar 8 | Fri 5:30 to 9:30 p.m. and

Mar 9 and 10 | Sat & Sun 10 a.m. to 4 p.m.

Please Note: This program is 2.5 days in duration.

Trail Riding for Beginners

19+ Years | \$100 for 4 Weeks | 34976 | Registered Program

Learn the basic skills required to take your bike off road and enjoy the trails around Campbell River. Instructor Tanya Allen is an NCCP and PMBIA level 1 coach with 19 years of instructional and racing experience. This series focuses on gear selection, balance, climbing, braking, descending, front wheel lifts, obstacles, turns and line selection.

Location: Sportsplex

April 22 to May 13 | Mon 5:30 to 7:30 p.m.



Nordic Pole Walking

19+ Years | \$75 for 6 Weeks | 34858 | Registered Program

Learn basic Nordic Pole Walking techniques. Your leader will guide you through a series of resistance, balance, and strength training skills in this fun and easy to learn activity.

Note: Meet at Sportsplex front lobby.

Location: Willow Point Park

April 25 to May 30 | Thu 11 a.m. to 12 noon

Mountain Bike Skills Session “Drops”

16+ Years | \$35 Fee | 34977 | Registered Program

Improve your mountain bike trail skills by learning to do drops in the bike skills park. Knee protection, flat pedals and skate-type shoes are strongly recommended for this course. This course is for intermediate riders who can confidently roll down an 18-inch ledge.

Location: Willow Point Bike Skills Park (Sportsplex)

May 25 | Sat 9 a.m. to 12 Noon



**Ready to Book
Online?**

Adult Sports Descriptions

Adult Badminton | 16+ Years

Badminton is a sport in which lightweight racquets are used to volley a birdie back and forth over a high net. Beginners are welcome.

Adult Soft Tennis | 19+ Years

Soft tennis is a sport that is similar to lawn tennis but is played indoors with a softer ball as opposed to a hard yellow ball. Beginners are welcome.

Family Badminton | 6+ Years

Bring the whole gang out and challenge your family or another group to a game of badminton! Equipment is available to borrow, and volunteer badminton leaders will help you learn a few tricks while having fun. Children must attend with a parent or guardian.

Pickleball | 19+ Years

This popular sport combines elements of tennis, badminton and table tennis. Give it a shot!

Table Tennis | 16+ Years

Commonly known as ping pong, table tennis is a sport in which two or four players hit a ball back and forth to each other with paddles on a table divided by a net.

Adult Basketball | 16+ Years | New - Registered / Drop In

In partnership with Dime Valley Basketball, register now to participate in timed and officiated games on Wednesday evenings. Please visit www.dimevalleybasketball.com to register.



January to May, 2024

Program will be held in the Community Centre

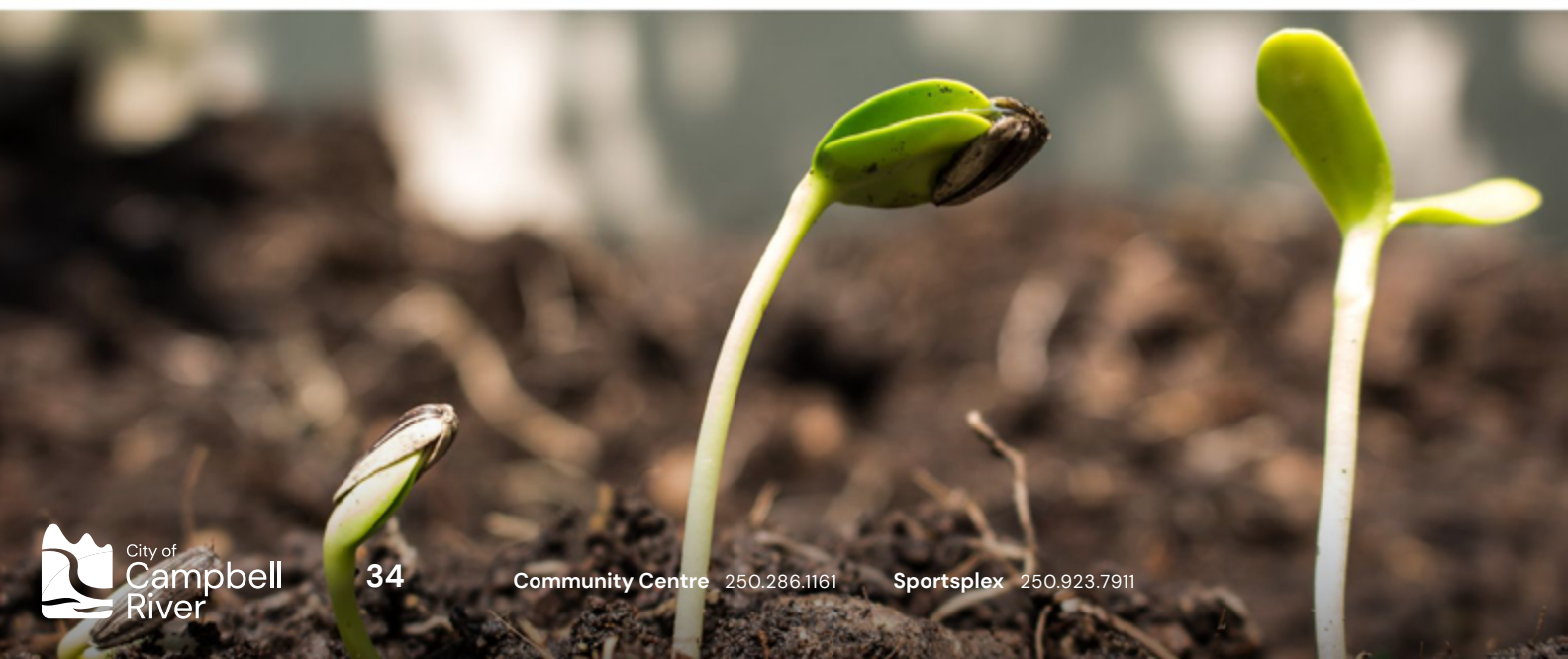
Program will be held in the Sportsplex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|
| | 10:30 a.m. – 12:30 p.m. Soft Tennis Jan 9 – May 28 Community Centre | | 10:30 a.m. – 12:30 p.m. Soft Tennis Jan 4 – May 30 Community Centre | | |
| 12:30 – 3 p.m. Adult Badminton Jan 8 – May 27 Sportsplex No Program Feb 19, Apr 1, May 20 | 1 – 2:45 p.m. Table Tennis Jan 9 – May 28 Community Centre No Program Mar 19 | 12:30 – 2:30 p.m. Adult Badminton Jan 3 – May 29 Sportsplex | 1 – 2:45 p.m. Pickleball Jan 4 – May 30 Sportsplex No Program Mar 29 | 1 – 2:45 p.m. Pickleball Jan 5 – May 31 Sportsplex No Program Jan 12 and Mar 29 | SUNDAY |
| 6 – 7:30 p.m. Pickleball Jan 8 – May 27 Community Centre No Program Feb 19, Apr 1, May 20 | 5 – 7 p.m. Family Badminton Jan 9 – May 28 Sportsplex | | | 2 – 4:30 p.m. Badminton Jan 5 – May 31 Community Centre No program Mar 29 | 12:30 – 2 p.m. Pickleball Jan 7 – May 26 Community Centre No Program Jan 14, Feb 18, and Mar 10 |
| 7:45 – 9:15 p.m. Pickleball Jan 8 – May 27 Community Centre No Program Feb 19, Apr 1 and May 20 | 7:30 – 9:30 p.m. Adult Badminton Jan 9 – May 28 Sportsplex | 7:15 – 9 p.m. Adult Basketball Jan 17 – Mar 27 Sportsplex Registration Required | | 2:45 – 4:15 p.m. Pickleball Jan 5 – May 31 Sportsplex No Program Mar 29 and Apr 26 | 2:15 – 3:45 p.m. Pickleball Jan 7 – May 26 Community Centre No Program Feb 18 |

Cancellation Policy

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- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
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- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca



ADULT GENERAL INTEREST CALENDAR

January to May 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

Program will be held Offsite

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------|---|--|--------|---|
| | | <p>Learn to Knit 12:30 – 2:30 p.m.</p> <p>Jan 31 to Mar 6 \$49 for 6 Weeks Community Centre REGISTRATION REQUIRED</p> | <p>Nordic Pole Walking 11 a.m. – 12 noon</p> <p>Apr 25 to May 30 \$75 for 6 Weeks Meet at Sportsplex REGISTRATION REQUIRED</p> | | <p>Mountain Bike Skills – Drops 9 a.m. – 12 noon</p> <p>May 25 \$35 per Person Willow Point Bike Park REGISTRATION REQUIRED</p> |
| <p>Trailriding for Beginners 5:30 – 7:30 p.m.</p> <p>Apr 22 to May 13 \$100 for 4 Weeks Sportsplex REGISTRATION REQUIRED</p> | | <p>Pottery Handbuilding 6 – 9 p.m.</p> <p>Feb 21 to Mar 27 \$195 for 4 Weeks Community Centre REGISTRATION REQUIRED</p> | <p>Tai Chi Drop In 1 – 2 p.m.</p> <p>Session 1 Jan 11 to May 30 \$4 per Person Community Centre DROP IN PROGRAM</p> | | <p>Pickleball Beginner Lessons 10:30 a.m. – 12 noon</p> <p>Jan 20 to Feb 17 \$75 for 5 Weeks Sportsplex REGISTRATION REQUIRED</p> |
| <p>Pottery Studio 6 – 9 p.m.</p> <p>Jan 15 to Jun 10 \$15 per Drop In Community Centre DROP IN PROGRAM</p> <p><i>No Program Feb 19, Apr 1, and May 20</i></p> | | <p>Pottery Intro to the Wheel 6 – 9 p.m.</p> <p>Session 1 Jan 17 to Feb 7 Session 2 Apr 17 to May 8</p> <p>\$170 for 4 Weeks Community Centre REGISTRATION REQUIRED</p> | <p>Tai Chi for Beginners 2 – 3 p.m.</p> <p>Session 1 Jan 11 to Mar 14 Session 2 Mar 21 to May 23</p> <p>\$40 for 10 Weeks Community Centre REGISTRATION REQUIRED</p> | | <p>Pottery Intro to the Wheel 1 – 4 p.m.</p> <p>Jan 20 to Feb 10 \$170 for 4 Weeks Community Centre REGISTRATION REQUIRED</p> |
| <p>Seed Starting Workshop 6:30 – 8 p.m.</p> <p>Feb 26 \$30 per Person Sportsplex REGISTRATION REQUIRED</p> | | <p>Pottery Wheel Level 2 6 – 9 p.m.</p> <p>May 22 to Jun 26 \$195 for 4 Weeks Community Centre REGISTRATION REQUIRED</p> | <p>Pottery Studio 6 – 9 p.m.</p> <p>Jan 15 to Jun 13 \$15 per Drop In Community Centre DROP IN PROGRAM</p> | | <p>Pottery Wheel Level 2 1 – 4 p.m.</p> <p>Apr 6 to May 11 \$195 for 6 Weeks Community Centre REGISTRATION REQUIRED</p> |

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- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
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POTTERY PROGRAMS

Pottery Studio

16+ Years | \$15 Admission Fee | Drop In

The Community Centre Pottery Studio is open on Monday and Thursday evenings; this is a great time to work on projects started in class or personally. Previous pottery experience is required, as no instruction is provided. Participants must put away tools and clean up their area when finished. Pottery Studio clay must be used and is available to purchase for \$25 per half bag. There may be an extra firing charge for larger projects. Children under the age of 16 are welcome but must be accompanied by an adult, and each participant must pay the drop in fee. Purchase online or at the Community Centre before 4 p.m.

Monday and Thursday evening cash is accepted onsite by the volunteers. If registering online or using your Pottery Membership, please let the volunteer leader know on arrival.

10 visit pottery passes are available.

Thursday | 35306

Location: Community Centre

Jan 11 to Jun 10 | Thu 6 to 9 p.m.

Monday | 35307

Location: Community Centre

Jan 15 to Jun 10 | Mon 6 to 9 p.m.

Note: No program Feb 19, April 1, and May 20



Potter's Wheel: Intro to the Wheel

16+ Years | \$170 for 4 Weeks | Registered Program

Have you always wanted to try your hand at the pottery wheel? This class is designed for beginners to get them started! It is a semi-private class, and you will learn all aspects of creating a completed ceramic piece. Registration includes a half bag of clay.

Session 1 | 35031

Location: Community Centre

Jan 17 to Feb 7 | Wed 6 to 9 p.m.

Session 2 | 35031

Location: Community Centre

Jan 20 to Feb 10 | Sat 1 to 4 p.m.

Session 3 | 35033

Location: Community Centre

Apr 17 to May 8 | Wed 6 to 9 p.m.





Handbuilding

16+ Years | \$195 for 6 Sessions | 35034 | Registered Program

The focus of the six classes will be hand building and learning techniques. All skill levels are welcome. Create mugs, jugs, bowls, casseroles and more. Class structure is flexible and Emma is happy to explore any ideas you would like to try. Half a bag of clay is included in registration, so just bring your enthusiasm and your imagination.

Location: Community Centre

Feb 21 to Mar 27 | Wed 6 to 9 p.m.

Potter's Wheel: Level 2

16+ Years | \$195 for 6 Weeks | Registered Program

Taken our Introduction to the Wheel class? Looking for a refresher, or to further your throwing skills? Take your wheel-throwing to the next level with this semi-private class. You will create more pottery, learn new techniques, and gain further instruction. Some experience is needed, such as an Intro to the Wheel class, plus Pottery Studio drop-in time to practice the basic procedures.

Session 1 | 35028

Location: Community Centre

Apr 6 to May 11 | Sat 1 to 4 p.m.

Session 2 | 35030

Location: Community Centre

May 22 to Jun 26 | Wed 6 to 9 p.m.



Pottery Pass

| DURATION | AGE 14+ |
|---------------|---------|
| Drop In | \$15 |
| 10 visit Pass | \$130 |



FITNESS

Fitness Programs Overview

Engage in a fitness class or weight room session with the City of Campbell River to enhance your well-being, improve your overall physical and mental health, and connect with others in the community. Join your neighbours and friends of all ages, stages, and abilities in workouts designed to improve your quality of life.

Youth Weight Room Orientation

13 to 15 Years | \$10 per Person | Registered Program

This group orientation is designed to get teens comfortable using the Sportsplex weight room without a supervisor present. Participants will learn basic strength training principles, gym etiquette and the proper use of both machines and free weight equipment. This course is required for youth interested in using the weight room during unsupervised times. Youth must be 13 years of age or older at the time of the course to enroll.

Session 1 | 32263

Location: Sportsplex

Jan 9 | Tue 3:30 to 5 p.m.

Session 2 | 32264

Location: Sportsplex

Feb 7 | Wed 3:30 to 5 p.m.

Session 3 | 31945

Location: Sportsplex

Mar 7 | Thu 3:30 to 5 p.m.

Session 4 | 32010

Location: Sportsplex

Apr 3 | Wed 3:30 to 5 p.m.

Session 5 | 32010

Location: Sportsplex

May 9 | Thu 3:30 to 5 p.m.

Adult Weight Room Orientation

Ages 16+ | \$10 per Person | Registered Program

This group orientation is available for patrons who want to ensure safety, comfort and appropriate use of equipment when using the Sportsplex weight room. Participants will learn basic strength training principles and the proper use of both machines and free weight equipment. Please note, this is not a personal training session. Based on the number of participants, availability of equipment, etc., the course may run for 60–90 mins.

Session 1 | 32263

Location: Sportsplex

Jan 9 | Tue 1 to 2:30 p.m.

Session 2 | 32264

Location: Sportsplex

Feb 7 | Wed 12 noon to 1:30 p.m.

Session 3 | 31945

Location: Sportsplex

Mar 7 | Thu 11 a.m. to 12:30 p.m.

Session 4 | 32010

Location: Sportsplex

Apr 3 | Wed 1 to 2:30 p.m.

Session 5 | 32010

Location: Sportsplex

May 9 | Thu 1 to 2:30 p.m.



Supervised Weight Room Hours

Mon – Fri 6 a.m. – 7:45 a.m.

Youths 13–15 years old are welcome to use the weight room during supervised weight room hours only, or attend with a parent or guardian on site at all times. Those who are ready to workout independently are eligible to enroll in the Youth Weight Room Orientation for access to the weight room during unsupervised times.



Stroller Strong

16+ Years | \$90 for 9 Weeks | 35009 | Registered Program

Stroller Strong is a fitness class for active parents and caregivers with babies of any age. This class is for all levels of fitness and will include indoor and outdoor workouts, depending on the weather. The focus is on low-impact cardiovascular fitness and strength exercises while your baby naps or plays in their stroller.

Register for the whole session, or drop in for \$10/Week if space is available.

Location: Sportsplex

Jan 17 to Mar 13 | Wed 10 to 11 a.m.

Registration for Winter/Spring programs is available online or in-person beginning at 8 a.m. Friday, Dec 15, 2023.



Baby and Me Fitness

16+ Years | \$80 for 8 Weeks | 35008 | Registered Program

Instructed by a pre and postnatal fitness specialist, with a focus on low-impact cardiovascular fitness and strength exercises, Baby and Me Fitness is an active class for parents and caregivers with room for pre-mobile little ones to play. This fitness class is for all levels and will utilize weights, bands, spin bikes, steps, dance moves, and more.

Register for the whole session, or drop in for \$10/Week if space is available.

Location: Sportsplex

Notes: No program Feb 19

Jan 15 to Mar 11 | Mon 10 to 11 a.m.





Why Try Personal Training?

- Customize your health and fitness goals
- Train more effectively for an event or sport
- Correct form and equipment tutorials
- Stay accountable to your investment
- Maximize your time and energy

All City Personal Trainers are Provincially Certified and Registered

Our Trainers:

| | |
|--------------------|-------------------|
| Steve Nagle | Sarah Noga |
| Cindy Leech | Mary Fast |
| Sue Bennett | |

What can I expect from personal training?

Personal training sessions include a series of exercises that first help evaluate and then elevate your overall health and physical status. Your trainer will develop a customized training plan to help you meet your goals.

For more information on personal training, contact the Sportsplex at **250-923-7911**.

Please note: 24 hours notice is required to cancel or reschedule a personal training session.

Personal Training Fees

| | PRIVATE (AGE 12+) | SEMI-PRIVATE (2 PEOPLE) | LENGTH |
|------------|----------------------|----------------------------|------------|
| 1 session | \$65 | \$90 | 60 minutes |
| 3 sessions | \$180 | \$255 | 60 minutes |
| 5 sessions | \$275 | \$400 | 60 minutes |



Ready to Book Online?

FITNESS MEMBERSHIPS AND DROP IN FEES

What does my Fitness Membership include?

NEW! Fitness Memberships now include access to even more healthy activities. Memberships give you access to; fitness classes, the weight room, badminton, squash, racquetball, wallyball, table tennis, family badminton, soft tennis, drop in basketball and pickleball.

| | CHILD (6-12) | YOUTH (13-18) | ADULT (19-59) | SENIOR/STUDENT (60+ or 19-24*) |
|---|-----------------|--|------------------|-----------------------------------|
| Drop In | \$3 | \$5 | \$7 | \$5 |
| 10 Visit | \$27 | \$35 | \$55 | \$45 |
| 1 Month | x | \$40 | \$60 | \$50 |
| 3 Month | x | \$96 | \$144 | \$120 |
| 1 Year | x | \$264 | \$396 | \$330 |
| FITNESS CLASSES (AGES 12+) | | BADMINTON, SOFT TENNIS, TABLE TENNIS (AGE 16+) | | |
| WEIGHT ROOM (AGE 13+) | | PICKLEBALL (AGE 19+) | | |
| SQUASH, RACQUETBALL, WALLYBALL (AGE 8+) | | DROP IN BASKETBALL (AGE 8+), FAMILY BADMINTON (AGE 6+) | | |

*Student memberships require valid post-secondary identification. All Prices include GST.

Fragrance Free Zones

If you are attending a fitness class or visiting the weight room, please come fragrance-free. Many clients and staff have allergies and sensitivities to fragrance and limiting fragrances helps everyone enjoy City programming.

Lockers Available

Please use the lockers located in the change rooms for the safety of your possessions. Cubbies are also available in the hallway outside the weight room for coats, shoes, or belongings. Remember to wear your inside shoes in the gym or weight room to keep our facility clean.

Questions?

Learn about weight room equipment – how to adjust machines and set them for your body, discover how to use kettlebells, or improve your position on a spin bike.

For more in-depth learning, book a personal training session.

Sportsplex Weight Room Hours

Mon – Fri 6 a.m. – 9 p.m.

Sat – Sun 9 a.m. – 4 p.m.

Supervised Weight Room Hours

Mon – Fri 6 – 7:45 a.m.

PROGRAM DESCRIPTIONS

Fitness Classes

Intensity Level Legend

Level 1: Beginner / Low Intensity

Level 2: Intermediate / Medium Intensity

Level 3: Advanced / High Intensity

Balance, Core and Stretch | Intensity Level: 1-2

Improve your posture and increase your stability with this challenging, balance-focused core class. Balance, Core and Stretch is a gentle, low-impact session for all fitness levels.

Boot Camp | Intensity Level: 3

Be ready for anything in this high-intensity, early-morning kick-butt class! Incredible instructors will help you improve your cardiovascular endurance and overall strength.

Cardio, Core and More | Intensity Level: 1-3

Check out the new and improved Total Body Fit. Get ready for lots of movement and fun music in this cardio-focused class.

Cardio Fit | Intensity Level: 2

Cardio Fit is a new fitness class focusing on cardio while still working your muscles. You'll never have the same class twice.

Chair Yoga | Intensity Level: 1

Increase the length and strength of your muscle fibres, reconnect with your breath, and relax with meditation; all from the comfort of a chair. *Participants must be able to move independently.

Figure 8 | Intensity Level: 1-3

Do you love choreographed dance? Then Figure 8 is the class for you! Develop muscular strength, stability, coordination and core strength through basic dance moves.

Fit for Life | Intensity Level: 1-2

Fit for Life helps get your steps in by leading you through an obstacle course. Increase your independence and improve your sense of well-being as you walk, step, and maneuver your way around equipment.

Fit and Social | Intensity Level: 1

This class is suitable for those who are just starting out or have medical considerations that limit full participation in exercise classes. The class can be done seated or standing. After class, stay for social time with coffee and tea.

Gentle Yoga | Intensity Level: 1

Gentle yoga was designed with healing in mind. Participants will be lead through a relaxed yoga practice focused on mindful movement and breathwork.

Kettle and Spin | Intensity Level: 2-3

Get ready to build lean muscle, learn proper lifting technique and get sweaty in this innovative kettlebell class. Finish the class with a 30 minute bonus cardio pump on the spin bike.

Let's Go! | Intensity Level: 2

Start your week off strong with the Let's Go! circuit class; a high-energy cardio and strength workout.

Power Hour | Intensity Level: 2-3

Skip the weight room and get it all done in class. Power Hour is a workout designed to strengthen and train your muscles.

Pump it Up! | Intensity Level: 2

Pump it Up is a full-body workout using weights, bars, resistance bands, medicine balls, and body weight exercises to create compound and isolation exercises to get you lean, toned, and fit.

Spin 45 | Intensity Level: 2-3

Spin 45 is a challenging, high-intensity class focused on endurance, strength, and recovery intervals. You will improve your fitness while protecting and strengthening your joints.

Spin 60 | Intensity Level: 3

In this spin class you can expect challenging, high-intensity training focused on endurance, strength, and recovery intervals.

Spin and Core | Intensity Level: 2-3

This is a high-intensity spin workout that will get you in shape, followed by some concentrated core work and a well needed stretch.

Spin and Strength | Intensity Level: 2-3

Complete High Intensity Interval Training (HIIT) on the spin bike, and then hop off and get your strength training done with weights or body weight.

Spin and Stretch | Intensity Level: 2

30 minutes of interval spin training followed by a full body extended stretch for those hard working muscles on and off the bike.

Sportfit | Intensity Level: 2-3

Sportfit is the longest-running fitness class offered by the City, entering its 41st year. Join us for this jogging-based class for the sport/athletics enthusiast.

Step 'n Sculpt | Intensity Level: 2

Join us for simple choreography on the stepper with strength intervals. Step and Sculpt will get you working hard with low-intensity, fun moves.

Tabata | Intensity Level: 2-3

Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. Get your heart rate up, work on your strength and get a great full-body workout.

Yoga | Intensity Level: 1

Yoga is a mind and body practice combining physical postures, breathing techniques and meditation. Reduce stress and anxiety and improve flexibility to enhance your overall well-being.

Zumba | Intensity Level: 2

Get ready to whoop and holler while shaking it to fun tunes! Dance off those calories with a mix of low and high-intensity moves.

FITNESS CALENDAR

January 3 to May 31, 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|--|--------------------------------------|--|---|---|-----------------------------|
| 6 – 7 a.m. | Bootcamp Sarah | Spin 45 Jen | Bootcamp Mary | Spin 45 Mary | Bootcamp Sue | |
| 7:30 – 8:30 a.m. | | | | | | Spin and Core Sue |
| 9 – 10 a.m. | Cardio, Core and More Cindy | | Cardio, Core and More Jen | | Cardio, Core and More Mary | |
| | Let's Go! Sarah | Tabata Cindy | Step and Sculpt Mary | Cardio Fit Cindy | Pump It Up Ronna Lee | |
| 10 – 11 a.m. | Baby and Me* Ronna Lee Registration Required | | Stroller Strong* Ronna Lee Registration Required | | | |
| 10:15 – 11:15 a.m. | | Zumba Ronna Lee | | Zumba Ronna Lee | Spin and Stretch Sarah | |
| 10:30 – 11:30 a.m. | Fit for Life Mary | Balance, Core, Stretch Sue | Figure 8 Mary | Balance, Core, Stretch Denise | MORE INFO Busy Bees Childminding Tuesday Wednesday Thursday <i>Starts Jan 9, 2024</i> <i>8:45 – 10:45 a.m. \$10/Child</i> Kids stay busy while parents and caregivers catch up on their fitness in the weight room or at one of our coordinating fitness classes at the Sportsplex. <i>Walking to 5 Years</i> REGISTRATION IS RECOMMENDED Please Note We are closed on Statutory Holidays. Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information. Spin Reservations You may pre-book space in any Spin class or Kettle and Spin to guarantee that you will have a bike when you are ready to workout! To reserve your bike online visit campbellriver.ca/registration , or take a chance and drop in. | |
| | | Chair Yoga Cindy | | Chair Yoga Cindy | | |
| 11 a.m. – 12 p.m. | Gentle Yoga Cindy | | | | | |
| Noon to 1 p.m. | Spin and Strength Ronna Lee | Yoga Cindy | Spin and Strength Cindy | Yoga Cindy | | |
| 1 – 3 p.m. | Fit and Social** Mary Class 1 – 2 p.m. Social 2 – 3 p.m. | | | Fit and Social** Ronna Lee Class 1 – 2 p.m. Social 2 – 3 p.m. | | |
| 5:30 – 6:30 p.m. | Sportfit Steve | Power Hour Sue | Kettle and Spin 5:30 – 6:45 p.m. Sarah <small>NEW CLASS</small> | Sportfit Steve | | |
| 6 – 7 p.m. | Spin 60 Mary <small>NEW TIME</small> | | | | | |

*Classes noted as "Registration Required" are not included with your fitness membership. Register online campbellriver.ca/registration.

**Fit and Social is included with a fitness membership or with an Active Living Membership.

Cancellation Policy

- When 72 Hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
- When less than 72 hours notice is given for registered programs, there will be no refund granted
- Pre-registered drop in sessions must be cancelled by 4 p.m. the day prior in order to receive a refund

- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca

SQUASH, RACQUETBALL, AND WALLYBALL

FITNESS MEMBERSHIPS AND DROP IN FEES

| | CHILD (6-12) | YOUTH (13-18) | ADULT (19-59) | SENIOR/STUDENT (60+ or 19-24*) |
|---|-----------------|--|------------------|-----------------------------------|
| Drop In | \$3 | \$5 | \$7 | \$5 |
| 10 Visit | \$27 | \$35 | \$55 | \$45 |
| 1 Month | x | \$40 | \$60 | \$50 |
| 3 Month | x | \$96 | \$144 | \$120 |
| 1 Year | x | \$264 | \$396 | \$330 |
| FITNESS CLASSES (AGES 12+) | | BADMINTON, SOFT TENNIS, TABLE TENNIS (AGE 16+) | | |
| WEIGHT ROOM (AGE 13+) | | PICKLEBALL (AGE 19+) | | |
| SQUASH, RACQUETBALL, WALLYBALL (AGE 8+) | | DROP IN BASKETBALL (AGE 8+), FAMILY BADMINTON (AGE 6+) | | |

*Student memberships require valid post-secondary identification.
All Prices include GST.

COURT RENTAL TIMES

| WEEKDAYS (NON-PRIME TIME) | WEEKDAYS (PRIME TIMES) | WEEKENDS (PRIME TIMES) |
|------------------------------|---------------------------|---------------------------|
| 8 - 8:45 a.m. | 3 - 3:45 p.m. | 9 - 9:45 a.m. |
| 9 - 9:45 a.m. | 4 - 4:45 p.m. | 10 - 10:45 a.m. |
| 10 - 10:45 a.m. | 5 - 5:45 p.m. | 11 - 11:45 a.m. |
| 11 - 11:45 a.m. | 6 - 6:45 p.m. | 12 noon - 12:45 p.m. |
| 12 noon - 12:45 p.m. | 7 - 7:45 p.m. | 1 - 1:45 p.m. |
| 1 - 1:45 p.m. | 8 - 8:45 p.m. | 2 - 2:45 p.m. |
| 2 - 2:45 p.m. | | 3 - 3:45 p.m. |

1 Court Booking = 45 Minutes

EQUIPMENT LOAN

RACQUETS, BALLS, WALLYBALL NET AND GOGGLES ARE AVAILABLE TO BORROW - NOW FREE!

GOGGLES ARE REQUIRED FOR YOUTH AGE 18 AND UNDER.

All Rental Courts are located at
The Sportsplex
1800 South Alder Street

How to Book:

Online: www.campbellriver.ca/registration
Phone: Sportsplex at 250-923-7911
Email: recandculture@campbellriver.ca

Please Note:

- Clean, non-marking shoes only (no street shoes)
- It is mandatory for all youth to wear goggles at all times
- If you play beyond your time, you may be subject to additional court fees
- Courts can be reserved 2 weeks in advance, up to 2 courts per day
- Non-Prime use requires one membership scan or drop in fee
- Prime-Time use requires two membership scans or drop in fees or a combination of both
- For refunds, cancellations must be made no later than 1 hour prior the reserved court time



FACILITIES AND REGISTRATION

Online registration is available for City of Campbell River Recreation and Culture Programs

You can now search, register, and pay for programs from a computer, tablet, or smartphone. Update or create your account to start browsing our great selection of programs.

Need to withdraw from a registered program?

72 hours notice for cancellation is required.

Need to withdraw from a pre-registered drop in?

Cancellation must be made by 4 p.m. the day prior in order to receive a refund.

Want to transfer a fitness pass to someone else?

Sure, we can do that. A \$5 transfer fee will apply.

Our Facilities

Community Centre

401 – 11th Avenue

Contact: 250-286-1161

Office Hours

Monday to Friday: 8:30 a.m. – 4 p.m.

Saturday and Sunday: Closed

- Gymnasium
- Craft Room
- Lounge/ Galley Kitchen
- Catering Kitchen
- Meeting Rooms
- Change Rooms & Showers
- Elevator

Sportsplex

1800 South Alder St

Contact: 250-923-7911

Office Hours

Monday – Friday: 8 a.m. – 9 p.m.

Saturday and Sunday: 9 a.m. – 4 p.m.

- Gymnasium
- Activity Rooms
- Catering Kitchen
- Meeting Rooms
- Change Rooms & Showers

Rotary Community Fieldhouse

425 Merocroft Road

Best Access: South Birch St. parking lot

Contact: Community Centre 250-286-1161

- Multi Purpose Room
- Kitchen
- Deck
- Lift for Accessibility

Three ways to Register:

ONLINE

campbellriver.ca/registration

BY PHONE

Community Centre 250-286-1161

Sportsplex 250-923-7911

Call to register and pay by credit card.

IN PERSON

Pay with cash; debit card; VISA or Mastercard at the Campbell River Community Centre or the Sportsplex.

Facility Bookings

recandculture@campbellriver.ca
250-286-1161

Parks and Fields Bookings

outdoorbooking@campbellriver.ca
250-286-4034

Registration for Winter/Spring programs is available online or in-person beginning at 8 a.m. Friday, Dec 15, 2023.

PLAY

Physical Literacy And You!

CAMPBELL RIVER

DID YOU KNOW?

PLAY (Physical Literacy and You) CR has partnered with the Campbell River Branch of Vancouver Island Regional Library to offer Physical Literacy Kits for local residents to borrow from our branch. Families can borrow a Physical Literacy Kit that focuses on building Fundamental Movement Skills. Physical Literacy is about helping people of all ages gain the motivation, confidence, physical competence, knowledge, and understanding to be Active for Life. The kits have different themes, including Physical Literacy, Soccer, Games and Relays, and Flag Football. These kits are great for family get-togethers, backyard barbeques or birthday parties.

Go to the PLAY Campbell River Facebook page:
www.facebook.com/PLAYCampbellRiver



PARKS AND FIELDS

Book a Park or Field

For booking inquiries please contact the Parks department.

Mon - Fri 8:30 a.m. to 4 p.m.

Tel: 250-286-4034

Email: outdoorbooking@campbellriver.ca

| | | Ball Diamonds | Ball Hockey Court | Basketball Court | Beach Access | Boat Ramp | Bocce | Disc Golf | Dog Park | Fishing | Interpretive Centre | Outdoor Pool | Paved Walkways | Playground | Picnic Tables/Benches | Sand Volleyball Court | Skateboard Park | Seasonal Concession | Splash Park | Sports Fields | Tennis Courts | Trails | Washrooms - Seasonal | Washrooms - Yearly | Waterskiing |
|------------------------------------|------------------------------------|---|-------------------|------------------|--------------|-----------|-------|-----------|----------|---------|---------------------|--------------|----------------|------------|-----------------------|-----------------------|-----------------|---------------------|-------------|---------------|---------------|--------|----------------------|--------------------|-------------|
| Adams Park | 10 Adams Rd. | | | | • | | | | | | | | | | • | | | | | | | | | | |
| Baikie Island Nature Reserve | 1799 Robinson Rd. | | | | • | | | | | | | | • | | • | | | | | | | • | | | |
| Cedric Jones Park | 191/205 S. Alder St. | | | | | | | | | | | | | | | | | | | | | | | | |
| Centennial Park | 230 4th Ave. | | | | | | | | | | | • | | • | • | | | • | | | | | | | |
| Charstate Park | 600 Charstate Dr. | | | | | | | | | | | | | • | | | | | | | | | | | |
| Dick Murphy Park | 3001 Spit Rd. | | | | • | | | | | | | | • | • | • | | | | | | | • | | • | |
| Discovery Pier | 655 Island Hwy. | | | | | | | | | • | | | | | • | | | • | | | | | • | | |
| Frank James Park | 2067 S. Island Hwy. | | | | • | | | | | | | | • | | • | | | | | | | | | • | |
| Haig Brown House Kingfisher Ck. | 2250 Campbell River Rd. | Heritage House 250-286-6646 for information | | | | | | | | | | | | | | | | | | | | | | | |
| Jaycee Park | 2527 S. Island Hwy. | | | | • | | | | | | | | • | | • | | | | | | | | | | |
| Ken Forde Park | 2701 S. Island Hwy. | | | | • | • | | | | • | | | • | | • | | | | | | | | | • | |
| Larwood Park | 2377 S. Island Hwy. | | | | • | | | | | | | | • | | • | | | | | | | | | | |
| Mclvor Lake | Mclvor Lake Rd. | | | | • | • | | | | • | | | | | | | | | | | | | | • | • |
| Nunns Creek Park | 1465 16th Ave. | • | | | | | | | | | | | | | • | | • | | | | | | | • | |
| Penfield West Park | 2090 College Dr. | | | | | | | | • | | | | • | | • | | | | | | | • | | | |
| Pinecrest Park | 360 Birch St. | • | | | | | | | | | | | | | | | | | | • | | | | | |
| Raven Trail | 2131 Island Hwy. | | | | | | | | | | | | | | | | | | | | | • | | | |
| Robert Ostler Park | 945 Island Hwy. | | | | | | | | | | | | • | • | • | | | | | | | | | | • |
| Robron Athletic Park | 425 Merecroft Rd. | • | | | | | | | | | | | • | • | | | | | | • | • | | | • | |
| Rotary Beach Park | 551 S. Island Hwy. | | | | • | | | | | | | | • | | • | | | | | | | | | • | |
| Sequoia Park | 471/501 Island Hwy. | | | | | | | | | | | | | | • | | | | | | | | | | |
| Splash Park (in Willow Point Park) | Corner of Penfield & Parkway Roads | | | | | | | | | | | | • | • | • | | | | • | | | | | • | |
| Willow Point Park | 1800 South Alder St. | • | • | • | | | • | • | • | | | | • | • | • | • | • | | • | • | • | | | • | |



COMMUNITY AND SPORTS ORGANIZATIONS

Archery

CR Fish and Wildlife Club
250-203-7140
www.crfishandwildlifeclub.ca

Badminton

CR Badminton Club
250-287-9827 | crbadminton.ca
info@crbadminton.ca
Youth Badminton
geoff.lacasse@gmail.com

Baseball / Softball

CR Minor Baseball Association
leagues.teamlinkt.com/crmba
North Island Cubs
www.northislandcubs.com

Basketball

CR Youth Basketball Association
Andrew Smith | 250-203-8563
Dime Valley Basketball
www.dimevalleybasketball.com

Bocce

CR Italian Cultural Society
778-418-4000

Bowling

10-Pin Bowling | 250-923-5760
CR Bowling | 250-286-1177

Cadets - Air

363air@cadets.gc.ca
250-923-1001

Cadets - Army

2943army@cadets.gc.ca
250-203-4126

Cadets - Sea

54sea@cadets.gc.ca
250-204-0224

Climbing

On the Rocks Climbing Gym
rockgym.ca | 250-287-7625

CR Dog Fanciers

campbellriverdogfanciers.com

CR Gun Club Society

crgunclub.bc.ca

Cricket

CR Cricket Club
aaronoshannessy@hotmail.com

Curling

CR Curling Club | 250-287-4200

Cycling

River City Cycling Club
rivercitycycle.ca

Dance

CR DanceXtreme | 250-286-3376
www.crdancextreme.com
Studio North Dance Academy
studionorthdance@gmail.com

Solstice Studio

www.solsticestudio.ca
Tara School of Irish Dancing
treblejoy@taraschoolofirishdancing.ca

Urban Dance Connections

urbandanceconnection@gmail.com

Disc Golf

campbellriverdiscgolf.com

Dragon Boat

RiverSpirit Dragon Boat Team
riverspirit.ca

Elderdog Canada Inc

elderdogcanadastore.ca
1-855-336-4226

Fitness

Sportsplex
250-923-7911 | www.campbellriver.ca

Community Centre

250-286-1161 | www.campbellriver.ca

Primal Athletics/Elevate

778-418-1008
www.primalathletics.net

Jazzercise

250-504-2604 | www.jazzercise.com

Club Fitness

778-420-2288 | www.clubfitnesscr.ca
Session
250-914-2246 | www.sessioncr.com

Girl Guides of Canada

girlguides.ca | 1-800-565-8111

Golf

CR Golf and Country Club
250-287-4790 | www.crgolf.ca
Storey Creek Golf | 250-923-3673
www.storeycreek.bc.ca

Gymnastics

CR Gymnastics Association
crgymnasticsassociation@gmail.com

Hockey

CR Men's Hockey League
carhahockey.ca
CR Minor Hockey League
250-850-0056
CR Oldtimers | 250-923-3446
Next Level Training
nextlevelbc@gmail.com
Strathcona Gardens Recreation
250-830-6777
www.strathconagardens.com
Sunday Floor Hockey
250-202-5299

Martial Arts

Ara Studio Jiu Jitsu

250-203-1982

www.arastudioandfitness.com

CR Judo Club

crjudoclub@hotmail.com

C.A.S.K. Karate | 250-286-7263

CR Wado Karate Club

250-202-2738

Dimitrova Training Academy

www.dimitrovatrainingacademycanada.com

Heart & Soul Muay Thai

heartandsoulmuaythai.com

250-830-1710

Northwest Shito-Kai

www.karatenwsk.com

Pure Martial Arts Fitness

250-286-6998

Shito-Ryu Karate Club

250-286-6416

Kayaking

CR Paddlers Association

crpaddlers.com

Lacrosse

CR Lacross

campbellriverlacrosse.ca

Performing Arts

Raincoast Creative Performing Arts

raincoastsmt.com | 250-287-4536

Pickleball

CR Pickleball Association

CR-Pickleball@outlook.com

Racquetball

CR Racquetball Association

mydebcam@me.com

Horseback Riding

Bear Creek Ranch | 250-337-5524

Rugby

CR Athletic Association

campbellriverrugby@gmail.com

Sailing Club – Comox Bay

comoxbaysailingclub.ca

Skating (Ice)

Strathcona Gardens

250-830-6777

CR Skating Club

www.skatecampbellriver.ca

Skiing / Alpine

Mount Washington Ski Club

strathconanordics.com

Mount Washington Freestyle Club

www.mwfreestyle.com

Mount Washington Alpine Resort

www.mountwashington.ca

Skiing / Cross Country

Strathcona Nordics

strathconanordics.com

Slo-Pitch

CR Slo-pitch

crslopitch@hotmail.com

250-202-7256

Soccer

CR Mixed Soccer League

250-287-6671

CR Willows Masters Soccer

crmasters@live.ca

CR Youth Soccer Association

250-286-6660 | www.crysa.bc.ca

Mid-Isle Women's Soccer

miwsoccer.weebly.com

Softball

CR Minor Softball Association

250-923-4380

Space and Field Bookings

Quinsam Crossing Ballfield Bookings

communications@wewaikai.com

250-914-1890

Special Olympics

mabrinson@shaw.ca | 250-286-6453

Squash

CR Squash Club

fantillo@gmail.com | 250-923-4521

Swimming

CR Killer Whales Swim Club

www.crkw.ca

CR Salmon Kings

info@campbellriversalmonkings.ca

Tennis

CR Tennis Club | crtennisclub.ca

Triathlon

Strathcona Triathlon Club

triclubstrathcona@gmail.com

Volleyball

Crush Volleyball | crushvb.ca

CR Adult Volleyball

www.crvolleyball.ca

Adult Co-ed League

info@crvolleyball.ca

Waterskiing / Wakeboarding

CR Eagles Waterski Club

h20waterski@telus.net

250-202-7704

Wrestling

Mike Munsie

mike.munsie@sd72.bc.ca

Youth Track & Field

The Comets

campbellrivercomets.ca

250-923-2458

List your organizations here! To list your sport or fitness organization here or to update your information, email recandculture@campbellriver.ca or call 250-286-1161.



Family Day

All Ages

Free Event

Join us on Family Day! We have FREE activities throughout the Sportsplex. P.L.A.Y. gym, racquetball, disc golf, weight room and a free book giveaway. A pancake breakfast will be hosted by the Kinsmen Club. \$8/Adult (age 19+), \$4/Youth (ages 6-18), children 5 and under FREE.

Location: Sportsplex

Feb 19 | Mon 9 a.m. to 1 p.m.