

# Cowichan Valley Regional District Spring / Summer Recreation Guide May - August 2019

Cowichan Lake Recreation  
Island Savings Centre  
Kerry Park Recreation Centre  
Shawnigan Lake Community Centre

*Online Registration*  
[www.reccowichan.ca](http://www.reccowichan.ca)



# Registration Information



## How to Register

The Cowichan Valley Regional District's Community Services Department offers two easy ways for program registration: in person or online. Spaces are filled on a first come, first served basis. Registration opens on the date stated on the back of the guide. No early registration will be accepted. Payment is required at time of registration.

### In Person:

Drop by Cowichan Lake Sports Arena, Island Savings Centre, Kerry Park Recreation Centre, or Shawnigan Lake Community Centre during office hours and our staff will be happy to process your request. Payment by cash, cheque, VISA, MasterCard, or debit card is accepted.

### Online Registration:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's information. You can access online registration at [www.reccowichan.ca](http://www.reccowichan.ca)

## Registration Policies & Guidelines

### Uh-oh, we had to cancel:

Regrettably, if a minimum number of registrants is not met, we may have to cancel or combine classes due to insufficient registration. These decisions are made prior to the course start date. Please register early to avoid disappointment. A 100% refund is granted when we cancel a program. When a class has been cancelled due to instructor illness or weather conditions, a class will be added on at the end of the session. If this is not possible, you will be issued a refund in the amount of the missed class.

### Oops, changed your plans?:

A refund will be issued if we receive applicable withdrawal notification. Programs and lessons require five (5) or more days' notice prior to course start date. Camps and certification courses require seven (7) or more days' notice prior to course start date. If appropriate notice is not given, no refund will be issued. There may be other exceptions to these guidelines. In some cases, these exceptions will be noted in the individual course description. To request a refund, please contact the facility that is offering your program. All program refunds are subject to a \$5 processing fee.

### Extended Illness / Injury:

In cases of extended illness or injury, a prorated refund may be granted upon provision of a medical note.

### Missed Classes:

Classes missed due to sickness, vacation, or other reasons will not be refunded.

### Sorry, the course is full:

If a program is full, please ask staff to put your name on our waitlist. Staff reviews these lists continually and we will do our best to accommodate those waitlisted.

### Customer Satisfaction:

We care about your experience in our programs. Please contact one of our Programmers directly to discuss any questions, comments, or concerns that you have with our recreation programs.

### Refunds:

Payments made by credit card will be refunded by the initial payment method. Payments made by cash, cheque, or debit will be refunded by cheque; please allow a minimum of two weeks' processing time.

### Non-Sufficient Funds:

An administration fee of \$5 will be charged on all N.S.F. payments.

All program and admission fees include all applicable taxes.



# COWICHAN VALLEY REGIONAL DISTRICT Spring/Summer Recreation Guide

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Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are typically made 4 - 7 days prior to class start. Please register early to avoid disappointment.

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## Island Savings Centre

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### Online Registration:

To use online registration you will need login information and a credit card. Please contact your local recreation centre to set up your family's login number. You can access online registration at [www.reccowichan.ca](http://www.reccowichan.ca)





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### Online Registration:

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### Are you interested...

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please contact a Programmer at your local recreation centre. Cowichan Lake Recreation 250.749.6742, Island Savings Centre 250.748.7529, Kerry Park Recreation 250.743.5922, Shawnigan Lake Community Centre 250.743.1433.

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*May*

### Futsal Tournament

Thursday | May 9

4:00 p.m. - 7:00 p.m.

**Shawnigan Lake Community Centre**

### Toonie Roller Skate Party

Friday | May 17

6:30 p.m. - 7:50 p.m.

\$2 per person

**Cowichan Lake Sports Arena**

See page 62

### BC Junior A Lacrosse Games

Victoria Shamrocks vs. Nanaimo Timbermen

Wednesday | May 22

7:30 p.m. start

Nanaimo Timbermen vs. Langley Thunder

Saturday | May 25

3:00 p.m. start

Tickets available at the door

**Island Savings Centre**

### Butchart Gardens Trip

Saturday | May 25

**Kerry Park Recreation Centre**

See page 60

### Children's Bike Rodeo

Sunday | May 26

11:00 a.m. - 2:00 p.m.

**Kerry Park Recreation Centre**

See page 37

### Family Literacy Day

**All Ages**

Friday | May 31

4:00 p.m. - 6:00 p.m.

FREE Admission

**Island Savings Centre**

*June*

### "Dill" Pickleball Tournament

Saturday | June 1

**Kerry Park Recreation Centre**

See page 51

### MS Kick for the Cure

Saturday | June 1

**Sherman Road Soccer Park**

See page 39



## July

### Canada Day Celebration

#### All Ages

Monday | July 1

12:00 p.m. - 3:00 p.m.

FREE Admission

**SLCC - Elsie Miles Field**

See page 62

### Canada Day Celebration

#### All Ages

Monday | July 1

6:00 p.m. - 8:00 p.m.

FREE Admission

**CLR - Mesachie Lake Hall & Skydome Ball Field**

See page 62

### DCFS Canada Cup 4 on 4 Road Hockey Tournament

Monday | July 1

10:00 a.m. - 4:00 p.m.

**Duncan Train Station Parking Lot**

See page 62

### Movies in the Park

Saturday | July 6

Movie starts at dusk

More information at [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

**KPRC - Sports Fields**

See page 63

### Panago Grande Parade

Saturday | July 13

10:00 a.m. start

FREE Admission

**Island Savings Centre**

See page 62

### Honeymoon Bay Day

#### All Ages

Saturday | July 20

8:00 a.m. start

FREE Admission

**CLR - Honeymoon Bay Hall**

### Movies in the Park

Saturday | July 27

Movie starts at dusk

More information at [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

**KPRC - Sports Fields**

See page 63

## August

### Back to Skating Bash

Wednesday | Aug 7

6:00 p.m. - 7:15 p.m.

**Kerry Park Recreation Centre**

### Annual Youbou Regatta

#### All Ages

Saturday | Aug 10

10:30 a.m. - 4:30 p.m.

FREE Admission

**CLR - Youbou - Arbutus Park**

### Heritage Fair and Family Picnic

Sponsored by the Shawnigan Lake Historical Society. More information at:

[shawniganlakemuseum@shaw.ca](mailto:shawniganlakemuseum@shaw.ca)

[www.shawniganlakemuseum.com](http://www.shawniganlakemuseum.com)

Sunday | Aug 11

**SLCC - Elsie Miles Field**

### Movies in the Park

Saturday | Aug 17

Movie starts at dusk

More information at [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

**KPRC - Sports Fields**

See page 63

### Swim Lesson Awards & Summer Mini Carnival

#### All Ages

Wednesday | Aug 28

6:00 p.m. | Swim Awards

6:30 p.m. - 7:30 p.m. | Carnival Games

FREE Admission

**CLR - Youbou**

## September

### Lake to Lake Walk, Marathon, and Half Marathon

Saturday | Sept 14

See page 54

### Cowichan Rocks Summer's End Spiel

Friday - Sunday | Sept 20 - 22

See page 16

**CLR - Curling Rink**

## Planning Ahead...

### Christmas Chaos

The 40th Annual Christmas Chaos promises to be bigger and better than ever! Once again, three different venues will be open for all four days, featuring over 120 unique artisans, music, Santa's workshop, and more. Vendor applications are now available. Interested applicants can pick up a package at the Cowichan Ticket Centre or request an electronic package. For more information or to get on the vendor email list, please email [Adrienne.Doneley@cvrd.bc.ca](mailto:Adrienne.Doneley@cvrd.bc.ca)

Thursday - Sunday | Nov 14 - 17  
**Island Savings Centre**



### *Birthday Parties at Cowichan Lake Recreation*

We can provide a party coordinator or you can rent a space or the ice by the hour and do your own thing! For more information or to book an event at Cowichan Lake Recreation please call 250.749.6742.

**Facilities available to rent:** Centennial Hall, Cowichan Lake Sports Arena, CLSA Multi-Purpose Room, CLSA Party Space, Cowichan Rocks Curling Lounge, Honeymoon Bay Hall, Mesachie Lake Hall, Youbou Hall, Youbou Lanes

#### Hall Kids Party - Option 1

Rent a space by the hour and do your own thing. You set up and clean up. Third party liability insurance and a damage deposit will be required. Supervision of children is the responsibility of an adult.  
\$20.60 per hour

#### Hall Kids Party - Option 2

Rent a space for two hours with a party coordinator to organize games. Game time will be one hour, leaving one hour for cake and presents. We will provide basic decorations and you bring the food, refreshments, utensils, and supplies. We set up and clean up. Confirmation and payment must be made a minimum two days prior to party booking date. Third party liability insurance is required and supervision of children is the responsibility of an adult.  
10 children \$120  
Additional child \$6

#### Bowling Party - Option 3

Two lanes for one hour of bowling and one hour of cake time. We supply bowling shoes, a hot dog, juice, and chips for each child. Extra food will be sold at regular concession prices. We set up, clean up, and decorate. You bring the cake and goodie bags. Insurance is not required. Our Program Assistant will be on site and have care and control of the facility. Pinsetters will be provided.  
12 people \$155.30  
Additional person \$13

#### Bowling Party - Option 4

This option features everything outlined in Party Option 3, but also includes the use of four lanes instead of two.  
12 people \$180  
Additional person \$15

#### Party - Option 10

This 2 hour party in our dedicated and decorated birthday party space includes use of a play area with games, child-friendly equipment and access to our Pickleball court. This is an adult-supervised birthday party option. Children are not to be left unattended and are to be adult-supervised at all times. As an added feature, parents can request a party coordinator for one hour to lead fun games. You bring the food, refreshments, utensils, supplies, and goodie bags. We provide a gender-neutral decorated space with play equipment for little ones. We set up and clean up. Third party liability insurance is required. This party option is seasonal from Mar 18 - Sept 14.  
10 people \$90 | Additional person \$6  
Party coordinator \$30



#### Ice Skating Parties

Ice skating is available from August to May. Roller skating is available in June and July.

#### Skating Party - Option 5

Rent the ice by the hour and do your own thing. Third party liability insurance is required and supervision of children is the responsibility of an adult. We provide our curling lounge or warm room for one hour at no cost, clean up is your responsibility. Skate rentals extra.  
Youth \$83.19 per hour  
Adult \$152.59 per hour

#### Skating Party - Option 6

This option features everything outlined in Party Option 5, but also includes a supervisor so insurance is not required. Skate rentals extra.  
Youth \$117.20 per hour  
Adult \$191.60 per hour

#### Skating Party - Option 7

Rent the ice by the hour and we will provide a party coordinator to organize on-ice games and supervise. You bring food, refreshments, utensils, supplies, and goodie bags. We will set up, decorate, and clean up. This option includes one hour in the warm room or curling lounge. Skate rentals extra. Third party liability insurance is not required.  
Youth \$147.20 per hour  
Adult \$219.60 per hour

#### Skating Party - Option 8

A 2.5 hour party that includes 1.5 hours of floor hockey, indoor soccer, or roller skating and equipment. We supply a party coordinator to set up, decorate, and clean up. A hot dog, juice, and fries for each guest will be served in the warm room or curling lounge. Third party liability insurance is required and supervision of children is the responsibility of an adult.  
\$21 per person | Minimum 5 people

#### Skating Party - Option 9

A 3.5 hour party that includes public skating, skate rental, a hot dog, juice, and fries for each guest. Use of the curling lounge or a meeting room will be provided. You set up, decorate, and clean up. Third party liability insurance is required and supervision of children is the responsibility of an adult.  
\$16 per person | Minimum 5 people



## Island Savings Centre & South Cowichan Recreation

### Skating Party at ISC

**Available September - April**

Celebrate your birthday party on the ice during one of our Everyone Welcome Skates. This package includes admission and rentals for up to 15 children including the birthday star. Start on the ice and then head over to the party room where you will serve your own refreshments. This package does not include a party leader - parental supervision is required. Additional guests pay regular admission and rental rates. Please bring your own utensils and party supplies.

3 hours \$109

**Island Savings Centre**

### Sports Party at ISC

This party package includes fun sports and activities with our party leader, such as basketball, soccer, floor hockey, and dodgeball. Just let us know what you like! We can customize this package to fit all ages and needs. Price includes up to 15 children including the birthday star. Additional guests pay \$4 each. Parental supervision is required. Please bring your own utensils and party supplies.

2 hours \$109

**Island Savings Centre**

### Family Sports Party at ISC

This new party package, designed with families in mind, includes fun sports and activities with our party leader, such as basketball, soccer, floor hockey, and dodgeball. Just let us know what you like! We can customize this package to fit all ages and needs. Price includes up to 20 people including the birthday star. Additional guests pay \$4 each. Parental supervision is required. Please bring your own utensils and party supplies.

2 hours \$125

**Island Savings Centre**

To book a party at the Island Savings Centre, please contact Taylor Knowles at 250.746.3434 or [taylor.knowles@cvrd.bc.ca](mailto:taylor.knowles@cvrd.bc.ca) Custom packages are available. Please book two weeks in advance. Rental contract is required. No refrigeration services available. Please arrive no earlier than 30 minutes prior to your party's time.

### Kindergym Party at ISC

**Ages 1 - 4**

This birthday package includes an hour of fun activities with our party leader, including basic climbing, sports equipment, ride-on and push toys, playhouse, and more! Personalize your party by bringing your own games, music, and food. Price includes up to 15 children including the birthday star. Additional guests pay \$4 each. Parental supervision is required. Please bring your own utensils and party supplies.

2 hours \$109

**Island Savings Centre**

### Party in the SLCC Gym

**Available Saturdays and Sundays**

We will set up and provide an attendant to help you access the equipment you need during your gym time. Decorations and access to our kitchen are included. You bring your own food and serving dishes. After that, you are on your own for two hours to party! Great for team functions or children, tween, and teen parties. Space is limited, so contact us today at 250.743.1433 to reserve your date.

2 hours \$80 | Maximum 30 children

**Shawnigan Lake Community Centre**

### Games Leader Party at SLCC

Would you like to host a party but have someone else lead the games and sport activities? If so, book our birthday party leader to run the first hour of your party. For the second hour, you are on your own to have cake and gifts! You will have access to our kitchen so you may bring your own food and serving dishes. Leader will set up and put away equipment; however, you are still responsible for regular set up and clean up. Call us today at 250.743.1433 to reserve your date. Please book a minimum of 2 weeks prior to the party date to ensure leader availability.

Saturdays | 2:00 p.m. - 4:00 p.m.

2 hours \$130 | Maximum 20 children

**Shawnigan Lake Community Centre**



### Skating Party at Kerry Park

**Available Sundays August - March**

Leave the mess behind and have your next party with us! Prices start at \$150 for up to 10 children and include skating admission and rental skates during our family skating session. We also include one hour of room rental, meals, plates, cups, and cutlery. For a list of available dates and times, and to learn about meal selections, please call 250.743.5922.

Additional costs will be applied for additional guests/meals.

2.5 hours \$150

**Kerry Park Recreation Centre**

### Late Night Skating Party at Kerry Park

**Available August - March**

This late night glow in the dark skating party is geared for youth and teens ages 12 and up. Price includes 75 minutes of skating time, and 45 minutes of time in the warm room for cake and presents. Catering is available at an additional charge. We will turn out the arena lights and set up our disco lighting. A limited number of times are available beginning at 10:00 p.m. on Friday and Saturday evenings, contact us at 250.743.5922 today to reserve your date.

2 hours \$225 | Maximum 50 participants

**Kerry Park Recreation Centre**

# Arbutus Park Swim Lessons

Every summer, Cowichan Lake Recreation offers a variety of swimming lessons at beautiful Arbutus Park in Youbou. Our lessons are among the most affordable in the Cowichan Valley and our certified swim instructors will help your child refine their skills in a truly nostalgic setting.

Arbutus Park Swim Lessons	<b>Set A</b> <b>July 2 - 25</b> Tuesdays/Thursdays 8 Lessons	<b>Set B</b> <b>July 29 - Aug 16</b> Mon/Wed/Fri 8 Lessons *No class Aug 5	<b>Set C</b> <b>Aug 19 - 28</b> Monday - Friday 8 Lessons
	Please note that lessons do not run on weekends or statutory holidays.		
<b>Sea Otter &amp; Salamander</b>	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10521	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10619	3:00 p.m. - 3:30 p.m. 8 Lessons \$40 Code: 10632
<b>Sunfish, Crocodile &amp; Whale</b>	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10525	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10626	2:30 p.m. - 3:00 p.m. 8 Lessons \$40 Code: 10635
<b>Swim Kids 1</b>	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10543	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10651	2:00 p.m. - 2:30 p.m. 8 Lessons \$40 Code: 10684
<b>Swim Kids 2</b>	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10617	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10654	12:45 p.m. - 1:15 p.m. 8 Lessons \$40 Code: 10685
<b>Swim Kids 3 &amp; 4</b>	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10623	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10655	12:15 p.m. - 12:45 p.m. 8 Lessons \$40 Code: 10686
<b>Swim Kids 5 &amp; 6</b>	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10634	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10656	11:45 a.m. - 12:15 p.m. 8 Lessons \$40 Code: 10687
<b>Swim Kids 7 &amp; 8</b>	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10650	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10669	11:00 a.m. - 11:45 a.m. 8 Lessons \$48 Code: 10688
<b>Swim Kids 9 &amp; 10</b>	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10652	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10674	10:15 a.m. - 11:00 a.m. 8 Lessons \$48 Code: 10689



## Arbutus Park Lifeguard Schedule

Lifeguards are on-duty every day from Tuesday, July 2 until Thursday, August 29. The on-duty hours are 10:00 a.m. until 5:00 p.m. Monday through Friday, and 12:00 p.m. until 5:00 p.m. Saturday and Sunday.

## Arbutus Park Rules

Please help us provide a safe swimming environment by respecting our rules:

- Swimmers at Arbutus Park swim at their own risk.
- Lifeguards are not responsible to ensure that swimmers stay within their limits and abilities.
- Absolutely no inflatable devices in the water.
- Diving board is used at your own risk, one person at a time.
- Do not hang from or swim under diving board.
- No horseplay on or swimming under the dock.
- Children under 7 years of age must have an adult with them at all times.
- Please respect the rights of others.
- No alcohol or illegal substances in the park.
- No dogs on the beach. Animals must be on a leash.

## Red Cross Preschool Lessons



### Sea Otter

**Ages 3 - 5**

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.

### Salamander

**Ages 3 - 5**

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

### Sunfish

**Ages 3 - 5**

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.

### Crocodile

**Ages 3 - 6**

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.

### Whale

**Ages 3 - 6**

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



## Swim Lesson Awards & Summer Mini Carnival

**All Ages**

Join us for an evening of swim award recognition followed by our mini carnival. Plenty of games for kids with varying levels of difficulty.

Wednesday | Aug 28

6:00 p.m. | Swim Awards

6:30 p.m. - 7:30 p.m. | Carnival Games

FREE Admission

CLR - Youbou

## Red Cross Swim Kids



**Ages 6 - 12**

### Swim Kids 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

### Swim Kids 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted), and swim 10 metres continuously.

### Swim Kids 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

### Swim Kids 4

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling, and swim 25 metres continuously.

### Swim Kids 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

### Swim Kids 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

### Swim Kids 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry, and swim 150 metres continuously.

### Swim Kids 8

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

### Swim Kids 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

### Swim Kids 10

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet and head-first surface dives with underwater swim, and swim 500 metres continuously.





## Arena Drop-in Programs

All activities are subject to change due to ice availability.  
Dry floor activities run May 18 - July 12. Ice skating begins July 29; ice rentals begin July 27.  
Visit our skate shop for all your rental and skate sharpening needs!

Program	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daytime Roller Skating</b> May 21 - July 12	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.
<b>Public Roller Skating</b> May 17 - July 12	Free Roller Skating 3:30 p.m. - 4:50 p.m. May 27 - July 8 Closed May 20 & July 1				Public Roller Skating 6:30 p.m. - 7:50 p.m. May 17 - July 12
<b>Ball Hockey</b> May 21 - July 11		6:00 p.m. - 7:50 p.m.		6:00 p.m. - 7:50 p.m.	
<b>Ice Skating</b> Begins July 29	11:00 a.m. - 12:50 p.m. Closed Aug 5 - 16  Free Skate 3:30 p.m. - 4:50 p.m.	11:00 a.m. - 12:50 p.m.  July 30 time change: 11:00 a.m. - 12:20 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.	11:00 a.m. - 12:50 p.m.  Friday Night Skate 6:30 p.m. - 7:50 p.m. No session Aug 9
<b>Drop-in Hockey</b> Ages 16+		9:00 p.m. - 10:20 p.m. Begins Sept 3		9:00 p.m. - 10:20 p.m. Begins Sept 5	

**All activities are subject to change due to ice availability.**  
**Last day of ice activities May 17 - Dry floor activities begin May 27 until July 17**

## Admission Fees:

### Daytime Skate

12 & under	\$1.50
Adult 13+	\$2.75

### Drop-in Hockey

Skater	\$5.50
Goalie	FREE

### Friday Public Skate

Children	\$3.00
Teen	\$3.75
Adults	\$5.00
Senior	\$4.00
Family	\$12.00

### Skate Shop

Skate rental	\$2.75
Skate sharpening	\$5.50

## Arena Rules

Please help us maintain a safe environment by following these rules:

1. No food or beverages allowed on the ice.
2. Helmets are recommended but not provided.
3. Respect all skaters on and off the ice.
4. Alcohol is not permitted without a permit.
5. Full gear required for drop-in hockey (no contact).



**Head Instructor**  
**Steve Lingren**

# 48th Hockey School

## Traditional Hockey School

Join Steve Lingren for an exciting week of traditional hockey school. Open to boys and girls ages 6 - 14 years, this school will focus on skill development, power skating, conditioning, games, and more! Your fee includes 2.5 hours of ice time per day, 1 hour off-ice conditioning, hot lunch daily, and a CLR Hockey School jersey to take home. Register early to reserve your child's spot.

### Ages 6 - 8

Tuesday - Saturday | Aug 6 - 10  
Players 5 Days \$295 | Code: 7222  
Goalies 5 Days \$130 | Code: 7219  
**Cowichan Lake Sports Arena**  
Instructor: Steve Lingren

### Ages 9 - 10

Tuesday - Saturday | Aug 6 - 10  
Players 5 Days \$295 | Code: 7202  
Goalies 5 Days \$130 | Code: 7225  
**Cowichan Lake Sports Arena**  
Instructor: Steve Lingren

### Ages 11 - 14

Monday - Friday | Aug 12 - 16  
Players 5 Days \$295 | Code: 7228  
Goalies 5 Days \$130 | Code: 7227  
**Cowichan Lake Sports Arena**  
Instructor: Steve Lingren

## Power Skating

### Ages 6+

Sign up for one week of action-packed power skating with a focus on balance, power, agility, speed, and endurance. This program is designed to improve skating technique. The fee includes a CLR Hockey School jersey and 1.25 hours of ice time per day.

Monday - Friday | Aug 12 - 16  
5 Sessions: \$160 | Code: 7229  
**Cowichan Lake Sports Arena**  
Instructor: Steve Lingren

To register, call 250.749.6742, visit [www.cvrld.bc.ca](http://www.cvrld.bc.ca) or pick up a registration form at Cowichan Lake Sports Arena.

## Sunday Summer Drop-in Hockey

Get back in shape for the hockey season! Join us for drop-in hockey every Sunday in August. \$5.50 per skater. As always, goalies play free!

Sundays | Aug 4, 11, 18, 25  
Ages 6 - 10 11:00 a.m. - 12:20 p.m.  
Ages 11 - 15 12:30 p.m. - 1:50 p.m.  
Ages 16+ 2:00 p.m. - 3:20 p.m.  
**Cowichan Lake Sports Arena**





## Island Savings Centre Arena Schedule Effective August 10 - 29, 2019

Monday	Tuesday	Wednesday	Thursday	Saturday
Everyone Welcome 12:00 - 1:05 p.m.	Everyone Welcome 12:00 - 1:05 p.m.	Everyone Welcome 12:00 - 1:05 p.m.	Everyone Welcome 12:00 - 1:05 p.m.	Everyone Welcome 1:00 - 2:20 p.m.
Drop-in Hockey See times below		Drop-in Hockey See times below	Drop-in Hockey See times below	

For program updates and notifications please call us at 250.748.7529  
or visit our website [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

### Drop-in Hockey for Girls

#### Ages 12+

This recreational drop-in hockey program is a great opportunity for female players of all levels to get in some ice time before the season starts. Full equipment and CSA approved helmets are required. No slap shots or hitting and goalies play for FREE!

Thursdays | Aug 15 - 29

1:15 p.m. - 2:20 p.m.

Drop-in \$4 | Goalies FREE

**Island Savings Centre**

### Adult Drop-in Hockey

#### Ages 16+

This recreational drop-in hockey program is a great opportunity for players of all levels to participate twice a week. Full equipment and CSA approved helmets are required. No slap shots or hitting. Goalies play for FREE!

Mondays/Thursdays | Aug 12 - 29

8:30 p.m. - 9:50 p.m.

Drop-in \$7

**Island Savings Centre**

### Drop-in Hockey

#### Ages 8 - 18

This recreational drop-in hockey program is a great opportunity for players of all levels to get in some ice time before the season starts. Full equipment and CSA approved helmets are required. No slap shots or hitting and goalies play for FREE!

#### Ages 8 - 10

Mondays/Wednesdays | Aug 12 - 28

1:15 p.m. - 2:20 p.m.

Drop-in \$4 | Goalies FREE

**Island Savings Centre**

#### Ages 11 - 14

Mondays/Wednesdays | Aug 12 - 28

2:30 p.m. - 3:35 p.m.

Drop-in \$4 | Goalies FREE

**Island Savings Centre**

#### Ages 15 - 18

Thursdays | Aug 15 - 29

2:30 p.m. - 3:35 p.m.

Drop-in \$4 | Goalies FREE

**Island Savings Centre**

## Everyone Welcome Skates

### All Ages

Bring your family and friends to enjoy some quality time with great music. Admission is only a toonie! Shiny hockey may be offered at our supervisor's discretion. Players must bring their own stick, gloves, and helmet and youth 16 and under must have a CSA approved helmet with cage. Foam pucks provided.

Saturdays | Aug 10 - 24

1:00 p.m. - 2:20 p.m.

Admission \$2 | Rentals \$3

**Island Savings Centre**

Monday - Thursday | Aug 12 - 29

12:00 p.m. - 1:05 p.m.

Admission \$2 | Rentals \$3

**Island Savings Centre**

## Active Communities Learn to Skate Program



### Ages 4 - 12

This program is for children and youth who want to improve their skating in a fun and motivating way. The 10-level incentive program has been streamlined and designed so that any participant can have their accomplishments transferred to other Active Communities Programs. Skate rentals are included. All children must bring and wear a helmet and gloves. Prerequisite: Children must be comfortable on the ice without their parents.

### Ages 4 - 5

Fridays | Sept 13 - Oct 11

3:15 p.m. - 3:45 p.m.

5 Sessions \$40 | Code: 11353

**Island Savings Centre**

Fridays | Sept 13 - Oct 11

3:50 p.m. - 4:20 p.m.

5 Sessions \$40 | Code: 11354

**Island Savings Centre**

### Ages 6 - 12

Fridays | Sept 13 - Oct 11

3:15 p.m. - 3:45 p.m.

5 Sessions \$40 | Code: 11355

**Island Savings Centre**

Fridays | Sept 13 - Oct 11

3:50 p.m. - 4:20 p.m.

5 Sessions \$40 | Code: 11356

**Island Savings Centre**





## Physical literacy is the key to being **ACTIVE FOR LIFE**

### What is Physical Literacy?

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. (The International Physical Literacy Association, May 2014)

Physical activity is a lot more fun when we're physically literate. If we want children to be active for life, they need to develop physical literacy at a young age. Physicalliteracy.ca offers coaches, recreation professionals and health practitioners access to a wide range of resources that can help people become physically literate.

### What are Fundamental Movement Skills?

Fundamental movement skills are the foundation for an active life.

This list contains 25 fundamental movement skills which children can learn:

- |             |                     |                              |
|-------------|---------------------|------------------------------|
| ✓ Balancing | ✓ Kicking           | ✓ Striking with an implement |
| ✓ Catching  | ✓ Landing           | ✓ Striking with hand         |
| ✓ Climbing  | ✓ Rhythmic Movement | ✓ Swimming                   |
| ✓ Cycling   | ✓ Rotating          | ✓ Throwing                   |
| ✓ Dodging   | ✓ Running           | ✓ Trapping with an implement |
| ✓ Dribbling | ✓ Skating / Skiing  | ✓ Trapping with feet/body    |
| ✓ Hopping   | ✓ Skipping          | ✓ Tumbling                   |
| ✓ Jumping   | ✓ Sliding           | ✓ Walking                    |



This symbol denotes Physical Literacy based programs that focus on the development and enhancement of FUNdamental Movement Skills. These essential building blocks instill confidence that comes from skill competence and provides motivation to maintain a life-long attachment to sport, recreation and physical activity.



### Quality Physical Literacy Experience

#### Ages 15+

This Quality Physical Literacy Experience Workshop is Module 4 of the Physical Literacy Instructor Program. See page 55 for more information.

Thursday | June 13  
5:30 p.m. - 9:30 p.m.  
1 Session \$104.95 | Code: 6599  
**Island Savings Centre**  
Instructor: Sport for Life



**Physical Literacy Lives Here**



## Back to Skating Bash

Come out and celebrate our first public skate session of the season. Lots of on-ice games and prizes for everyone. This session is sponsored by Panago.

Wednesday | Aug 7  
6:00 p.m. - 7:15 p.m.  
Regular admission rates apply.  
**Kerry Park Recreation Centre**

## Summer Family Skating

Come and cool off in the rink this August. Everyone is welcome. One third of the ice may be used for shinny hockey at our supervisor's discretion (foam pucks). Helmets are required for those playing shinny hockey and gloves are strongly recommended.

Wednesdays | Aug 7 - 28  
6:00 p.m. - 7:15 p.m.  
**Kerry Park Recreation Centre**

Sundays | Aug 11 - Sept 1  
1:00 p.m. - 2:15 p.m.  
**Kerry Park Recreation Centre**

### Admission Rates

Adult 18+	\$5.00
Senior 50+	\$4.00
Student 13 - 17	\$4.00
Child 3 - 12	\$3.00
Family (Max. 2 adults, total 5 people)	\$12.00
Daytime Drop-in Hockey	\$5.00
Skate Rentals	\$2.75
Tape	\$2.50
Laces	\$3.00
Skate Sharpening	\$5.00

## Rink Rats Hockey Skills

### Ages 4 - 7

This session will give your child a chance to try hockey. Participants must already have basic skating skills. The focus will be on furthering skating skills and introducing basic hockey skills, including puck handling, positioning, and team play. CSA approved helmets are required and protective equipment is recommended.

Sundays | Aug 11 - Sept 1  
12:00 p.m. - 12:45 p.m.  
4 Sessions \$40 | Code: 12589  
**Kerry Park Recreation Centre**

Wednesdays | Sept 18 - Oct 16  
3:15 p.m. - 4:00 p.m.  
5 Sessions \$45 | Code: 12591  
**Kerry Park Recreation Centre**

## Power Skating

### Ages 6 - 14

This course is geared towards hockey players who want to take their game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control, and game stride are all part of this challenging and rewarding program. Full hockey gear is required. Six year olds must have played at least one year of hockey or be able to meet the skating requirements of the class (confidently skate forwards and backwards as well as attempt crossovers). The advanced session is for skaters that are playing at a level A or B of hockey or have taken at least two sets of Power Skating lessons with this instructor.

**Ages 6 - 10 | Novice & Atom**  
Thursdays | Sept 19 - Nov 21  
4:00 p.m. - 4:50 p.m.  
10 Sessions \$150 | Code: 12593  
**Kerry Park Recreation Centre**  
Instructor: Dennise Bowles

**Ages 9 - 10 | Atom (Advanced)**  
Thursdays | Sept 19 - Nov 21  
5:00 p.m. - 5:50 p.m.  
10 Sessions \$150 | Code: 12596  
**Kerry Park Recreation Centre**  
Instructor: Dennise Bowles

**Ages 11 - 14 | Peewee & Bantam**  
Thursdays | Sept 19 - Nov 21  
5:00 p.m. - 5:50 p.m.  
10 Sessions \$150 | Code: 12598  
**Kerry Park Recreation Centre**  
Instructor: Dennise Bowles

## Active Communities Learn to Skate Program



### Ages 4 - 12

This program is for children who want to improve their skating in a fun and motivating way. The 11-level program has been designed so that any participant can have their accomplishments transferred to other Active Communities Programs. Skate rentals are included. All children must bring and wear a helmet and gloves. Prerequisite: Children must be comfortable on the ice without their parents.

### Ages 4 - 5

Sundays | Aug 11 - Sept 1  
12:00 p.m. - 12:45 p.m.  
4 Sessions \$40 | Code: 12576  
**Kerry Park Recreation Centre**

Wednesdays | Sept 18 - Oct 16  
4:00 p.m. - 4:30 p.m.  
5 Sessions \$40 | Code: 12585  
**Kerry Park Recreation Centre**

### Ages 6 - 12

Sundays | Aug 11 - Sept 1  
12:00 p.m. - 12:45 p.m.  
4 Sessions \$40 | Code: 12583  
**Kerry Park Recreation Centre**

Wednesdays | Sept 18 - Oct 16  
4:00 p.m. - 4:30 p.m.  
5 Sessions \$40 | Code: 12584  
**Kerry Park Recreation Centre**

## Private Skating Lessons

These lessons are for those with little or no skating skills who want to learn the basics and become comfortable on the ice. All participants must wear a helmet.

### Private Lessons

30 minutes \$30 | 45 minutes \$40

### Semi Private Lessons

Price per person based on 2 or more  
30 minutes \$25 | 45 minutes \$30  
**Kerry Park Recreation Centre**

## Stay Informed...

Please call us at 250.743.5922 or check our website at [www.cvrld.bc.ca](http://www.cvrld.bc.ca) for the most up-to-date schedule information.

## Helmets

We strongly recommend that all skaters wear helmets. Please bring your own helmet from home. Kerry Park Arena does not provide helmets due to safety and hygienic reasons.



## Kerry Park Summer Hockey School



**Ages 8 - 10 (Born 2009 - 2011)**

Head instructor Aaron Spotts will combine technical instruction with fun scrimmage sessions in this exciting camp where players will have the opportunity to transfer practiced skills into game situations. Comprehensive coverage of fundamental hockey skills will be provided with an emphasis on stick handling, puck control, passing, skating technique, and fun. Each day will include 2.5 hours of ice time, dryland activities, and hot lunch. Fee also includes a hockey school jersey. Full gear is required.

Monday - Friday | Aug 12 - 16 | 8:30 a.m. - 2:00 p.m.

5 Days \$259 | Code: 10903

**Kerry Park Recreation Centre**

Instructor: Aaron Spotts

## Kerry Park Junior Player Development



**Ages 5 - 7 (Born 2012 - 2014)**

Join head instructor Aaron Spotts for these action-packed development sessions where the focus will be on having fun while developing the skills required to be a well-rounded hockey player such as skating, puck handling, and shooting fundamentals. Full gear is required.

Monday - Friday | Aug 12 - 16 | 10:15 a.m. - 11:35 a.m.

5 Sessions \$95 | Code: 10908

**Kerry Park Recreation Centre**

Instructor: Aaron Spotts

## Kerry Park Player Development



**Ages 11 - 14 (Born 2005 - 2008)**

Join head instructor Aaron Spotts for these intensive development sessions. The skills portion will include acceleration, stick checks, quick transitions, arm movement, sweep passing, shooting, flip passing, deflections, puck handling, area passing, shot blocking, and active stick. The skating portion will include forward skating, backward skating, four-stop method, power turns, forward and backward crossovers, agility, and balance. Full gear is required.

Monday - Friday | Aug 12 - 16 | 2:30 p.m. - 4:00 p.m.

5 Sessions \$105 | Code: 10909

**Kerry Park Recreation Centre**

Instructor: Aaron Spotts



**Aaron Spotts**  
**Head Instructor**

Born in Spokane, Washington, Aaron's junior hockey career started as a 15 year old in the KIJHL with the Spokane Braves. Aaron went on to play Junior 'A' in the BC Hockey League for the Cowichan Valley Capitals from 2003-2006. After his Junior hockey career, Aaron earned a NCAA scholarship to St. Scholastica in Duluth, MN. While attending St. Scholastica, Aaron double majored in Management and Marketing and was a member of the NCAA All Academic Team. After his senior year, Aaron signed his first professional contract with the Quad City Mallards of the Central Hockey League. Currently, Aaron has been Head Coach for the Kerry Park Islanders in the VIJHL for the last four seasons. Aaron brings high tempo drills that will help improve skating, puck control, and agility. He is passionate about developing young happy players and is committed to helping them reach the next level.



## Cowichan Lake Recreation

### Cowichan Rocks Summer's End Spiel

**Ages 15+**

Friday - Sunday | Sept 20 - 22 | Draws start at 4:00 p.m. Friday

Entry Fee \$280/team | \$60 non-refundable deposit/team required to hold your spot

Deadline to register is Sept 4 (firm) - no refunds for cancellations after this date

\*\*\*\*\*Camping is Back!\*\*\*\*\* see registration form for more details.

Entry includes: curling, spiel prizes, steak dinner & entertainment Saturday night; pancake breakfast Sunday morning; best costume contest; Shoot for Loot, nightly snacks & tons of fun!

"Open" mixed format - minimum 1 female / 1 male per team

Licensed Facility (note: U19 allowed in lounge until 10:00 p.m.)

Concession will be open.

Extra Add On Option: Texas Scramble Golf Tournament

Friday | Sept 20 | 9:00 a.m. shotgun start

\$45/team | Register for golf at: <https://marchmeadowsgolf.com/> under events tab

**FOR MORE INFORMATION:** Call 250.749.6742

or email [linda.blatchford@cvrld.bc.ca](mailto:linda.blatchford@cvrld.bc.ca) for a registration form.

Visit: [cvrld.bc.ca](http://cvrld.bc.ca)

[@mycvrld](https://twitter.com/mycvrld)

[facebook.com/mycvrld](https://facebook.com/mycvrld)



### Sneak Peek to Fall Curling Leagues and Programs. Please pay before you play.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday Mixed Doubles</b> <b>Ages 15+</b>  7:00 p.m. Oct 7 - Mar 9 21 weeks \$115 Full season; \$85 Half season (for snowbirds)  Oct 14 moved to Oct 17 Nov 11 moved to Nov 14 Feb 17 moved to Feb 20 No sessions Dec 23 & 30  Code: 11962	<b>Tuesday Afternoon Doubles League</b> <b>Ages 15+</b>  1:00 p.m. Oct 8 - Mar 10 21 weeks \$115 Full season; \$85 Half season (for snowbirds)  No sessions Dec 24 & 31  Code: 12067	<b>Wednesday Open Curling</b> <b>Ages 15+</b>  7:00 p.m. Oct 2 - Mar 4 21 weeks \$235 Full season  No sessions Dec 25 & Jan 1  Code: 11966	<b>Junior Curling</b> <b>Ages 7 - 15</b>  5:00 p.m. - 6:00 p.m. Nov 7 - Dec 5 5 Sessions \$35 Code: 11967  5:00 p.m. - 6:00 p.m. Feb 6 - Mar 5 5 Sessions \$35 Code: 11969	<b>Family Drop-in Social Curling</b> <b>All Ages</b>  6:30 p.m. - 8:30 p.m. Nov 1 - Dec 13 & Jan 10 - Mar 13 Drop-in \$3 per person, per visit No session Dec 6  No experience necessary; House equipment available for use  Licensed Facility Concession open Friday evenings

**\*Curlers who register for two or more leagues will receive a \$20 in-house credit**

Curling Ice Rental: Cowichan Lake Recreation's curling ice is available for rent, or practice ice slots, please contact our office to check availability and rental rates. For more information call 250.749.6742.

## Take a trip down memory lane - Come visit Historic Youbou Lanes

You can bowl 5-pins or 10-pins at Youbou Lanes, the only hand-set bowling alley in Canada sanctioned for 10-pin leagues and tournaments.

This historic, beautifully maintained four-lane bowling alley, built in 1951, takes you back to the time of hand-set pins. The lanes and much of the equipment are original from the time of installation, but Youbou Lanes keeps up with the times, offering Rock 'n Glow bowling and a licensed facility.



Spring / Summer Schedule	
Friday	Saturday
<b>Family Bowling</b> All Ages 6:30 p.m. - 9:30 p.m. Ongoing - June 28 Resumes Sept 6	<b>Adult Bowling</b> Ages 19+ 7:30 p.m. - 10:30 p.m. Ongoing - June 22 Resumes Sept 7
<b>Loonie Night</b> All Ages 6:30 p.m. - 9:30 p.m. May 4 & June 7 \$1 per game Shoes \$1	<b>Toonie Night</b> Ages 19+ 7:30 p.m. - 10:30 p.m. May 18 & June 15 \$2 per game Shoes \$1
Adults \$3.75   Child \$2.50 per game Shoes \$1 Locker Rental - \$10 per season Lane Reservation Fee - \$5.50 (Not on Loonie or Toonie nights)  There is no public drop-in bowling in July or August, but group rentals are available. Give us a call!	

## Bowling Leagues Resume in September

**Sunday Night Mixed 10-pin** | Oct 20 to Dec 8 | 7 weeks \$70

**Tuesday Night Men's 10-pin** | Nov 5 to Dec 10 | 6 weeks \$60

**Thursday Night Ladies 10-pin** | Sept 19 to Nov 28 | 11 weeks \$110

Look for Youbou Lanes special events in the fall!

## Bowling Birthday Parties

### Option 3

Two lanes for one hour of bowling and one hour of cake time. We supply bowling shoes, a hot dog, juice, and chips for each child. Extra food will be sold at regular concession prices. We set up, clean up, and decorate. You bring the cake and goodie bags. Insurance is not required. Our Program Assistant will be on site and have care and control of the facility. Pinsetters will be provided.

12 people \$155.30

\$13 per additional person

**CLR - Youbou Bowling Alley**

### Option 4

Option 4 - This option features everything outlined in Party Option 3, but also includes the use of four lanes instead of two.

12 people \$180

\$15 per additional person

**CLR - Youbou Bowling Alley**

Call 250.749.6742 for more details and to check availability.

## Rentals

We rent the lanes by the hour and you do the rest. Prices include shoe rentals and GST.

Number of Lanes	1 hour	2 hours	3 hours	4 hours
1	\$73.20	\$115.67	\$155.95	\$198.39
2	\$80.63	\$124.13	\$164.44	\$205.81
3	\$99.72	\$152.77	\$206.88	\$259.92
4	\$107.15	\$161.26	\$215.36	\$268.41



## Summer Fun at Play & Learn

### Ages 3 - 4



Learn through play in a clean, safe, nurturing early learning environment at the Cowichan Lake Recreation Play & Learn program. This program is designed to introduce children to an early learning environment. Self-care and independence will be taught and encouraged, as children build their confidence and self-esteem outside the home. Play with friends in an environment where a cooperative spirit is encouraged. This program incorporates spontaneous self-directed play and exploration as well as planned and organized activities in a comfortable and relaxed environment that is conducive to positive learning. Children may be registered at 3 years of age or one month prior to their third birthday. Children must be completely toilet trained, no pull ups. Come Play & Learn with us! Sign up now! Only 8 spots, no drop-ins available for the Summer program. Parent participation may be required.

Tuesdays/Wednesdays/Thursdays | Aug 6 - 29  
9:00 a.m. - 11:00 a.m. | Code: 11286

**Cowichan Lake Sports Arena - Playschool Room**

Instructor: Tracey Johnson

Fees per 4 week program:

1 Day per week \$28, 2 Days per week \$56, 3 Days per week \$84

## Play & Learn

### Meet and Greet

Come in and check out our fun-tastic early learning zone for the fall season. This is a great opportunity for parents and toddlers to explore our facility, get a head start on registering and filling out registration forms, and meet our instructors! Please bring your child's Care Card number.

Wednesday | Sept 4  
5:00 p.m. - 7:00 p.m.

**Cowichan Lake Sports Arena - Playschool Room**



## Child Health Clinics

At our Child Health Clinics, Public Nurses are available to discuss health information, weigh and measure your children, discuss and provide immunizations, and answer your questions. For appointments, please call the Health Unit at 250.709.3050.

Tuesdays | 9:30 a.m. - 12:00 p.m.

**Shawnigan Lake Community Centre**

## Drop-in Activities

### Healthy Beginnings

#### Drop-ins are welcome

This free program brought to you by Island Health takes place every Thursday morning. Moms, dads, and grandparents are welcome! Each program includes guest speakers, snacks, and many excellent topics geared towards parenting babies and toddlers. Child minding for older siblings is available. No meetings on stat holidays.

#### Infant and Toddler (newborn - 3 years)

Thursdays | 10:30 a.m. - 11:30 a.m.

**Shawnigan Lake Community Centre**

No session May 24

### Toonie Tots Drop-in

#### Ages 0 - 4

This is where the action is, rain or shine! We set it up and you play. Come meet other parents and friends in your community. Parent or caregiver must accompany child at all times.

Tuesdays/Thursdays | May 6 - June 27  
9:00 a.m. - 11:00 a.m.

Drop-in \$2 per tot or \$5 per family

10 Visit Punch Pass \$20

**Shawnigan Lake Community Centre**

### Kindergym

#### Ages 1 - 5

Does your little one have an extreme amount of energy in the morning? We have just the solution! Join us for endless fun as we bring out our preschool equipment for your little ones to burn off some energy. The emphasis is on fun and letting your child explore and improve their motor skills! Parent participation required.

Wednesdays | July 3 - Aug 28  
9:30 a.m. - 11:00 a.m.

10 Visit Punch Pass \$40 or Drop-in \$5

**Island Savings Centre**



## Fun with Learning

### Little Carpenters

#### Ages 3 - 4

Let your preschooler come and build. Children will have an opportunity to practice carpentry skills with real tools, use their creativity, and build their very own project to take home at the end of the program. Parent participation required.

Thursdays | May 2 - 16

10:30 a.m. - 11:15 a.m.

3 Sessions \$33 | Code: 11041

**Shawnigan Lake Community Centre**

Instructor: Lindsay Nash

### Chatter Bugs

#### Ages 4 - 6

This fun course is designed to practice how the sounds of letters and syllables give rise to words. It targets specific skills which are appropriate for children who are pre-readers or children who have acquired some reading skills, but would benefit from additional support. Activities are highly interactive, non-competitive, and FUN! Listen for the clues of letter sounds to form alphabet letters with your body on floor mats, and watch the "magical" magnetic wand clear the game board on the table.

#### FREE Trial

Tuesday | May 14

3:30 p.m. - 4:15 p.m.

1 Session FREE | Code: 13388

**Island Savings Centre**

Instructor: Colette Vaisius

Tuesdays/Thursdays | May 21 - June 13

3:30 p.m. - 4:15 p.m.

8 Sessions \$72 | Code: 13314

**Island Savings Centre**

Instructor: Colette Vaisius

Tuesdays/Thursdays | Aug 20 - 29

9:30 a.m. - 10:15 a.m.

4 Sessions \$36 | Code: 13315

**Island Savings Centre**

Instructor: Colette Vaisius

### Fun with German

#### Ages 3 - 6

Join us for a fun time while you start to learn German with the ABRAKADABRA play based curriculum. We will be exploring German through circle time, games, songs, crafts, and stories. This is a small group setting for optimal learning and fun.

Wednesdays | May 22 - June 12

3:00 p.m. - 3:45 p.m.

4 Sessions \$44 | Code: 13181

**Shawnigan Lake Community Centre**

Instructor: Susan Pelný

## Music and Dance

### Parent & Child Dance

#### Ages 18 - 24 months

This class is designed to encourage your little one to join in and have fun while dancing with you and others. It is a wonderful introduction to dance in a warm and nurturing environment. Parent participation required.

Mondays | May 27 - June 24

10:00 a.m. - 10:30 a.m.

5 Sessions \$37.50 | Code: 11598

**Shawnigan Lake Community Centre**

Instructor: Stephanie Ruddell

### Let's Dance - Moms and Tots

#### Ages 2 - 3

This is a beginner dance program designed to get you and your toddler moving to music with fun step by step instructions.

Thursdays | May 23 - June 27

4:00 p.m. - 4:45 p.m.

6 Sessions \$45 | Code: 12072

**Cowichan Lake Sports Arena**

Instructor: Cathy Mylrea

### Creative Dance

#### Ages 3 - 4



Introduce your child to dance in this creative and imaginative class where we will explore movement possibilities that are developmentally appropriate for each child. We will dance our way through class using imaginative stories and sensory rich props, to a variety of music in a warm and playful environment.

Mondays | May 27 - June 24

10:30 a.m. - 11:00 a.m.

5 Sessions \$37.50 | Code: 11597

**Shawnigan Lake Community Centre**

Instructor: Stephanie Ruddell



Thinking of a career in Child Care? You are Not Alone! Cowichan Valley Child Care Resource and Referral program (CCRR) is your partner for success! Contact the CCRR for help navigating regulations and grants, access to workshops, toys and much more!

Are you looking for child care? The CCRR also helps families find child care, apply for the Affordable Child Care Benefit, and access child care related community resources.

A program of Clements Centre in Duncan

Phone: 250-746-4135 Ext 231

Email: cbarclay@clementscentre.org

Website: [www.vancouverislandccrr.ca](http://www.vancouverislandccrr.ca)

Funded by the Province of BC.



## Rhythm Is A Dancer

**Ages 3 - 4**



This is a perfect opportunity to introduce your child to the world of ballet, jazz and much more! Please wear comfortable clothing and tie up long hair.

Tuesdays | May 21 - June 25  
3:00 p.m. - 3:45 p.m.  
6 Sessions \$45 | Code: 12071  
**Cowichan Lake Sports Arena**  
Instructor: Cathy Mylrea

## Dance Discovery

**Ages 4 - 6**

Discover your own style, personality and attitude through Dance Discovery. We will explore different styles of dance, including ballet, jazz, hip hop, musical theatre, and more. We will learn the basics and put together choreographed dances. Please wear comfortable clothing and footwear.

Monday - Friday | Aug 19 - 23  
9:00 a.m. - 11:00 a.m.  
5 Sessions \$60 | Code: 11946  
**Island Savings Centre**  
Instructor: Ricki-Lee Allison

## Jump into Music

**Ages 6 months - 4 years**

This one-of-a-kind music and movement program engages, educates, and entertains parent and child on a musical journey around the world. It stimulates brain/body through diverse activities, creating a well-rounded experience! A great way for families to bond, gain exposure to musical rudiments and cultures. New families are welcome to enjoy a FREE trial class any time! For more information call the instructor/owner Orith at 778.835.4541, or visit [www.jumpintomusic.ca](http://www.jumpintomusic.ca). Parent participation required. Register in person before the session starts for a 10% discount, or for a 25% sibling discount.

Wednesdays | May 22 - June 12  
10:00 a.m. - 10:50 a.m.  
4 Sessions \$48 | Code: 11042  
**Shawnigan Lake Community Centre**  
Instructor: Orith Horwitz

Wednesdays | June 26 - July 31  
10:00 a.m. - 10:50 a.m.  
6 Sessions \$72 | Code: 11043  
**Shawnigan Lake Community Centre**  
Instructor: Orith Horwitz

Thursdays | June 27 - Aug 1  
10:00 a.m. - 10:50 a.m.  
6 Sessions \$72 | Code: 12084  
**Island Savings Centre**  
Instructor: Orith Horwitz

Wednesdays | Aug 7 - 28  
10:00 a.m. - 10:50 a.m.  
4 Sessions \$48 | Code: 12661  
**Shawnigan Lake Community Centre**  
Instructor: Orith Horwitz

Thursdays | Aug 8 - 29  
10:00 a.m. - 10:50 a.m.  
4 Sessions \$48 | Code: 12085  
**Island Savings Centre**  
Instructor: Orith Horwitz

Drop in \$14 per class if space available

## Sports and Movement

### Yogi Bears

**Ages 3 - 5**

This is a fun and interactive class that facilitates individual development for each child. This class encourages children to joyfully connect to and understand themselves through playful yoga-inspired movement in songs, stories, and games with an element of breath work to help learn to relax themselves; building on mental, physical and emotional well-being through creative movement and imagination.

Wednesdays | May 15 - June 19  
3:30 p.m. - 4:30 p.m.  
6 Sessions \$48 | Code: 6730  
**Shawnigan Lake Community Centre**  
Instructor: Lia McLeod

### British Soccer Camp

#### TinyTykes



**Ages 3 - 4**

This is a friendly low-key introduction to the basics of soccer through ball familiarization, games, and FUN! British Soccer professionals patiently encourage players to take their first steps in soccer in a way your child will love. All registrants will receive a FREE ball and a t-shirt. Register by June 29 and also receive a free soccer jersey.

Monday - Friday | July 29 - Aug 2  
9:00 a.m. - 10:00 a.m.  
5 Sessions \$89 | Code: 9738  
**Cowichan Sportsplex**

Monday - Friday | July 29 - Aug 2  
10:15 a.m. - 11:15 a.m.  
5 Sessions \$89 | Code: 9740  
**Cowichan Sportsplex**

### Bike Rodeo

**Ages 3 - 12**

Parks and Recreation is teaming up with Will Arnold from Experience Cycling and South Cowichan Community Policing for an informative and fun afternoon all about bikes. Ride your bike through our bike wash, decorate your bike, learn about bike maintenance, make a bike craft and ride through our circuit.

Sunday | May 26  
11:00 a.m. - 2:00 p.m.  
FREE Admission  
**Kerry Park Recreation Centre**

## Physical Literacy

This symbol denotes Physical Literacy based programs that focus on the development and enhancement of FUNDamental Movement Skills. These essential building blocks instill confidence that comes from skill competence and provides motivation to maintain a life-long attachment to sport, recreation and physical activity.



## British Soccer Camp TinyTykes Lions



**Ages 4 - 6**

This camp is a unique way for youngsters to learn the fundamentals of soccer. Fun games, competitions, and challenging skill-building activities that are taught in small groups by British Soccer professionals will captivate and enlighten your child. All registrants will receive a FREE ball and a t-shirt. Register by June 29 and also receive a free soccer jersey.

Monday - Friday | July 29 - Aug 2  
11:30 a.m. - 1:00 p.m.  
5 Sessions \$118 | Code: 9744  
**Cowichan Sportsplex**

## Little Bogeys Golf



**Ages 4 - 6**

This program is an ideal way to start your little one in the game of golf. These 45-minute sessions are filled with fun games and basic instruction in a safe environment. Classes will be taught by GBC Golf Academy professionals, using S.N.A.G. golf. For more information on the S.N.A.G. product please visit [www.snagcanada.com](http://www.snagcanada.com)

Wednesdays | May 1 - 22  
4:30 p.m. - 5:15 p.m.  
4 Sessions \$68.25 | Code: 6355  
**Arbutus Ridge Golf Club**

Wednesdays | June 5 - 26  
4:30 p.m. - 5:15 p.m.  
4 Sessions \$68.25 | Code: 11647  
**Arbutus Ridge Golf Club**

Wednesdays | July 3 - 24  
4:30 p.m. - 5:15 p.m.  
4 Sessions \$68.25 | Code: 11648  
**Arbutus Ridge Golf Club**

Wednesdays | Aug 7 - 28  
4:30 p.m. - 5:15 p.m.  
4 Sessions \$68.25 | Code: 11649  
**Arbutus Ridge Golf Club**

Wednesdays | Sept 4 - 25  
4:30 p.m. - 5:15 p.m.  
4 Sessions \$68.25 | Code: 11650  
**Arbutus Ridge Golf Club**

## World Cup Soccer Summer Camp



**Ages 4 - 5 | Ducks**

This professionally developed program will hype you up! Former European Pros and National Level coaches will provide skills, drills, mini games, and fun competition. Bring your water bottle and protective sun gear.

Monday - Friday | July 15 - 19  
9:30 a.m. - 10:30 a.m.  
5 Sessions \$49 | Code: 10954  
**KPRC - Sports Fields**

Monday - Friday | July 29 - Aug 2  
9:30 a.m. - 10:30 a.m.  
5 Sessions \$49 | Code: 10959  
**Shawnigan Hills Athletic Park**

Monday - Friday | Aug 19 - 23  
2:00 p.m. - 3:00 p.m.  
5 Sessions \$49 | Code: 10963  
**KPRC - Sports Fields**

## Soccer Camp



**Ages 5 - 10**

Kick off your summer with an exciting week of soccer camp! Put on your runners and shin pads, bring your water bottle, hat and sunscreen. Rain or shine, this soccer camp will boost your confidence with ball handling, soccer skills, and new drills while playing soccer and being part of a team.

Monday - Friday | July 15 - 19  
10:00 a.m. - 11:00 a.m.  
5 Sessions \$30 | Code: 11203  
**CLR - Dobie Somerville  
Soccer Field**  
Instructor: Rob McFarlane

## New - Playbox at Coverdale Watson Park



### What is a Playbox?

We are excited that you are ready to PLAY! Our Playbox contains equipment that your kids can enjoy playing with at Coverdale Watson Park. Simply unlock the box, enjoy the gear, and return it when you're finished.

### How do I access the Playbox?

You'll need a code to get into the box. To request the code, call Kerry Park Recreation Centre or email [playbox@cvrd.bc.ca](mailto:playbox@cvrd.bc.ca). Once you receive the code, turn the tumblers to those numbers and press the lock in. When you are done, just close the lid, change the tumblers on the lock, and press the lock in. We will be adding equipment to the Playbox as we go!





## Summer Camps

Day Camps	July 2 - 5	July 8 - 12	July 15 - 19	July 22 - 26
<b>SLCC</b>	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12
<b>ISC</b>	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10
<b>KPRC</b>	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11
<b>KPRC / ISC</b>	Byte Camp - Intro to Coding KPRC - Ages 9 - 11			Byte Camp - 3D Animation ISC - Ages 11 - 14
<b>ISC</b>	Mad Science Camp ISC - Ages 6 - 9	Lego Animation Camp ISC - Ages 8 - 14	Tech & Engineering for Girls ISC - Ages 8 - 14	Dance Camp ISC - Ages 7 - 12
<b>Offsite</b>	Mountain Biking Camp Cobble Hill - Ages 10 - 14			Mountain Biking Camp Mt Tzouhalem - Ages 10 - 14
<b>ISC</b>			Sports Camp ISC - Ages 9 - 13	Girls on the Move ISC - Ages 9 - 13
<b>SLCC</b>	Kayaking Camp SLCC - Ages 8 - 12			
<b>Half Day Camps</b>	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14
<b>ISC</b>	Hoop Camps ISC - Grades 1 - 12	Lacrosse Camps ISC - Ages 6 - 8, 9 - 16		
<b>ISC</b>	Mad Science Camp ISC - Ages 6 - 9	Portals Art Camp ISC - Ages 6 - 12		
<b>Offsite</b>		Tennis Camp Maple Bay - Ages 6 - 9	Tennis Camp Maple Bay - Ages 9 - 12	Tennis Camp Maple Bay - Ages 12 - 15
<b>SLCC</b>			Judo Camp Mill Bay - Ages 7 - 13	
<b>SLCC</b>			World Cup Soccer Camp SLCC - Ages 6 - 12	

Free Drop-in Parks Programs Ages 3 - 5 years and 6 - 12 years, see pages 33 - 34



## At a Glance

July 29 - Aug 2	Aug 6 - 9	Aug 12 - 16	Aug 19 - 23	Aug 26 - 30
Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12	Licensed Childcare - SLCC Ages 3 - 5, 5.5 - 8, 9 - 12
Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10	Summer Explorers ISC - Ages 6 - 10
Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11	Adventure Camp KPRC - Ages 6 - 11
Byte Camp - Claymation ISC - Ages 9 - 12	Byte Camp - 3D Animation KPRC - Ages 9 - 11	Byte Camp - Music Video ISC - Ages 9 - 12		Byte Camp - 2D Video Game ISC - Ages 11 - 14
		Mad Science Camp ISC - Ages 6 - 9	Lego & Lego Robotics ISC - Ages 8 - 14	
	Mountain Biking Camp Cobble Hill - Ages 10 - 14	Mountain Biking Camp Mt Tzouhalem - Ages 10 - 14		
		Girls on the Move ISC - Ages 9 - 13	Sports Camp ISC - Ages 9 - 13	
Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14	Golf & Tennis Camp Arbutus Ridge - Ages 6 - 14
British Soccer Camp ISC - Ages 6 - 13	Jr. Sports Camp ISC - Ages 6 - 9		Dance Discovery ISC - Ages 4 - 6	Wrestling Camp ISC - Ages 8 - 14
	Portals Art Camp ISC - Ages 6 - 12	Mad Science Camp ISC - Ages 6 - 9		
World Cup Soccer Camp SLCC - Ages 6 - 12			World Cup Soccer Camp SLCC - Ages 6 - 12	

Free Drop-in Parks Programs Ages 3 - 5 years and 6 - 12 years, see pages 33 - 34

## Licensed Preschool Summer Camps

### Ages 3 - 5

Join our E.C.E. certified teacher, Karen, for loads of fun this summer. Enjoy weekly themed camps that will keep your little one active and entertained! Children will participate in circle time, finger plays, music and movement, centre play, free play, outdoor activities, and arts and crafts. Please remember to pack a healthy, nut-free snack, plenty to drink, and sunscreen and a hat for outdoor play. Children must be toilet trained to attend camp. Please note that this is a Licensed Care Program and you are required to fill out the Licensed Preschool registration forms. Forms must be submitted prior to the first day of camp.

### SLCC - Elsie Miles Annex

#### Licensed Childcare Withdrawal Policy:

Withdrawals must take place a minimum of two (2) weeks prior to the start date in order to receive a refund. If you choose to withdraw less than two weeks in advance and we are unable to fill your space with waitlisted participants, no refunds will be issued. All withdrawals are subject to a \$5 administration fee.

## All Around the Town

Join our teachers for a Community Helpers themed week of fun. Learn all about the people and places in our community. Enjoy lots of arts and crafts, active play, songs and stories. A great way to start off summer and get your preschooler ready for Kindergarten!

Monday - Friday | July 8 - 12  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$80 | Code: 14080  
**SLCC - Elsie Miles Annex**



## Sunshine Surprises

Children will explore undersea creatures and sandcastle fun. Sunny weather is celebrated all week long. Try our lemonade stand and Ice Cream Shoppe imaginative play centres. Enjoy art, crafts, stories and songs.

Monday - Friday | July 15 - 19  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$80 | Code: 14081  
**SLCC - Elsie Miles Annex**

## Wiggles & Giggles

Join Karen for a week filled with laughter and extreme silliness. Kids will be giggling through our story times, songs and circle activities. Movement games, finger plays and a dance party will take centre stage. This week is sure to have your little one smiling.

Monday - Friday | July 22 - 26  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$80 | Code: 14082  
**SLCC - Elsie Miles Annex**

## Forest Friends

Deer, squirrels, owls, and bears are just a few of the forest friends we will be exploring. Stories, games and circle time will have your preschooler engaged and happy. Arts, crafts, and felt stories will be forest animal themed. Join us for a walk through the enchanted forest.

Monday - Friday | Aug 12 - 16  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$80 | Code: 14083  
**SLCC - Elsie Miles Annex**

## Nursery Rhyme Time

Join Karen for one last week of Preschool Summer Camp! Slap on the sunscreen, throw on your shades - we're heading on a Nursery Rhyme adventure! Painting, crafting, and felt stories are all on the agenda. Kids will love our lively active circle times and outdoor play.

Monday - Friday | Aug 19 - 23  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$80 | Code: 14084  
**SLCC - Elsie Miles Annex**



## Rascals Camp Licensed Childcare

**Ages 5.5 - 8**

For campers that have completed kindergarten, grade 1, and grade 2 this school year.

Time: 9:00 a.m. - 4:00 p.m.

Weekly Cost: \$160

Drop-ins: \$40 per day

No camp July 1, Aug 5

**SLCC - Elsie Miles Annex**

### Registration:

Please call to register, online registration is not available for these camps.

### Pre or Post-camp Care:

Pre-care: 7:00 a.m. - 9:00 a.m.

\$5/day or \$20/week per child

Post-care: 4:00 p.m. - 6:00 p.m.

\$5/day or \$20/week per child

### Please remember to pack:

A large lunch (with ice pack), plenty to drink, a hat, sunscreen, swim suit, and towel each day.

Out-trips are subject to change due to booking availability.

### Licensed Care Withdrawal Policy:

Withdrawals must take place a minimum of two (2) weeks prior to the start date in order to receive a refund. If you choose to withdraw less than two weeks in advance and we are unable to fill your space with waitlisted participants, no refunds will be issued. All withdrawals are subject to a \$5 administration fee.

## Bugging Out

Jump into summer with a short week of summer camp fun. Rascal Campers will board the bus for Victoria to visit the Bug Zoo. A lesson from a naturalist at Morrell Sanctuary is also planned. Swimming and crafts will fill up our week.

Tuesday - Friday | July 2 - 5

9:00 a.m. - 4:00 p.m.

4 Days \$130 | Code: 12802

**SLCC - Elsie Miles Annex**

No camp July 1

## Outdoor Escapes

Rascals Campers will be in for a week filled with outdoor excursions. Adventures to Witty's Lagoon, Fort Rodd Hill and Beacon Hill Park & Petting Zoo are planned. Be sure to bring your swim stuff too.

Monday - Friday | July 8 - 12

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 11915

**SLCC - Elsie Miles Annex**

## Monkey Business

Join us for a week of non-stop action and organized chaos. Board the bus for games and hiking at Bright Angel Park and a crazy fun day at Jumping Jiminy's. Rascals will also get to burn off some energy at Transfer Beach and go swimming at the Government Wharf.

Monday - Friday | July 15 - 19

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12793

**SLCC - Elsie Miles Annex**

## Nature's Wonders

Rascals will be busy with outdoor investigating all week. Join us for a trip to the Discovery Forest Museum in Duncan. We will head to Glenora Park for games and a nature scavenger hunt. Also planned is a trip to Swan Lake Sanctuary for a program with a naturalist.

Monday - Friday | July 22 - 26

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12805

**SLCC - Elsie Miles Annex**

## Creature Feature

It is a creature craze this week at Rascal Camp. We will head to Duncan to visit the Birds of Prey and to the Victoria Butterfly Gardens. A nature walk and exploration at Goldstream Park is also planned.

Monday - Friday | July 29 - Aug 2

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12819

**SLCC - Elsie Miles Annex**

## Flip Flops

This week is crazy! Join in the chaos on our trip to the crowd favourite - Jumping Jiminy's. Rascals will board the bus and head to Ladysmith for playground madness at Transfer Beach. Swimming is also planned this week.

Tuesday - Friday | Aug 6 - 9

9:00 a.m. - 4:00 p.m.

4 Days \$130 | Code: 12813

**SLCC - Elsie Miles Annex**

No camp Aug 5

## All Sorts of Sports

This week Rascals are exploring all things sports! Lace up your runners, grab your water bottle and get ready for some non-stop heart pumping fun! Trips to Crusher Combat in Langford, mini golfing, and bowling are all planned. Swimming is also on our agenda.

Monday - Friday | Aug 12 - 16

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12905

**SLCC - Elsie Miles Annex**

## Watered Down

Slap on the sunscreen, this week is water frenzy! Join us for seaside adventures at Gyro Beach and Cowichan Bay. A trip to the Shaw Ocean Discovery Centre is also planned and a day at the Nanaimo Water Park will leave us soaked with fun! Swimming is also on the agenda.

Monday - Friday | Aug 19 - 23

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13041

**SLCC - Elsie Miles Annex**

## Crazy Chaos

Rascals will send off summer in style. One more week of camp will keep your mind off school. Trips to Transfer Beach and local playgrounds are planned. Finish off the summer with a wrestling tutorial from Nick Zuback from the Cowichan Valley Wrestling Club and a Judo lesson from Michael Turner. Swimming too!

Monday - Friday | Aug 26 - 30

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13045

**SLCC - Elsie Miles Annex**

## Seniors Camp Licensed Childcare Ages 8 - 12

For campers who have completed grades 3, 4, 5, and 6 this school year.

Time: 9:00 a.m. - 4:00 p.m.  
Weekly Cost: \$160  
Drop-ins: \$40 per day  
No camp July 1, Aug 5  
**SLCC - Elsie Miles Annex**

### Registration:

Please call to register, online registration is not available for these camps.

### Pre or Post-camp Care:

Pre-care: 7:00 a.m. - 9:00 a.m.  
\$5/day or \$20/week per child  
Post-care: 4:00 p.m. - 6:00 p.m.  
\$5/day or \$20/week per child

### Please remember to pack:

Please pack a large lunch (with ice pack), plenty to drink, a hat, sunscreen, swim suit, and towel each day!

Out trips are subject to change due to booking availability.

### Licensed Childcare

#### Withdrawal Policy:

Withdrawals must take place a minimum of two (2) weeks prior to the start date in order to receive a refund. If you choose to withdraw less than two weeks in advance and we are unable to fill your space with waitlisted participants, no refunds will be issued. All withdrawals are subject to a \$5 administration fee.

## Sunnyside Up

We will kick off summer with all sorts of fun this week. Join us for bowling, roller skating and an adventure at Bright Angel Park. Pack your swim suits every day for swimming. Please bring a helmet and socks on Wednesday for roller skating. Socks are required for bowling on Thursday.

Tuesday - Friday | July 2 - 5  
9:00 a.m. - 4:00 p.m.  
4 Days \$130 | Code: 13048  
**SLCC - Elsie Miles Annex**  
No camp July 1

## Hills and Thrills

Shawnigan Lake Senior Summer Camp will be breaking a sweat this week. Find your inner Zen during our yoga lesson, keep up the pace with hiking Cobble Hill Mountain, and conquer the rock wall at Boulder's Climbing Gym. Waiver must be signed for rock climbing Thursday.

Monday - Friday | July 8 - 12  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 13051  
**SLCC - Elsie Miles Annex**

## Creatures Big and Small

It is an absolute creature feature week. This week is filled with mysteries in nature. Hold a tarantula at the Bug Zoo in Victoria, visit the goats at Beacon Hill, and journey through the wilderness at Morrell Nature Sanctuary. This week is sure to amaze. Swimming is also in our plan.

Monday - Friday | July 15 - 19  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 13054  
**SLCC - Elsie Miles Annex**

## Wild Life

This week has us soaring. Watch the birds of prey take flight at Pacific Northwest Raptors and sneak a peek at the baby black bears in their natural habitat at Errington Wildlife Reservation. Campers will also escape to Witty's Lagoon for the day. Swimming is also planned throughout the week.

Monday - Friday | July 22 - 26  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 13057  
**SLCC - Elsie Miles Annex**

## Beachfront Follies

Get ready for a week packed full of dockside adventures. Make a big splash at Arbutus Beach, dive into Fuller Lake and explore the seaside at Transfer Beach. Don't forget your swim stuff... we will be wet and wacky all week long.

Monday - Friday | July 29 - Aug 2  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 14095  
**SLCC - Elsie Miles Annex**

## Having a Blast

This may be a short week, but it is overflowing with non-stop action and fun in the sun! This week we will head to Swan Lake Nature Sanctuary for a lesson with a naturalist. Join us for a "camping" theme day and a trip to Wild Play. Online waivers must be filled out prior to Wild Play, see leaders for information.

Tuesday - Friday | Aug 6 - 9  
9:00 a.m. - 4:00 p.m.  
4 Days \$130 | Code: 14098  
**SLCC - Elsie Miles Annex**  
No camp Aug 5

## Action Packed

Senior Campers need to tie up their laces and grab their water bottle - this week is nonstop sports fun! Team sports day, MMA at Crusher Combat, batting cages at All Fun Recreation and tons of minor games will fill up our week. A trip to Arbutus Beach will top it all off.

Monday - Friday | Aug 12 - 16  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 14100  
**SLCC - Elsie Miles Annex**

## Sandcastles and Seashells

This week of camp is all about Ocean escapades. Join us for trips to Gyro Beach, Parksville and Ladysmith's Transfer Beach. Transfer Beach day will also include a trip to the Ladysmith Pool. Bring your swim stuff lots of water activities will make for a fabulous week.

Monday - Friday | Aug 19 - 23  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 14104  
**SLCC - Elsie Miles Annex**

## Summer Sunset

We will send summer off into the sunset with one last week of Senior Camp fun. We will hit the beaches in Youbou for one last splash, try our hand at Judo with Michael Turner and get a chance to train with Nick Zuback of Cowichan Valley Wrestling Club! What a way to end summer.

Monday - Friday | Aug 26 - 30  
9:00 a.m. - 4:00 p.m.  
5 Days \$160 | Code: 14106  
**SLCC - Elsie Miles Annex**

## Adventure Camp - Explore, Discover, Learn

**Ages 6 - 11**

Each themed week will be filled with games, crafts, water activities, and out-trips. Out-trips are subject to change due to booking availability.

**Drop off / Pick up: Sylvan United Church, Mill Bay**

**Drop-ins:** Full week registrations will be given priority until June 1st. Partial week registrations and daily drop-ins may be accommodated if space is available. Daily rate \$40.

**Registration:** Please call to register, online registration is not available for camps.

**Pre & Post-camp Care:** Pre and post-camp care is available at an additional cost.

Pre-care: 7:30 a.m. - 9:00 a.m. | \$5/day or \$20/week per child

Post-care: 4:00 p.m. - 5:30 p.m. | \$5/day or \$20/week per child

### Withdrawal Policy:

Withdrawals must take place a minimum of one (1) week prior to the start date in order to receive a refund. If you choose to withdraw less than one week in advance and we are unable to fill your space with waitlisted participants, no refunds will be issued. All withdrawals are subject to a \$5 administration fee.



## Discovering the Valley

### Week 1

This week we will get outside and explore all the Valley has to offer with a trip to the Cowichan Bay Maritime Centre, a hiking scavenger hunt, we'll knock over some pins at Duncan Lanes, visit local parks, and go swimming in Shawnigan Lake. Summer surprises lurk behind every corner of this exciting week!

Tuesday - Friday | July 2 - 5

9:00 a.m. - 4:00 p.m.

4 Days \$130 | Code: 12638

## Adventure Seekers

### Week 2

We will check out the Birds of Prey show at the Raptors Centre, tame some wild beasts at the Beacon Hill Petting Farm, plunge into Arbutus Park, and go roller skating at Cowichan Lake Sports Arena.

Monday - Friday | July 8 - 12

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13242

## Gone Wild

### Week 3

Join us for the extremely popular giant hamster balls when Games2U comes to town. Take a Judo lesson, enjoy a trip to Bright Angel Park and try your swing at Arbutus Ridge Golf Club.

Monday - Friday | July 15 - 19

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13267

## Mid-Summer Scramble

### Week 4

This week will be a blast! Join us at Jumping Jiminy's for some climbing and sliding. We will go exploring at Glenora Trails Head Park, take part in the always exciting All Camps Fun Day in Duncan, and cool off in Shawnigan Lake.

Monday - Friday | July 22 - 26

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13270

## Splash, Splash, Swoosh

### Week 5

Come get your splash on during this adventurous week! We will start off with a fun-filled trip to Transfer Beach, have a refreshing swim in Shawnigan Lake, visit some creatures of the deep at Shaw Centre for the Salish Sea, and check out the always popular Beckwith Water Park.

Monday - Friday | July 29 - Aug 2

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13273

## Around the World

### Week 6

Pack your bags and hop on the bus... We will check out the Butterfly Gardens, splash into the lake, explore local parks and beaches, learn to fish at Shawnigan Lake, and enjoy activities at Playzone.

Tuesday - Friday | Aug 6 - 9

9:00 a.m. - 4:00 p.m.

4 Days \$130 | Code: 13276

## Treasure Hunters

### Week 7

This week starts off with a fun visit from Games2U, this time we will race through their inflatable obstacle course. We will test our strength and agility at gymnastics before plunging into their giant foam pit. Bowling at Duncan Lanes and joining in on the All Camps Fun Day at Transfer Beach will complete this thrilling week!

Monday - Friday | Aug 12 - 16

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13280

## Raise the Roof

### Week 8

The sky's the limit this week! We will climb to new heights at the indoor climbing centre. We will also get outside and explore the Kinsol Trestle. To beat the heat, we will go skating at Kerry Park and swim in the lake. Fun games and a challenging scavenger hunt will blow the roof off this exciting week!

Monday - Friday | Aug 19 - 23

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13283

## Camp Survivors

### Week 9

We'll take a trip to the Forest Discovery Centre, where we will ride the train and test ourselves in the BC Forest Survivor program, then fly through the air and test our skills at Duncan Dynamics Gymnastics. To cool off, we will stop at Transfer Beach and go skating at Kerry Park.

Monday - Friday | Aug 26 - 30

9:00 a.m. - 4:00 p.m.

5 Days \$160 | Code: 13286





## Summer Explorers

### Ages 6 - 10

Explore our valley in these action-packed weekly camps. Not only will kids have fun with camp crafts and games, but we will try to hit the beach, see the forests, try sports and activities like bowling, tennis, and swimming, with a different theme each week. We will be on the go each day so bring lots of water, a big healthy lunch, a hat, sunscreen, and swimming gear.

### Island Savings Centre

#### Registration:

Please call to register, online registration is not available for these camps.

#### Pre & Post-camp Care:

Pre-care: 7:30 a.m. - 8:30 a.m.

\$5/day or \$20/week per child

Post-care: 4:00 p.m. - 5:30 p.m.

\$5/day or \$20/week per child

#### Drop-ins: Partial week

registrations and daily drop-ins may be accommodated if space is available one (1) week prior to start date. Daily rate \$40.

#### Withdrawal Policy:

Withdrawals must take place a minimum of one (1) week prior to the start date in order to receive a refund. If you choose to withdraw less than one week in advance and we are unable to fill your space with waitlisted participants, no refunds will be issued. All withdrawals are subject to a \$5 administration fee.

## Splash into Summer

### Week 1

Looking to cool off this summer? Grab your swim gear and join us as we Splash into summer! Enjoy a fun-filled week of water activities, crafts, games, and sports.

Tuesday - Friday | July 2 - 5

8:30 a.m. - 4:00 p.m.

4 Days \$130 | Code: 12640

No camp July 1

## Explorers Got Talent

### Week 2

Interested in exploring that hidden talent? Come have fun, be silly, and show us your talent. Join us as we explore around town, have fun in the sun and show off our talents!

Monday - Friday | July 8 - 12

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12675

## Fun Seekers

### Week 3

Once upon a time, there was a far off place with no video games, cell phones, or computers. Go back in time with fun adventures through imagination, creativity, and games. Come have some fun swimming, hitting parks, and finding an adventure.

Monday - Friday | July 15 - 19

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12678

## Summer Sizzler

### Week 4

It is going to be a party! Sun, sand, music, food, and friends get together for some crafts, games, swimming, exploring, and our special All Camps Day event.

Monday - Friday | July 22 - 26

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12683

## Explore Around the World

### Week 5

Come and explore the world around you! Explore a Mexican fiesta, Ancient Egypt adventures, and other explorations of the world. There will be all sorts of good food, adventures and dance! Even swimming, fun, and games!

Monday - Friday | July 29 - Aug 2

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12687

## Nature in the Valley

### Week 6

Enjoy crafts and activities about plants and animals, along with swimming and other adventures around town. We will have fun in the sun, swim, and get out into nature.

Tuesday - Friday | Aug 6 - 9

8:30 a.m. - 4:00 p.m.

4 Days \$130 | Code: 12690

No camp Aug 5

## Beach Bums

### Week 7

Soak up the sun with us this week as we hit the sand. Join us for swimming, fun at Transfer Beach for All Camps Day, and adventures around town.

Monday - Friday | Aug 12 - 16

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12693

## Dog Days of Summer

### Week 8

Let your imagination run wild. There will be loads of exciting things planned, including water games, park trips, cooking, skating, and sports.

Monday - Friday | Aug 19 - 23

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12696

## Super Explorers!

### Week 9

Calling all superheroes! Join us for a week of super games and activities to find your superpowers, plus the usual water activities, park trips, and games.

Monday - Friday | Aug 26 - 30

8:30 a.m. - 4:00 p.m.

5 Days \$160 | Code: 12699

## Specialty Camps

### Junior Sports Camp

**Ages 6 - 9**

Join us for this action-packed camp where we will try out a variety of sports, such as basketball, floor hockey, soccer, and Pickleball. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed. Other activities may include bowling, skating, and gymnastics. Please bring clean runners, a healthy snack, and a water bottle.

Tuesday - Friday | Aug 6 - 9  
9:00 a.m. - 12:00 p.m.  
4 Sessions \$68 | Code: 11736  
**Island Savings Centre**

### Sports Camp

**Ages 9 - 13**

If you love sports and adventure then this is the camp for you! In week one we will visit the Flying Squirrel Trampoline Park and in week two we will check out the go-karts and mini-golf at the All Fun Recreation Park. Other activities may include swimming, skating, bowling, and gymnastics. Plus we always throw in a surprise activity or two! Participants are asked to wear athletic clothing and running shoes, and bring a healthy lunch and plenty to drink. Camp schedule will be emailed out the week before camp start.

Monday - Friday | July 15 - 19  
8:30 a.m. - 4:00 p.m.  
5 Days \$175 | Code: 12273  
**Island Savings Centre**

Monday - Friday | Aug 19 - 23  
8:30 a.m. - 4:00 p.m.  
5 Days \$175 | Code: 12275  
**Island Savings Centre**

Drop-in \$40 per day if space is available

### Online Registration:

To use online registration you will need login information and a credit card. Please contact your local recreation centre to set up your family's login number. You can access online registration at [www.reccowichan.ca](http://www.reccowichan.ca)

### Girls on the Move Camp

**Ages 9 - 13**

This action-packed week of activity and adventure is for girls only! In week one we will visit the Romper Room Rock Climbing Centre and in week two we will bounce around at the Flying Squirrel Trampoline Park. Other activities may include swimming, skating, bowling, gymnastics, and crafts. Plus we always throw in a surprise activity or two! Participants are asked to wear athletic clothing and running shoes, and bring a healthy lunch and plenty to drink. Camp schedule will be emailed out the week before camp start.

Monday - Friday | July 22 - 26  
8:30 a.m. - 4:00 p.m.  
5 Days \$175 | Code: 12283  
**Island Savings Centre**

Monday - Friday | Aug 12 - 16  
8:30 a.m. - 4:00 p.m.  
5 Days \$175 | Code: 12284  
**Island Savings Centre**

Drop-in \$40 per day if space is available

### Dance Camp

**Ages 7 - 12**

This camp will explore different styles of dance such as ballet, jazz, hip hop and musical theatre. Students will learn dance technique and work on choreographed dances for a mini performance on our last day. This fun camp also includes crafts, games, and more! Please wear shorts or yoga/dance pants and a tank top or t-shirt. Hair should be up and all classes will be done in bare feet, but if you have dance shoes please wear them. Remember your lunch, snacks, and water bottle. Get ready for a week of fun.

Monday - Friday | July 22 - 26  
9:00 a.m. - 4:00 p.m.  
5 Days \$175 | Code: 11947  
**Island Savings Centre**  
Instructor: Ricki-Lee Allison





## Judo Camp

**Ages 7 - 13**

In this Judo camp, children are introduced to the values of self-respect, discipline, commitment, perseverance and concentration through games and activities designed to develop body awareness and strength while learning judo skills. Upon enrollment, a Judo BC membership and judogi (uniform) fee are mandatory and are in addition to the registration fee, both can be paid at the dojo.

Monday - Friday | July 15 - 19

9:00 a.m. - 12:00 p.m.

5 Days \$110 | Code: 11887

**Mill Bay Shidokai Judo**

Instructors: John Keirstead and

Michael Turner

## Kayaking Camp

**Ages 8 - 12**

Paddle your way to becoming a kayak pro! This camp is great for first timers and those looking to develop more skills. Explore different locations on the water while learning safety, terminology, tips and tricks! Program includes all required size appropriate safety equipment, kayaks and transportation; an email with more information will be sent out one week prior to start date. Drop off and pick up at the Shawnigan Lake Community Centre, then the children will be transported to a new location each day.

Tuesday - Friday | July 2 - 5

9:00 a.m. - 3:00 p.m.

4 Days \$240 | Code: 12776

**Shawnigan Lake Community Centre**

Instructor: Richardson Sport Inc.

## Mountain Bike Camp

**Ages 10 - 14**

Join our professionally certified coaches and take your riding to the next step with our on trail lessons and skill building sessions. Our coaches have years of experience working with youth in mountain bike settings, and our 1:6 coach to rider ratio ensures individual feedback and attention. Skill sets covered include on-bike balance, body position, cornering, climbs and descents, braking, gear selection and shifting, small jumps and drops, basic mechanical repairs, trail etiquette, and safe falling techniques. Riders will be assessed at first session and arranged into appropriate skill groups.

Monday - Friday | July 2 - 5

9:00 a.m. - 2:00 p.m.

4 Days \$260 | Code: 12365

**Cobble Hill Mountain, Cleasby Park**

Instructor: Nolan Riding

Monday - Friday | July 22 - 26

9:00 a.m. - 2:00 p.m.

5 Days \$325 | Code: 12288

**Mount Tzouhalem | Monday - Thursday**

**Maple Mountain | Friday**

Instructors: Nolan Riding

Monday - Friday | Aug 6 - 9

9:00 a.m. - 2:00 p.m.

4 Days \$260 | Code: 12366

**Cobble Hill Mountain, Cleasby Park**

Instructor: Nolan Riding

Monday - Friday | Aug 12 - 16

9:00 a.m. - 2:00 p.m.

5 Days \$325 | Code: 12289

**Mount Tzouhalem | Monday - Thursday**

**Maple Mountain | Friday**

Instructors: Nolan Riding

## Golf & Tennis Camp

**Ages 6 - 14**

Each day you will receive two hours of golf instruction and one hour of tennis instruction in a fun, safe environment by GBC certified professionals. Participants will receive a golf manual and certificate at the conclusion of the course. Program fee includes lunch and all equipment use. Please advise of any food allergies at time of registration. This program does run on stat holidays.

Monday - Friday | July 1 - 5

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11709

**Arbutus Ridge Golf Club**

Monday - Friday | July 8 - 12

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11710

**Arbutus Ridge Golf Club**

Monday - Friday | July 15 - 19

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11711

**Arbutus Ridge Golf Club**

Monday - Friday | July 22 - 26

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11712

**Arbutus Ridge Golf Club**

Monday - Friday | July 29 - Aug 2

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11714

**Arbutus Ridge Golf Club**

Monday - Friday | Aug 5 - 9

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11715

**Arbutus Ridge Golf Club**

Monday - Friday | Aug 12 - 16

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11716

**Arbutus Ridge Golf Club**

Monday - Friday | Aug 19 - 23

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11717

**Arbutus Ridge Golf Club**

Monday - Friday | Aug 26 - 30

9:00 a.m. - 12:30 p.m.

5 Sessions \$262 | Code: 11718

**Arbutus Ridge Golf Club**





## Wrestling Camp

**Ages 8 - 14**

Wrestling is a demanding sport, which tests your limits and allows you to see how far you can push yourself. This exciting camp is led by the head coach of the Cowichan Wrestling Club, and will include technique and skill development, drills, strength and cardio training, matches, and plenty of wrestling games. The kids will also participate in gym sports such as floor hockey, basketball, and futsal. Wrestling builds confidence, discipline, strength, and leadership. If you think you have what it takes, come give it a try!

Monday - Friday | Aug 26 - 30  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$110 | Code: 11559

**Island Savings Centre**

Instructor: Nick Zuback

## Mad Science - Secret Lab

**Ages 6 - 9**

Campers will use forensic science to track down an elusive ice cream thief. A visit to Cell City will reveal the inner workings of DNA while a trip down the Organ Trail will provide a Body Portrait! Each day children will make cool take-home activities which they will be excited to bring home to show off. Camp day themes include: At the Scene of the Crime, Organ Trail, Chemical Counting, and Cell City.

**Full Day**

Tuesday - Friday | July 2 - 5  
9:00 a.m. - 3:30 p.m.  
4 Days \$220 | Code: 12224

**Island Savings Centre**

Instructor: Mad Science Vancouver Island

**Half Day**

Tuesday - Friday | July 2 - 5  
9:00 a.m. - 12:00 p.m.  
4 Sessions \$135 | Code: 12226

**Island Savings Centre**

Instructor: Mad Science Vancouver Island

## Are you interested...

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please contact a Programmer at your local recreation centre. Cowichan Lake Recreation 250.749.6742, Island Savings Centre 250.748.7529, Kerry Park Recreation 250.743.5922, Shawnigan Lake 250.743.1433.

## Mad Science - EUREKA

**Ages 6 - 10**

Creative contraption warning! This is a camp designed by our own creative inventors! Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun!

**Full Day**

Monday - Friday | Aug 12 - 16  
9:00 a.m. - 3:30 p.m.

5 Days \$265 | Code: 12227

**Island Savings Centre**

Instructor: Mad Science Vancouver Island

**Half Day**

Monday - Friday | Aug 12 - 16  
9:00 a.m. - 12:00 p.m.

5 Sessions \$157 | Code: 12228

**Island Savings Centre**

Instructor: Mad Science Vancouver Island

## Tech and Engineering for Girls

**Ages 8 - 14**

The week's theme is Colourful Games and Mazes. Combining old tech (cardboard, glue, scissors, paint, modelling clay) with new tech (coding, drawing and animation software) girls will explore the world of games from the designer's and engineer's perspective. Participants will take home examples of new twists on popular games. Note: accommodation can be made for students needing to arrive earlier or depart later. Please contact Westview Learning.

Monday - Friday | July 15 - 19  
9:00 a.m. - 3:00 p.m.

5 Days \$260 | Code: 12230

**Westview Learning Classroom -**

**3039 Sprott Road**



## Lego & Lego Robotics Ninjago Camp

**Ages 8 - 14**

The week's theme is Lego Ninjago! Participants will build a Lego Ninjago set to create and film an extension to the popular Lego series. Participants will co-create the story map then design, code, and drive custom robots through the set for filming. Final editing of the video will be posted for participants to download at home.

Monday - Friday | Aug 19 - 23  
9:00 a.m. - 3:00 p.m.

5 Days \$260 | Code: 12229

**Westview Learning Classroom -**  
**3039 Sprott Road**

## Lego Animation - Wizards, Castles & Mythical Creatures

**Ages 8 - 12**

Lego Stop Motion Animation merges with the enchanting worlds of young wizards as participants explore castles and mysterious forests. Participants build popular Lego theme kits and use craft supplies to create magical sets for new adventures. Final animations will be posted for students to download at home.

Monday - Friday | July 8 - 12  
9:00 a.m. - 3:00 p.m.

5 Days \$260 | Code: 12232

**Westview Learning Classroom -**  
**3039 Sprott Road**

## Specialty Camps

### Byte Camp

Have a look at [www.bytecamp.ca](http://www.bytecamp.ca) for thousands of great samples from previous years! Lots of time during the week is devoted to outdoor activities so that your child is always fresh for new challenges. Final projects will be posted online and handed out on a take-home USB.

### Byte Camp - Introduction to Coding

**Ages 9 - 11**

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can take home on USB or proudly share with friends online.

Tuesday - Friday | July 2 - 5  
9:00 a.m. - 4:00 p.m.  
4 Days \$265 | Code: 12240  
**Kerry Park Recreation Centre**

### Byte Camp - Claymation Movie Production

**Ages 9 - 12**

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work with a partner to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry, parents, there will be plenty of time devoted to outdoor games and activities!

Monday - Friday | July 29 - Aug 2  
9:00 a.m. - 4:00 p.m.  
5 Days \$310 | Code: 12045  
**Island Savings Centre**

### Byte Camp - Music Video Production

**Ages 9 - 12**

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics on beats, baselines, chords and melodies so that your song will sound awesome. Experiment with video, special effects and editing techniques to make the video as cool as your tune.

Monday - Friday | Aug 12 - 16  
9:00 a.m. - 4:00 p.m.  
5 Days \$310 | Code: 12046  
**Island Savings Centre**

### Byte Camp - 2D Video Game Design

**Ages 11 - 14**

Learn how to build an HTML5 game from the ground up using awesome free tools. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. The final project is a game you can take home on USB or proudly share with friends online.

Monday - Friday | Aug 26 - 30  
9:00 a.m. - 4:00 p.m.  
5 Days \$310 | Code: 12047  
**Island Savings Centre**

### Byte Camp - 3D Animation

**Ages 11 - 14**

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (and free) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Monday - Friday | July 22 - 26  
9:00 a.m. - 4:00 p.m.  
5 Days \$310 | Code: 12044  
**Island Savings Centre**

Tuesday - Friday | Aug 6 - 9  
9:00 a.m. - 4:00 p.m.  
4 Days \$265 | Code: 12367  
**Kerry Park Recreation Centre**

### Oops, We Had to Cancel...

Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are typically made 4 - 7 days prior to class start. Please register early to avoid disappointment.



## Free Parks Programs

**For children ages  
3 - 5 and 6 - 12**

During the summer months we offer free summer parks programs in five different South Cowichan area parks. These programs are generously sponsored by your local Area Parks Commission. Our preschool park program is designed for children ages 3 - 5 years, and our playground program is for youth ages 6 - 12 years. All of our program staff are enthusiastic, fun, highly motivated, and love to play. These fully qualified facilitators will lead a variety of games, sports, crafts, and other fun activities.



### Preschool Parks Programs

#### Ages 3 - 5

Here's a great opportunity to share some special time outside with your little ones while meeting other families in your community. Join our facilitator in games, crafts, songs, and playtime designed to encourage a fun, social time. Please note: this is organized activity time with a facilitator and is not a day care structure.

**Parents are required to stay at the park for the duration of this program.**

#### Shawnigan Hills Athletic Park

Location: Hurley Road, Shawnigan Lake  
Monday - Friday | 9:30 a.m. - 11:30 a.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Farnsworth Park

Location: Farnsworth Road, Cobble Hill  
Monday - Friday | 9:30 a.m. - 11:30 a.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Coverdale Watson Park

Location: Wilmot Road, Cowichan Bay  
Monday - Friday | 9:30 a.m. - 11:30 a.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Deloume Park / Huckleberry Park

Monday - Friday | 9:30 a.m. - 11:30 a.m.  
July 2 - 31 at Deloume Park  
Deloume Park: McLaren Road in Mill Springs, Mill Bay  
Aug 1 - 30 at Huckleberry Park  
Huckleberry Park: off Frayne Road, Mill Bay  
No program July 1, Aug 5

### Playground Programs

#### Ages 6 - 12

Fully-qualified facilitators will lead games, sports, crafts, and other fun activities. Themes vary every week! Please note: this is organized activity time with a facilitator and is not a day care structure.

**Parents: If you do not regularly allow your child to play at the park on their own, we request that you stay at the park to supervise your child.**

#### Shawnigan Hills Athletic Park

Location: Hurley Road, Shawnigan Lake  
Monday - Friday | 12:30 p.m. - 3:30 p.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Farnsworth Park

Location: Farnsworth Road, Cobble Hill  
Monday - Friday | 12:30 p.m. - 3:30 p.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Coverdale Watson Park

Location: Wilmot Road, Cowichan Bay  
Monday - Friday | 12:30 p.m. - 3:30 p.m.  
July 2 - Aug 30 | No program July 1, Aug 5

#### Deloume Park / Huckleberry Park

Monday - Friday | 12:30 p.m. - 3:30 p.m.  
July 2 - 31 at Deloume Park  
Deloume Park: McLaren Road in Mill Springs, Mill Bay  
Aug 1 - 30 at Huckleberry Park  
Huckleberry Park: off Frayne Road, Mill Bay  
No program July 1, Aug 5



## Arts and Crafts

### Portals Art Camp

#### Ages 6 - 12

The week's activities will be based on drawing, painting, 3D collage, as well as other fun activities. Led by experienced artists throughout, students will be led through activities each day, mastering a particular technique to produce an article to take home on Friday. Each week will have a different selection of items to make. Come for one or both weeks.

Monday - Friday | July 8 - 12  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$90 | Code: 12356  
**Island Savings Centre**  
Instructors: CVAC Artists

Tuesday - Friday | Aug 6 - 9  
9:00 a.m. - 12:00 p.m.  
4 Sessions \$75 | Code: 12357  
**Island Savings Centre**  
Instructors: CVAC Artists

### Fairy Garden Fun

#### Ages 5+

Create your own miniature garden. Gardens are made by combining artificial flowers and greenery with interesting things found in nature. Each one is unique and original. These gardens would make a perfect Mother's Day gift! If you have miniature or nature items you wish to include, please bring them along. Otherwise, all supplies are included. Children under the age of 7 must be accompanied by an adult.

Saturday | May 11  
11:00 a.m. - 1:00 p.m.  
1 Session \$35 | Code: 4912  
**CLR - Lower Centennial Hall**  
Instructor: Vicki Ordano

### Painting with Jen Gold

#### Ages 13+

Don't miss the opportunity to learn how to paint from a photo. Our instructor will teach you how to draw your own image and create form using colour and shape. She believes everyone is capable of learning skills to make artwork they love. Learn to follow your own creative impulses! Please bring a colour copy of a photo you love (or the original if you don't mind marking it). All other supplies are provided. Beginners welcome!

Tuesdays | May 7 - 28  
5:30 p.m. - 7:30 p.m.  
4 Sessions \$75 | Code: 11348  
**CLR - Lake Cowichan School Art Room**  
Instructor: Jen Gold

### Free Drop-in Parks Program in Cowichan Lake

#### Ages 3 - 5 and 6 - 12

Get ready for summer time fun in the Cowichan Lake Area! Join us each week in July and August for a variety of games, sports, and crafts. Choose from three different park locations: Little League Ball Park in Lake Cowichan, Mesachie Skydome Ball Field, and Honeymoon Bay Playground in front of the Honeymoon Bay Hall. A qualified playground facilitator will lead a variety of games, sports, crafts, and other fun activities. This is organized activity time with a facilitator and is not a daycare structure. Please pack water and appropriate outdoor attire.

### Preschool Parks Programs

#### Ages 3 - 5

Join our facilitator in games, crafts, songs, and playtime designed to encourage a fun, social time. **Parents are required to stay at the park for the duration of this program.**

### CLR - Little League Ball Park

Location: 311 South Shore Road  
Mondays/Wednesdays/Fridays | 1:00 p.m. - 3:00 p.m.  
July 3 - Aug 30 | No program July 1 & Aug 5 | 9 Weeks FREE

### CLR - Mesachie Skydome Ball Field

Location: 9315 South Shore Road  
Tuesdays | 1:00 p.m. - 3:00 p.m.  
July 2 - Aug 27 | 9 Weeks FREE

### CLR - Honeymoon Bay Hall

Location: 10022 Park Drive  
Thursdays | 1:00 p.m. - 3:00 p.m.  
July 4 - Aug 29 | 9 Weeks FREE

### Playground Programs

#### Ages 6 - 12

Join our qualified facilitator in games, crafts, sports, and other fun activities. If you do not regularly allow your child to play at the park on their own, please stay with your child. If a child is being disruptive to the group, a parent will be called to come to the park and observe their child or be asked to take their child home. A maximum of 20 children at any given time will be accommodated on a first come, first served basis.

### CLR - Little League Ball Park

Location: 311 South Shore Road  
Mondays/Wednesdays/Fridays | 9:30 a.m. - 12:30 p.m.  
July 3 - Aug 30 | No program July 1 & Aug 5 | 9 Weeks FREE

### CLR - Mesachie Skydome Ball Field

Location: 9315 South Shore Road  
Tuesdays | 9:30 a.m. - 12:30 p.m.  
July 2 - Aug 27 | 9 Weeks FREE

### CLR - Honeymoon Bay Hall

Location: 10022 Park Drive  
Thursdays | 9:30 a.m. - 12:30 p.m.  
July 4 - Aug 29 | 9 Weeks FREE

## Dance

### Kids Jazz and Hip Hop

**Ages 5 - 7**

These are high energy dance classes that will get your whole body moving. Learn a variety of unique and flashy dance moves that are sure to impress! No dance experience required.

Tuesdays | May 21 - June 25

4:00 p.m. - 4:45 p.m.

6 Sessions \$45 | Code: 12074

**Cowichan Lake Sports Arena**

Instructor: Cathy Mylrea



### Happy Feet, Beginner Tap

**Ages 5 - 8**

Introduce your child to this rhythmical style of dance that is suitable for boys and girls. No dance experience necessary. Tap shoes or hard soles are recommended but not supplied.

Thursdays | May 23 - June 27

5:00 p.m. - 5:45 p.m.

6 Sessions \$45 | Code: 12079

**Cowichan Lake Sports Arena**

Instructor: Cathy Mylrea



### Youth Jazz and Hip Hop

**Ages 8 - 14**

These are high energy dance classes that will get your whole body moving. Learn a variety of unique and flashy dance moves that are sure to impress! No dance experience required.

**Ages 8 - 10**

Tuesdays | May 21 - June 25

5:00 p.m. - 5:45 p.m.

6 Sessions \$45 | Code: 12081

**Cowichan Lake Sports Arena**

Instructor: Cathy Mylrea



**Ages 11 - 14**

Tuesdays | May 21 - June 25

6:00 p.m. - 6:45 p.m.

6 Sessions \$45 | Code: 12086

**Cowichan Lake Sports Arena**

Instructor: Cathy Mylrea



### BollyX

**Ages 13+**



BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. It's a cardio workout that combines higher and lower intensity dance sequences to get you moving, sweating, and motivated. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

Wednesdays | May 8 - June 26

5:00 p.m. - 6:00 p.m.

8 Sessions \$80 | Code: 11409

**Cowichan Lake Sports Arena**

Instructor: Izmet Barranco

## Education

### Art / Animation for Kids

**Ages 10 - 14**

Learn the elements of art as line, shape, and colour merge together to tell fanciful stories. Participants will learn animation's 123s through coloured pens, paper, and digital programs.

Thursdays | May 16 - June 13

3:45 p.m. - 5:15 p.m.

5 Sessions \$120 | Code: 11993

**Shawnigan Lake Community Centre**

Instructor: Westview Learning

### Hug-A-Tree Survive Outside

**Ages 6 - 12**

Cowichan Search and Rescue presents Adventure Smart Outdoor Survival Skills. Kids will learn the basic principles for staying safe in the wilderness with a video/classroom presentation, as well as outside activities. Each child will receive a goodie bag, certificate, and some materials for parents.

Saturday | June 15

10:00 a.m. - 12:00 p.m.

1 Session \$5 | Code: 11696

**CLR - Lower Centennial Hall**

Instructor: Cowichan Search and Rescue

### Edible Science

**Ages 7 - 12**

Come spend some time with us and learn all about changing a liquid into an edible, stretchy, yummy cheese! Our instructor will show you how to make homemade mozzarella cheese, plus you'll learn about chemistry, history and so much more! After learning all about cheese making, you'll leave with a kit to make 4 lbs of mozzarella at home with your family.

Saturday | May 11

3:30 p.m. - 4:30 p.m.

1 Session \$38 | Code: 6210

**KPRC - Mill Bay Hall**

Instructor: Paula Maddison



## Home Alone

**Ages 9 - 12**

Being home alone can be uncomfortable and unsafe for a child if they are not prepared. This course will provide your child with the basic skills to stay home alone safely (and enjoy it). We will cover tips and real life scenarios to engage and inspire your child to be responsible and knowledgeable when home alone.

Thursday | June 13  
3:30 p.m. - 5:30 p.m.  
1 Session \$25 | Code: 11951  
**Island Savings Centre**

Thursday | Aug 29  
9:00 a.m. - 11:00 a.m.  
1 Session \$25 | Code: 12790  
**Island Savings Centre**

## Home Alone + First Aid

**Ages 10+**

We have combined the At Home Alone program with the Kid Proof First Aid for Kids course to help prepare your child for an emergency. Students will learn how to respond to emergencies and stay safe while at home alone.

Saturday | May 4  
9:00 a.m. - 1:00 p.m.  
1 Session \$45 | Code: 6734  
**Shawnigan Lake Community Centre**  
Instructor: Caisa Heyes

Saturday | June 15  
9:00 a.m. - 1:00 p.m.  
1 Session \$45 | Code: 6185  
**Kerry Park Recreation Centre**  
Instructor: Caisa Heyes

## Home Alone + First Aid at the Park

**Ages 10+**

We have combined the At Home Alone program with the Kid Proof First Aid for Kids course to help prepare your child for an emergency. Students will learn how to respond to emergencies and stay safe while at home alone. This summer session will be offered under shelter at the park with fresh air and activity breaks!

Wednesday | July 3  
9:00 a.m. - 1:00 p.m.  
1 Session \$45 | Code: 12247  
**KPRC - Sports Field Picnic Shelter**  
Instructor: Karoline Creighton

Wednesday | Aug 7  
9:00 a.m. - 1:00 p.m.  
1 Session \$45 | Code: 12246  
**Coverdale Watson Park**  
Instructor: Karoline Creighton

## Babysitter's Training

**Ages 11+**

This educational program follows the Red Cross Guide to Babysitter's Training. We include first aid, household safety, behaviour management, child development, and dealing with strangers. We will also have some fun with games and activities that every babysitter can use. This course includes a certificate upon completion. Participants must be 11 years old by the start of class.

Friday | June 7 | 5:00 p.m. - 8:00 p.m.  
Saturday | June 8 | 9:30 a.m. - 3:30 p.m.  
2 Sessions \$60 | Code: 6735  
**Shawnigan Lake Community Centre**  
Instructor: Caisa Heyes

## Babysitter's Training at the Park

**Ages 11+**

This educational program follows the Red Cross Guide to Babysitter's Training. We include first aid, household safety, behaviour management, child development, and dealing with strangers. We will also have some fun with games and activities that every babysitter can use. This course includes a certificate upon completion. This summer session will be offered under shelter at the park with fresh air and activity breaks! Participants must be 11 years old by the start of class.

Thursday/Friday | July 4 - 5  
9:00 a.m. - 1:30 p.m.  
2 Sessions \$60 | Code: 12248  
**KPRC - Sports Field Picnic Shelter**  
Instructor: Karoline Creighton

Thursday/Friday | Aug 8 - 9  
9:00 a.m. - 1:30 p.m.  
2 Sessions \$60 | Code: 12574  
**Coverdale Watson Park**  
Instructor: Karoline Creighton

## Day Trips

## Rock Climbing at Romper Room

**Ages 11 - 14**

We will have an action-packed morning of rock climbing and bouldering at the Romper Room in Nanaimo. On the way home, we will stop at Transfer Beach for lunch, to relax on the beach, and to cool off in the water park. Please pack a healthy lunch, water, sunscreen and a change of clothes.

Thursday | July 11  
9:00 a.m. - 2:00 p.m.  
1 Day \$40 | Code: 13141  
**Island Savings Centre**

## All Fun Park

**Ages 11 - 14**

We will head down to All Fun Park in Millstream for a fun-filled day of mini golf, go-karting and trying out the batting cages. Be sure to pack a healthy lunch, plenty of water and sunscreen.

Thursday | Aug 8  
10:00 a.m. - 3:00 p.m.  
1 Day \$40 | Code: 13143  
**Island Savings Centre**



## Sports and Activities

### Toonie Roller Skate Party

#### All Ages

The arena ice is out and dry-floor activities are back! Give those ice skates a rest; pull out your roller skates or in-line skates, and join us for a toonie roller skate party! Don't miss out on the fun!

Friday | May 17

6:30 p.m. - 7:50 p.m.

\$2 per person

**Cowichan Lake Sports Arena**

### Kids Obstacle Course



#### Ages 5 - 12

This physical literacy obstacle course will challenge you and your body as you learn how to move with confidence and control. Fundamental movement skills like hopping, skipping, running, throwing and jumping will be linked together in play. We will concentrate on developing your ABC's of movement - Agility, Balance and Coordination. Bring a water bottle, proper attire and footwear, and let's get active!

Saturday | May 25

10:00 a.m. - 12:00 p.m.

1 Session \$25 | Code: 4909

**Cowichan Lake Sports Arena Dry Floor**

### Bike Rodeo

#### Ages 3 - 12

Parks and Recreation is teaming up with Will Arnold from Experience Cycling and South Cowichan Community Policing for an informative and fun afternoon all about bikes. Ride your bike through our bike wash, decorate your bike, learn about bike maintenance, make a bike craft and ride through our circuit.

Sunday | May 26

11:00 a.m. - 2:00 p.m.

FREE Admission

**Kerry Park Recreation Centre**

### Yogi Bears

#### Ages 5 - 9

This is a fun and interactive class that facilitates individual development for each child. This class encourages children to joyfully connect to and understand themselves through playful yoga-inspired movement in songs, stories, and games with an element of breath work to help learn to relax themselves; building on mental, physical and emotional well-being through creative movement and imagination.

Wednesdays | May 15 - June 19

4:45 p.m. - 5:45 p.m.

6 Sessions \$48 | Code: 6729

**Shawnigan Lake Community Centre**

Instructor: Lia McLeod

### Drop-in Games Night

#### Ages 7 - 11

Join our energetic leaders for a fun night in the gym playing organized games such as British bulldog, capture the flag, and more! Please note the new day of this program.

Wednesdays | May 1 - 29

6:30 p.m. - 8:00 p.m.

Drop-in \$2

**Shawnigan Lake Community Centre**

Instructor: Lindsay Nash

### Drop-in Floor Hockey

#### Ages 7 - 12

Do you love to play hockey and cannot get enough? If so, come join us for some fun, non-competitive drop-in floor hockey. All you need to play this team sport is your energy and enthusiasm. Please note the new time of this program.

Wednesdays | May 1 - 29

5:15 p.m. - 6:15 p.m.

Drop-in \$2

**Shawnigan Lake Community Centre**

Instructor: Lindsay Nash

### Youbou Drop-in Gym Night

#### All Ages

Join us each Friday evening at the Youbou Hall for a fun evening of games and sports in a supervised environment. Children under 6 must be accompanied by an adult.

Fridays | May 3 - June 28

6:30 p.m. - 8:30 p.m.

Drop-in \$2

**CLR - Youbou Hall**

### New Multi-Activity Social Rec Night

#### All Ages

Check out our new family-friendly drop-in social rec night in the Curling Rink dry floor and lounge. Various games: Floor (e.g. Pickleball, Hoppy Balls for Kids, Indoor Mini Golf), Table (Shuffleboard, Ping Pong, Air Hockey) and Card (e.g. Euchre, Cribbage), and activities for all ages will be available. Bar and concession will be open. A facilitator will be on-site to assist with equipment needs. \*Hours are subject to change due to facility availability. Children must be supervised by an adult at all times.

Fridays | Mar 22 - June 28

6:30 p.m. - 8:30 p.m.\*

Drop-in \$3 per person

**CLR - Curling Rink and Lounge**

No session Apr 19

### Physical Literacy

This symbol denotes Physical Literacy based programs that focus on the development and enhancement of FUNdamental Movement Skills. These essential building blocks instill confidence that comes from skill competence and provides motivation to maintain a life-long attachment to sport, recreation and physical activity.



## World Cup Soccer Summer Camp



### Ages 5 - 12

This professionally developed program will hype you up! Former European Pros and National Level coaches will provide skills, drills, mini games, and fun competition. Bring your water bottle and protective sun gear.

### Ages 5 - 6 | Swans

Monday - Friday | July 15 - 19  
10:30 a.m. - 12:00 p.m.  
5 Sessions \$69 | Code: 10951  
**KPRC - Sports Fields**

Monday - Friday | July 29 - Aug 2  
10:30 a.m. - 12:00 p.m.  
5 Sessions \$69 | Code: 10952  
**Shawnigan Hills Athletic Park**

Monday - Friday | Aug 19 - 23  
3:00 p.m. - 4:30 p.m.  
5 Sessions \$69 | Code: 10953  
**KPRC - Sports Fields**

### Ages 6 - 12 | Camp

Monday - Friday | July 15 - 19  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$125  
Ages 6 - 9 | Code: 10964  
Ages 10 - 12 | Code: 10965  
**KPRC - Sports Fields**

Monday - Friday | July 29 - Aug 2  
9:00 a.m. - 12:00 p.m.  
5 Sessions \$125  
Ages 6 - 9 | Code: 10966  
Ages 10 - 12 | Code: 10967  
**Shawnigan Hills Athletic Park**

Monday - Friday | Aug 19 - 23  
1:30 p.m. - 4:30 p.m.  
5 Sessions \$125  
Ages 6 - 9 | Code: 10968  
Ages 10 - 12 | Code: 10969  
**KPRC - Sports Fields**

## Oops, We Had to Cancel...

Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are typically made 4 - 7 days prior to class start. Please register early to avoid disappointment.

## Kerry Park Youth Soccer League



### Ages 5 - 10 | Under 6 - 11

This soccer league is focused on developing skills, teamwork, and having fun. Coaches will be encouraging fair play, fair time, and educating children on the rules and respect of the game. Games will be played on Saturdays at the Kerry Park Sports Fields. Weekly practices will be arranged by individual coaches for ages U7 - U11 during the weekdays. Practices will be held at the Kerry Park fields during the fall months and in South End school gymnasiums during the winter. Kerry Park Youth Soccer League is only possible through the generosity of our volunteer coaches and their time. Contact Britney.slade@cprd.bc.ca to learn how you can get involved. Requirements are minimal and fun is maximum!

### U6 Coed | Born 2014

Fall 2019   Sept 14 - Dec 7	Spring 2020   Jan 11 - Mar 7
1 Season \$55   Code: 12727	1 Season \$44   Code: 12728
\$65 After Aug 26, 2019	\$54 After Jan 6, 2020

### U7 - U11 | Born 2009 - 2013

Full Year | Sept 14 - Dec 7 and Jan 11 - Mar 7  
20 Weeks \$125 | \$135 After Aug 26

### Age Groups:

U7 Coed	Born 2013	Code: 12703
U8/9 Girls	Born 2012, 2011	Code: 12705
U8 Boys	Born 2012	Code: 12724
U9 Boys	Born 2011	Code: 12725
U10/11 Girls	Born 2010, 2009	Code: 12723
U10/11 Boys	Born 2010, 2009	Code: 12702

Registration Deadline: Monday, Aug 26, 2019 (Jan 6, 2020 for Spring U6)  
U7-11 save \$20 per sibling after first child is registered at full price. U6 save \$10

### Refund Policy

Withdrawals must take place a minimum of one week prior to the season start date to receive a full refund. Prorated refunds for late withdrawal requests will be given only up until October 13. No refunds will be given after October 13, unless we are able to fill your space with a waitlisted participant. All withdrawals are subject to a \$5 administration fee. Please note that weather conditions for winter soccer can be unpredictable. Cancellations may occur due to conditions such as frozen playing surfaces, standing water and other field conditions that may increase the risk of injury to players or damage to fields. No refunds will be given for cancellations due to weather and fields conditions.

### Thank you to our generous sponsors:

Accent Screen Printing, Arbutus Ridge Golf Club, Brentwood College School, Cowichan Eyecare, Dominion Lending, Experience Cycling, Fisher Road Recycling, Forever Photography, Isherwood Body & Fender, Island Flow Control Water Solutions, Mill Bay Paint & Hardware, Pharmsave, Red Cedar Massage Therapy, South Island Brazilian Jiu-Jitsu, Sports Traders, Summit Mechanical Systems, Thrifty Foods, Tim Hortons, Tousaw Law Corporation, Valley Health & Fitness, Vancouver Island Salt Company, and World Cup Soccer Camp.



## Soccer Camp



**Ages 5 - 10**

Kick off your summer with an exciting week of soccer camp! Put on your runners and shin pads, bring your water bottle, hat and sunscreen. Rain or shine, this soccer camp will boost your confidence with ball handling, soccer skills, and new drills while playing soccer and being part of a team.

Monday - Friday | July 15 - 19

10:00 a.m. - 11:00 a.m.

5 Sessions \$30 | Code: 11203

**CLR - Dobie Somerville Soccer Field**

Instructor: Rob McFarlane

## British Soccer Camp Player Development



**Ages 6 - 13**

This program, coached by specialized British Soccer instructors, provides technical and tactical instruction, placing emphasis on skill development, fundamental tactical awareness, and FUN. All coaches hold UEFA coaching licences. All registrants will receive a FREE ball and a t-shirt. Register by June 29 and also receive a free soccer jersey.

**Ages 6 - 9**

Monday - Friday | July 29 - Aug 2

9:00 a.m. - 12:30 p.m.

5 Sessions \$155 | Code: 9747

**Cowichan Sportsplex**

**Ages 10 - 13**

Monday - Friday | July 29 - Aug 2

9:00 a.m. - 12:30 p.m.

5 Sessions \$155 | Code: 9748

**Cowichan Sportsplex**

## Futsal Tournament

**Ages 8 - 12**

Shawnigan Lake Community Centre is excited to host our first Indoor Futsal Tournament. Futsal provides the ideal environment to encourage passing, dribbling and close control. Coaches and or parent volunteers please sign up your team of 5 players. It's guaranteed to be high energy and a lot of fun. Pack your indoor shoes and water bottles.

Thursday | May 9

4:00 p.m. - 7:00 p.m.

\$10 per player

**Shawnigan Lake Community Centre**



## MS Kick for the Cure

The goal of this event is to raise funds and awareness for Multiple Sclerosis while having a great time playing soccer. Participants are asked to bring a minimum pledge amount to the field, where they will be sorted into age groups and teams. All participants will receive a t-shirt and be entered into a prize draw. Prizes will also be awarded to the top overall fundraisers. To register, please email Darcy Kulai at darcy.kulai@cprd.bc.ca or call the Island Savings Centre at 250.748.7529. We encourage everyone to raise as much as possible so we can help put an end to MS!

**Ages 6 - 8**

Saturday | June 1

10:00 a.m. - 1:00 p.m.

\$25 minimum pledge | Code: 11622

**Sherman Road Soccer Park**

**Ages 9 - 11**

Saturday | June 1

10:00 a.m. - 1:00 p.m.

\$40 minimum pledge | Code: 11623

**Sherman Road Soccer Park**

**Ages 12 - 14**

Saturday | June 1

10:00 a.m. - 1:00 p.m.

\$40 minimum pledge | Code: 11625

**Sherman Road Soccer Park**

**Ages 15+**

Saturday | June 1

10:00 a.m. - 1:00 p.m.

\$60 minimum pledge | Code: 11626

**Sherman Road Soccer Park**

## World Cup Soccer Academy



This soccer program will focus on developing basic skills and teaching small sided game tactics. Our head coach has coached professionally for more than 20 years, has worked with our National Team Program, and trained at Barcelona Academy of South America.

**U8 - U10 (Born 2009 - 2011)**

Fridays | Apr 26 - June 28

4:00 p.m. - 5:00 p.m.

10 Sessions \$110 | Code: 7233

**KPRC - Sports Fields**

Instructor: Brett Hyslop

**U11 - U13 (Born 2006 - 2008)**

Fridays | Apr 26 - June 28

5:00 p.m. - 6:00 p.m.

10 Sessions \$110 | Code: 7235

**KPRC - Sports Fields**

Instructor: Brett Hyslop

**U14 - U16 (Born 2003 - 2005)**

Fridays | Apr 26 - June 28

5:00 p.m. - 6:00 p.m.

10 Sessions \$110 | Code: 7236

**KPRC - Sports Fields**

Instructor: Brett Hyslop





## LPGA\*USGA Girls Golf Club



### Ages 6 - 16

Led by our female LPGA Teaching Pro, this program specializes in providing a girl-friendly environment to support learning, building confidence and living a healthy, active life. These one-hour weekly sessions will have a focus on FUN and safety while covering all aspects of the game.

Wednesdays | May 15 - June 5  
5:30 p.m. - 6:30 p.m.  
4 Sessions \$75 | Code:  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Wednesdays | June 12 - July 3  
5:30 p.m. - 6:30 p.m.  
4 Sessions \$75 | Code:  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson



## Physical Literacy

This symbol denotes Physical Literacy based programs that focus on the development and enhancement of FUNDamental Movement Skills. These essential building blocks instill confidence that comes from skill competence and provides motivation to maintain a life-long attachment to sport, recreation and physical activity.

## LPGA\*USGA Girls Golf Summer Camp



### Ages 6 - 17

Each day of this camp includes a combination of movement literacy, yoga, golf and environmental stewardship, followed by a healthy snack. Led by our female LPGA Teaching Pro, this program specializes in providing a girl-friendly environment to support learning, self-discovery and living an active life along with preserving the natural environment and wildlife habitats a golf course provides.

Monday - Friday | July 8 - 12  
12:30 p.m. - 3:30 p.m.  
5 Sessions \$249 | Code: 12341  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Monday - Friday | July 22 - 26  
12:30 p.m. - 3:30 p.m.  
5 Sessions \$249 | Code: 14259  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Monday - Friday | Aug 5 - 9  
12:30 p.m. - 3:30 p.m.  
5 Sessions \$249 | Code: 14260  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Monday - Friday | Aug 19 - 23  
12:30 p.m. - 3:30 p.m.  
5 Sessions \$249 | Code: 14262  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

## Junior Golf Clinics



### Ages 7+

Our beginner series of four clinics offers junior golfers who are new to the game a great foundation of FUN-damentals. In a fun and safe environment, our qualified GBC Golf Academy instructors will teach in an 8:1 student to teacher ratio.

Thursdays | May 2 - 23  
5:45 p.m. - 6:45 p.m.  
4 Sessions \$78.75 | Code: 7116  
**Arbutus Ridge Golf Club**

Thursdays | June 6 - 27  
5:45 p.m. - 6:45 p.m.  
4 Sessions \$78.75 | Code: 11651  
**Arbutus Ridge Golf Club**

Thursdays | July 4 - 25  
5:45 p.m. - 6:45 p.m.  
4 Sessions \$78.75 | Code: 11652  
**Arbutus Ridge Golf Club**

Thursdays | Aug 1 - 22  
5:45 p.m. - 6:45 p.m.  
4 Sessions \$78.75 | Code: 11653  
**Arbutus Ridge Golf Club**

Thursdays | Sept 5 - 26  
5:45 p.m. - 6:45 p.m.  
4 Sessions \$78.75 | Code: 11654  
**Arbutus Ridge Golf Club**

## Basketball

### Ages 8 - 15

This FREE drop-in program is a great way for kids to get some basketball in during the spring. Our coaches will keep everyone moving, with each session featuring skills, fun games, and plenty of scrimmage time.

### Ages 8 - 11

Wednesdays | May 1 - 29  
5:00 p.m. - 6:00 p.m.  
FREE Drop-in  
**Island Savings Centre**

### Ages 12 - 15

Wednesdays | May 1 - 29  
3:45 p.m. - 5:00 p.m.  
FREE Drop-in  
**Island Savings Centre**

## Youth Mountain Biking



### Ages 10 - 14

Ride smoother, safer, and with more control with this program designed to progress young mountain bikers. Riders will learn and practice game changing skills such as body position and balance, braking and gearing techniques, cornering, terrain awareness, and pumping trail. They will also learn how to execute trail maneuvers like hops, drops, and roll downs. Our PMBIA certified coaches' number one priority is the safety of our students. We teach with a challenge by choice approach and strive to keep the learning fun and engaging!

Tuesdays | May 14 - June 18

4:00 p.m. - 6:00 p.m.

6 Sessions \$165 | Code: 6638

### Mount Tzouhalem

Instructors: Nolan Riding

## Lacrosse Skill Development Camp



### Ages 9 - 16

This camp is designed for experienced lacrosse players who want to improve their skills, lacrosse IQ, and fitness level. Skills that will be focussed on include shooting, passing, and catching, as well as offensive, defensive, and transition play. Instructed by a former NCAA Division One and WLA player, each session will consist of 90 minutes of instruction, 30 minutes of dry land training, and 30 minutes of free floor time. Full gear and a water bottle are required.

### Ages 9 - 12 (Novice - Peewee)

Monday - Wednesday | July 8 - 10

9:00 a.m. - 11:30 a.m.

3 Sessions \$48 | Code: 12471

### Island Savings Centre

Instructor: Hugh Weir

### Ages 13 - 16 (Bantam - Midget)

Monday - Wednesday | July 15 - 17

9:00 a.m. - 11:30 a.m.

3 Sessions \$48 | Code: 12460

### Island Savings Centre

Instructor: Hugh Weir

## Cowichan Hoop Camp

### Grades 1 - 12

This camp will provide a positive environment for basketball players to develop skills, learn the game, and have fun! Skills that will be focused on include shooting form, ball-handling, attacking the basket, fundamental defensive principles, and transition play. This co-ed camp will be led by the senior girls' and boys' coaches from Cow High and includes a free t-shirt with your registration. Save \$10 per sibling after first child is registered at full price.

### Grades 1 - 3

Tuesday - Friday | July 2 - 5

9:00 a.m. - 12:00 p.m.

4 Sessions \$80 | Code: 13081

### Cowichan Secondary & Island Savings Centre

### Grades 4 - 7

Tuesday - Friday | July 2 - 5

9:00 a.m. - 12:00 p.m.

4 Sessions \$80 | Code: 13082

### Cowichan Secondary & Island Savings Centre

### Grades 8 - 12

Tuesday - Friday | July 2 - 5

1:00 p.m. - 4:00 p.m.

4 Sessions \$80 | Code: 13083

### Cowichan Secondary & Island Savings Centre

## Family Badminton

### Ages 10+

This drop-in program is designed for families or individuals who want to get out and play this fun, active sport. Badminton improves fitness, agility, balance, and hand-eye coordination. Racquets and shuttlecocks will be available or you can bring your own.

Wednesdays | May 1 - June 19

6:30 p.m. - 8:30 p.m.

Individual Drop-in \$4

Family Drop-in \$6 (2 or more)

### Island Savings Centre

## Tennis Camp

### Ages 6 - 15

Learn the basics of tennis, ground strokes, volleying, the service return, as well as strategies for game play and keeping score. The emphasis is on FUN. Please make sure you bring sunscreen, a hat, water, snack, and a tennis racquet. Racquets are provided if necessary.

### Ages 6 - 9

Monday - Friday | July 8 - 12

9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 11935

### Maple Bay Properties

Instructor: Alex Dodd

### Ages 9 - 12

Monday - Friday | July 15 - 19

9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 11936

### Maple Bay Properties

Instructor: Alex Dodd

### Ages 12 - 15

Monday - Friday | July 22 - 26

9:30 a.m. - 11:30 a.m.

5 Sessions \$105 | Code: 11937

### Maple Bay Properties

Instructor: Alex Dodd





## *Kid Zone Drop-in Centre ISC*

### **Kid Zone**

**Ages 7 - 14**

Drop in after school and let off some steam, play pool or board games, or enjoy a little video gaming! Need help with school work or a project? Our staff is always available to help at our homework club. Just need some down time to socialize? We can do that too! Check out our special event nights - or better yet, come in and help plan them. We will start off in the Kid Zone each day. Kid Zone will be closed during summer, but check out our other special events and out trips for kids.

Monday - Friday | May 4 - June 27

**Island Savings Centre**

Day	Times	Cost
Mondays	3:00 p.m. - 5:00 p.m.	Free
Tuesdays	3:00 p.m. - 5:00 p.m.	Free
Wednesdays	3:00 p.m. - 5:00 p.m.	Free
Thursdays	3:00 p.m. - 6:00 p.m.	Free
Fridays	3:00 p.m. - 6:00 p.m.	Free

### **Kid Zone Drop-in Centre Rentals**

Do you want to have your birthday party here, or just have a fun night with your friends? Call the Ticket Centre to check out price and availability of our Kid Zone that's full of fun things to do.

### **Are you interested...**

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please contact a Programmer in your area: Cowichan Lake Recreation 250.749.6742, Island Savings Centre 250.748.7529, Kerry Park Recreation 250.743.5922, Shawnigan Lake Community Centre 250.743.1433

### **Intro to Lacrosse Camp**

**Ages 6 - 8**

This three day camp will offer a fun, non-contact introduction to lacrosse. Join our instructor, a veteran National Team player, for skill development, movement training, and plenty of game play. Please bring clean runners, a healthy snack, and a water bottle each day. Sticks are provided.

Monday - Wednesday | July 8 - 10

9:30 a.m. - 11:30 a.m.

3 Sessions \$42 | Code: 12267

**Island Savings Centre**

Instructor: Naomi Walser

### **Lacrosse Camp for Girls**

**Ages 9 - 14**

This three day camp is a great opportunity for female players who are looking to improve their skills and techniques. Our head coach, a veteran National Team player, will combine high quality instruction with skills, drills, fun, and games. Developing more advanced techniques and game tactics will be the focus. Please bring a snack and a water bottle each day. The following equipment is required: helmets, gloves, and slash guards. Lacrosse sticks will be provided if needed.

Monday - Wednesday | July 8 - 10

12:30 p.m. - 3:30 p.m.

3 Sessions \$54 | Code: 12268

**Island Savings Centre**

Instructor: Naomi Walser

### **Online Registration:**

To use online registration you will need login information and a credit card. Please contact your local recreation centre to set up your family's login number. You can access online registration at [www.reccowichan.ca](http://www.reccowichan.ca)



## Events for Children & Youth

### Family Literacy Day

#### All Ages

Come explore the many ways literacy goes beyond books and reading. The Vancouver Island Regional Library partners with the Island Savings Centre for an awesome day of activities and fun such as sports challenges, cartooning, Lego, and more.

Friday | May 31

4:00 p.m. - 6:00 p.m.

FREE Admission

**Island Savings Centre**

### Bike Rodeo

#### Ages 3 - 12

Parks and Recreation is teaming up with Will Arnold from Experience Cycling and South Cowichan Community Policing for an informative and fun afternoon all about bikes. Ride your bike through our bike wash, decorate your bike, learn about bike maintenance, make a bike craft and ride through our circuit.

Sunday | May 26

11:00 a.m. - 2:00 p.m.

FREE Admission

**Kerry Park Recreation Centre**

### Swim Lesson Awards & Summer Mini Carnival

#### All Ages

Join us for an evening of swim award recognition followed by our mini carnival. Plenty of games for kids; varying levels of difficulty.

Wednesday | Aug 28

6:00 p.m. | Swim Awards

6:30 p.m. - 7:30 p.m. | Carnival Games

FREE Admission

**CLR - Youbou Hall**



*Need a little help?*

### CVRD Recreation Assistance Programs

The CVRD's Recreation and Culture division is committed to providing accessible and affordable recreation programs. Families living in areas A, B, C, D, E, F, I, the City of Duncan, and Town of Lake Cowichan are eligible to apply for the Recreation Assistance Program if your combined family income is at or below the Statistics Canada Low Income Threshold. Areas A, B, C, D (Mill Bay, Malahat, Cobble Hill, Shawnigan Lake, & Cowichan Bay) Contact: Janine at 250.743.5922 or download a copy of the application form at [www.cvr.bc.ca](http://www.cvr.bc.ca). Areas D & E (Cowichan Bay, Cowichan Station, Sahtlam, Glenora, Duncan, & North Cowichan South of Herd Rd.) Contact: 250.748.PLAY (7529) or download a copy of the application form at [www.cvr.bc.ca](http://www.cvr.bc.ca). Areas F, I & the Town of Lake Cowichan (Cowichan Lake South, Skutz Falls, Youbou, & Meade Creek) Contact: CLSA at 250.749.6742.

### KidSport™

KidSport™ Cowichan is a community based volunteer managed sport charity that provides grants for children to participate in a season of sport. The goal is to ensure that kids who might not otherwise be able to access organized sports have the chance to do so. KidSport Cowichan encompasses the entire Cowichan Valley and includes the following communities: Mill Bay, Shawnigan Lake, Cobble Hill, Cowichan Bay, Glenora, Cowichan Station, City of Duncan, Sahtlam, Mesachie Lake, Honeymoon Bay, Town of Lake Cowichan, Municipality of North Cowichan, Town of Ladysmith, Saltair, North Oyster, Cowichan Tribes, Penelakut Tribe, Chemainus, Halalt, Lake Cowichan, and Lyackson First Nations. Our mission...to remove the financial barriers that prevent some children from playing organized sports! Our vision...so all kids can play! Apply at [www.kidsport.ca/cowichan](http://www.kidsport.ca/cowichan)



### Jumpstart

The Canadian Tire Jumpstart Program is a program that allows children and youth to participate in sport and recreation in their community without having to worry about their financial constraints. This program places emphasis on children and youth who are inactive with the goal to assist them to take the necessary steps to make healthier lifestyle changes. For more information, visit: [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)





## Are you looking for a rewarding career?



*Are you good with children?*

Become a Licensed Child Care Leader

- ☒ Secondary School Graduation, Minimum age 19
- ☒ Complete a course, or a combination of courses, a minimum 20 hours in child development, guidance, health and safety, or nutrition
- ☒ Complete a child care licensing approved First Aid course
- ☒ Complete the following licensing requirements:
  - a certificate of health,
  - three letters of reference,
  - a police information check and driver's abstract
- ☒ Gain a minimum of one year of experience working with children
- Bonus* ECE Assistant or ECE certification would be an asset
- ☐ **To apply - email a cover letter and resume to [hr@cvrld.bc.ca](mailto:hr@cvrld.bc.ca)**



*Do you have food and beverage experience?*

Join our team of Concession Staff, Banquet Workers, and Bartenders

- ☒ Minimum age 15
- ☒ Complete your Food Safe certification
- ☒ Gain knowledge or experience preparing/handling food, washing dishes, and bussing tables
- ☒ Bartenders must complete Serving It Right certification, Minimum age 19
- ☐ **To apply - email a cover letter and resume to [hr@cvrld.bc.ca](mailto:hr@cvrld.bc.ca)**

Visit [www.cvrld.bc.ca](http://www.cvrld.bc.ca) to explore employment opportunities and sign up to receive email notifications.



## Work where you live

Consider bringing your talent to our dedicated team providing diverse services to the community.

We employ people in recreation, arts & culture, facilities maintenance, public safety, planning & development, parks & trails, utilities, solid waste management, environmental initiatives, and corporate services.



- Challenging and rewarding
- Healthy and supportive
- Career and professional development
- Competitive wages and benefits
- Flextime
- Full-time, part-time, temporary, casual, and student

Visit [www.cvrld.bc.ca](http://www.cvrld.bc.ca) to explore available employment opportunities

Sign-up to receive e-mail notifications





## Sweat, Stretch and Strength Fitness

These motivating fitness classes will not only increase your stamina and flexibility, but may even leave you with a smile on your face! Class incorporates aerobic movements, balance and strength training, resistance equipment and fun. Class finishes off with relaxing breathing and stretching.

Mon/Wed/Fri | May 6 - July 31

9:00 a.m. - 10:00 a.m.

8 Visit Punch Pass \$35 or Drop-in \$5  
**Shawnigan Lake Community Centre**

Instructor: Jan Carter

No session May 20, July 1

## Fit Forever

This is an exercise program designed for adults ages 55 and up, who may require special considerations to their exercise routine. The goal of this class is to provide a specially designed program to help you reach your fitness goals while respecting your limitations.

Mon/Wed/Fri | May 1 - July 31

10:30 a.m. - 11:30 a.m.

10 Visit Punch Pass \$45 or Drop-in \$5

**Kerry Park Recreation Centre**

Instructor: Jan Carter

No session May 20, July 1

## Drop-in Fitness with Spin, Elliptical & Weights

**Ages 16+**

Are you looking for a convenient way to get some indoor exercise? Check out our self-directed fitness program in a gym-like atmosphere with access to spin bikes, elliptical trainer, free weights, BOSUs, weight balls, and mats. Bring your own music, plug in and enjoy! \*Hours are subject to change due to scheduled fitness classes and facility availability.

Mar 18 - Sept 14

Mondays - Fridays | 6:00 a.m. - 8:00 p.m.\*

Saturdays | 8:00 a.m. - 12:00 p.m.\*

Closed Sundays and May 20, July 1,

Aug 5, Sept 2

Drop-in \$5 per person, per visit

**Cowichan Lake Curling Rink**

## Low Impact Exercise

**Ages 15+**

This program is ideal for those who are beginning their exercise journey. Classes incorporate gradual progressions and modifications for those with limitations and health restrictions. Drop-in fee \$4 per visit.

Wednesdays/Fridays | May 1 - June 14

Wednesdays 10:00 a.m. - 11:00 a.m.

Fridays 1:00 p.m. - 2:00 p.m.

14 Sessions \$50 | Code: 11389

**Cowichan Lake Sports Arena**

Instructor: Trudy Talbot

## Reboot Fitness

This class guides students through a fun and rigorous routine that will get your heart pumping and your body working. Efficient training using simple but challenging intervals, combined with resistance exercises to increase strength and endurance, are incorporated in this class. This 60-minute workout can be performed at all levels of fitness and ability.

Mondays/Wednesdays | May 1 - 29

9:00 a.m. - 10:00 a.m.

8 Sessions \$80 | Code: 6243

**Kerry Park Recreation Centre**

Instructor: Kelly Kinghorn

No session May 20

Mondays/Wednesdays | June 3 - 26

9:00 a.m. - 10:00 a.m.

8 Sessions \$80 | Code: 11723

**Kerry Park Recreation Centre**

Instructor: Kelly Kinghorn

Mondays/Wednesdays | July 3 - 31

9:00 a.m. - 10:00 a.m.

9 Sessions \$90 | Code: 11724

**Kerry Park Recreation Centre**

Instructor: Kelly Kinghorn

Mondays/Wednesdays | Aug 7 - 28

9:00 a.m. - 10:00 a.m.

7 Sessions \$70 | Code: 11730

**Kerry Park Recreation Centre**

Instructor: Kelly Kinghorn

Mondays/Wednesdays | Sept 4 - 25

9:00 a.m. - 10:00 a.m.

7 Sessions \$70 | Code: 12369

**Kerry Park Recreation Centre**

Instructor: Kelly Kinghorn

10 Visit Punch Pass \$108

Drop-in \$12 per class if space is available

## Oops, We Had to Cancel...

Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are typically made 4 - 7 days prior to class start. Please register early to avoid disappointment.

## Not for Pretzels Yoga

### Ages 15+

Come and explore the magic of Somatic movement fused with gentle yoga. This class incorporates slow, mindful movement of Somatics (a practice expanded upon by Thomas Hanna) with yoga. This practice is suitable for all who want to explore a pain-free method of “opening up” and understanding and experiencing movement of the body from the inside.

Saturdays | May 4 - June 15

10:00 a.m. - 11:00 a.m.

7 Sessions \$70 | Code: 11394

**Cowichan Lake Sports Arena**

Instructor: Trudy O'Hearn Talbot

Drop-in \$13 per class once minimum numbers reached

## Restorative Yoga

### Ages 15+

A soothing practice incorporating the use of props that allow you to hold poses for a longer period of time. In doing so, you open the connective tissues that can result in a gentle stretching of muscles, strengthening the joints, while calming the mind. Drop-in \$13 per class once minimum numbers reached.

Saturdays | May 4 - June 15

11:15 a.m. - 12:15 p.m.

7 Sessions \$70 | Code: 11396

**Cowichan Lake Sports Arena**

Instructor: Trudy O'Hearn Talbot

## Yin Yoga

A quiet, inward practice focused on the connective tissues of the body. Each pose is held for 3 - 5+ minutes using props. Time allows the body to enter a state of deep relaxation and encourages increased flexibility. A class for all levels.

Tuesday | May 21 - June 25

6:00 p.m. - 7:00 p.m.

6 Sessions \$58.50 | Code: 13513

**Shawnigan Lake Community Centre**

## Gentle Hatha Yoga

This class will help strengthen, stretch, tone, and relax your entire body. Whether you're looking to get in better shape or simply stretch tight muscles, this class will help. You will leave feeling calm and strong, with a deep sense of relaxation and healthier breathing patterns. Some benefits include increased core strength and flexibility, toned internal organs, greater awareness of the body and mind, reduced stress and tension, improved breath control, and a quiet mind. This class is beginner friendly.

Wednesdays | May 8 - June 12

11:00 a.m. - 12:00 p.m.

6 Sessions \$58.50 | Code: 6674

**Shawnigan Lake Community Centre**

Instructor: Karin Ingham

Mondays | June 3 - 24

11:00 a.m. - 12:00 p.m.

4 Sessions \$39 | Code: 11728

**Kerry Park Recreation Centre**

Instructor: Karin Ingham

Mondays | July 8 - 29

11:00 a.m. - 12:00 p.m.

4 Sessions \$39 | Code: 11729

**Kerry Park Recreation Centre**

Instructor: Karin Ingham

Mondays | Sept 9 - 30

11:00 a.m. - 12:00 p.m.

4 Sessions \$39 | Code: 12368

**Kerry Park Recreation Centre**

Instructor: Karin Ingham

Drop-in \$10 per class if space is available

## Hatha Yoga

Join us for Hatha Yoga and help strengthen, stretch, tone, and relax your entire body. Whether you want to get in better shape or simply stretch tight muscles, this class will help. You will leave feeling calm, strong, with a deep sense of relaxation, and healthier breathing patterns. Some benefits include increased core strength and flexibility, toned internal organs, greater awareness of the body and mind, reduced stress and tension, improved breath control, and a quiet mind. This class is beginner friendly.

Mondays | May 13 - June 24

6:30 p.m. - 7:30 p.m.

6 Sessions \$58.50 | Code: 6676

**Shawnigan Lake Community Centre**

Instructor: Sherri Glenwright

No session May 20





## Chair Yoga

This class is for those who may feel uncomfortable getting up and down on the mat. Maybe you feel a little unsteady on your feet and don't want to participate in traditional yoga classes; Chair Yoga is a great alternative. This class will benefit you by increasing flexibility, mobility and joint strength through a series of gentle poses while sitting or using the support of a chair. We also incorporate our breath with all of these movements to create a sense of calm and wellbeing.

Thursdays | May 9 - June 13  
10:30 a.m. - 11:30 a.m.  
6 Sessions \$54 | Code: 13723  
**Kerry Park Recreation Centre**  
Instructor: Trudy O'Hearn Talbot

Thursdays | June 20 - July 25  
10:30 a.m. - 11:30 a.m.  
6 Sessions \$54 | Code: 13725  
**Kerry Park Recreation Centre**  
Instructor: Trudy O'Hearn Talbot

Thursdays | Aug 1 - Sept 5  
10:30 a.m. - 11:30 a.m.  
6 Sessions \$54 | Code: 13726  
**Kerry Park Recreation Centre**  
Instructor: Trudy O'Hearn Talbot

Drop-in \$10 per class

## Yoga Flow with Colleen

### Ages 15+

A variety of yoga styles will be explored, focusing on strength, endurance, flexibility, balance and breath control. Each class ends with relaxation and meditation to leave you feeling energized, centered and calm. Modifications for all levels will be demonstrated. This is a co-ed class.

Mondays | May 6 - June 24  
9:45 a.m. - 11:00 a.m.  
7 Sessions \$70 | Code: 5237  
**Cowichan Lake Sports Arena**  
Instructor: Colleen Wizbicki  
No session May 20

Mondays | July 8 - Aug 26  
9:45 a.m. - 11:00 a.m.  
7 Sessions \$70 | Code: 11182  
**Cowichan Lake Sports Arena**  
Instructor: Colleen Wizbicki  
No session Aug 5

Fridays | May 10 - June 21  
9:45 a.m. - 11:00 a.m.  
7 Sessions \$70 | Code: 5239  
**Cowichan Lake Sports Arena**  
Instructor: Colleen Wizbicki

Fridays | July 5 - Aug 30  
9:45 a.m. - 11:00 a.m.  
9 Sessions \$90 | Code: 11169  
**Cowichan Lake Sports Arena**  
Instructor: Colleen Wizbicki

Drop-in \$13 per class

## Jazzercise

Torch fat, sculpt lean muscle, and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and body-blasting moves bring the intensity to transform your body, boost your mood and ignite your energy. Start dancing yourself fit and change the shape of your body today! See instructor for monthly punch passes, drop-in rates, and out days.

Mondays/Wednesdays | May 1 - June 26  
6:00 p.m. - 7:00 p.m.  
10 Visit Punch Pass \$105  
**George Bonner Elementary**  
Instructor: Pam Krewda

Tuesdays/Thursdays | May 2 - June 27  
7:00 p.m. - 8:00 p.m.  
10 Visit Punch Pass \$105  
**Bench Elementary**  
Instructor: Pam Krewda

## BollyX

### Ages 13+

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. It's a cardio workout that combines higher and lower intensity dance sequences to get you moving, sweating, and motivated. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

Wednesdays | May 8 - June 26  
5:00 p.m. - 6:00 p.m.  
8 Sessions \$80 | Code: 11409  
**Cowichan Lake Sports Arena**  
Instructor: Izmet Barranco

## Jazz It Up! Adult Dance

### Ages 15+

A great way to exercise, socialize and have fun while grooving to funky music. No dance experience required.

Thursdays | May 23 - June 27  
6:00 p.m. - 6:45 p.m.  
6 Sessions \$45 | Code: 12083  
**Cowichan Lake Sports Arena**  
Instructor: Cathy Mylrea



## Groove Dance Fitness

Groove is a dance workout that is perfect for any age and everybody. It includes simple moves to a wide variety of music (top 40, jazz, rock, pop, hip-hop, swing and many more) to suit everyone's liking. Groove will give you the workout you need to build strength, improve coordination and burn those extra calories. Moves are easily modified for participants at every fitness level. So simple and fun, you'll wonder where the hour went!

Mondays | May 6 - May 27

6:45 p.m. - 7:45 p.m.

3 Sessions \$30 | Code: 7191

**Kerry Park Recreation Centre**

Instructor: Femmie Rivard

No session May 20

Wednesdays | June 5 - 26

6:45 p.m. - 7:45 p.m.

4 Sessions \$40 | Code: 12370

**Kerry Park Recreation Centre**

Instructor: Femmie Rivard

Wednesdays | July 10 - 31

6:45 p.m. - 7:45 p.m.

4 Sessions \$40 | Code: 12371

**Kerry Park Recreation Centre**

Instructor: Femmie Rivard

Wednesdays | Aug 7 - Sept 4

6:45 p.m. - 7:45 p.m.

5 Sessions \$50 | Code: 12372

**Kerry Park Recreation Centre**

Instructor: Femmie Rivard

Drop-in \$12 per class

## Are you interested...

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please contact a Programmer in your area:

Cowichan Lake 250.749.6742

Island Savings Centre 250.748.7529

Kerry Park Recreation 250.743.5922

Shawnigan Lake Community Centre

250.743.1433

## Dance

### Social Latin Dance - Cha Cha, Rhumba, Jive

Yes, Latin dancing includes the Jive, one of the most fun and popular dances around. Combined with Cha Cha, for the fast and lively Latin tunes, and Rhumba for the romantic love songs. Participants are invited to stay for a 15-minute practice period after the class ends to practice what you have learned. Please sign up with a partner.

Wednesdays | May 8 - June 5

7:15 p.m. - 8:15 p.m.

5 Sessions \$55 | Code: 7144

**Kerry Park Recreation Centre**

Instructor: E & R Ballroom Dance

### East Coast Swing (Jive)

Discover for yourself why this is one of the most popular and enduring dance styles ever invented. A great date night out and so much fun dancing to classic swing and rock 'n roll tunes, you won't even realize you've had a bit of a workout too!

Thursdays | May 16 - June 13

8:30 p.m. - 9:30 p.m.

5 Sessions \$55 | Code: 12291

**Island Savings Centre**

Instructor: E & R Ballroom Dance

### Slow Dancing for Nightclubs and Weddings

When the slow and romantic ballads and love songs start to play, don't just do the prom night hug and sway. Spice up your dancing and impress your friends with this easy and relaxed dance style that is perfect for nightclubs, parties, or wedding dancing. Each session is preceded by a 15-minute open practice session.

Wednesdays | May 8 - June 5

8:30 p.m. - 9:30 p.m.

5 Sessions \$55 | Code: 7146

**Kerry Park Recreation Centre**

Instructor: E & R Ballroom Dance

### Social Ballroom Dance - Waltz

Waltz is considered the most beautiful and graceful of all the ballroom dances. This five-week mini-course is suitable for beginners or those who already know a few figures from our social ballroom dance class. By focusing on one dance, we'll have time to not only go over the basic steps but also add in a few new intermediate level figures.

Wednesdays | Sept 25 - Oct 23

7:00 p.m. - 8:00 p.m.

5 Sessions \$55 | Code: 12721

**Kerry Park Recreation Centre**

Instructor: E & R Ballroom Dance

### Social Ballroom Dance - Cha Cha

Cha Cha is a fast and fun Latin dance with great music! This five-week mini-course is suitable for beginners or those who already know a few figures from previous Latin dance classes. By focusing on one dance, we'll have time to not only go over the basic steps but also add in a few new intermediate level figures.

Wednesdays | Sept 25 - Oct 23

8:15 p.m. - 9:15 p.m.

5 Sessions \$55 | Code: 12720

**Kerry Park Recreation Centre**

Instructor: E & R Ballroom Dance



## Cowichan Lake Recreation Pickleball Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Mesachie Lake Hall 8:30 a.m. - 12:30 p.m. Year Round	Mesachie Lake Hall 8:30 a.m. - 12:30 p.m. Year Round	Mesachie Lake Hall 8:30 a.m. - 12:30 p.m. Year Round	Mesachie Lake Hall 8:30 a.m. - 12:30 p.m. Year Round	Mesachie Lake Hall 8:30 a.m. - 12:30 p.m. Year Round
	Honeymoon Bay Hall 9:30 a.m. - 11:30 a.m. Year Round	Honeymoon Bay Hall 9:30 a.m. - 11:30 a.m. Year Round	Honeymoon Bay Hall 9:30 a.m. - 11:30 a.m. Year Round	
Youbou Hall 9:30 a.m. - 1:00 p.m. Year Round Closed May 20, Aug 5, Sept 2	Youbou Hall 9:30 a.m. - 1:00 p.m. Year Round		Youbou Hall 9:30 a.m. - 1:00 p.m. Year Round	Youbou Hall 9:30 a.m. - 1:00 p.m. Year Round
Youbou Hall evening play times are available on Saturdays 6:30 p.m. - 8:30 p.m. until June 22.				
Mesachie Lake Hall 6:30 p.m. - 8:30 p.m. Year Round Dependent on facilitator		Mesachie Lake Hall 6:30 p.m. - 8:30 p.m. Year Round Dependent on facilitator	Mesachie Lake Hall 6:30 p.m. - 8:30 p.m. Year Round Dependent on facilitator	
CLSA Curling Rink 8:00 a.m. - 6:00 p.m. Mar 18 - Aug 26 Closed July 1, Aug 5, Sept 2	CLSA Curling Rink 8:00 a.m. - 6:00 p.m. Mar 19 - Sept 3	CLSA Curling Rink 8:00 a.m. - 6:00 p.m. Mar 20 - Sept 4	CLSA Curling Rink 8:00 a.m. - 6:00 p.m. Mar 21 - Sept 5	CLSA Curling Rink 8:00 a.m. - 6:00 p.m. Mar 22 - Sept 6  Saturdays 8:00 a.m. - 12:00 p.m. Mar 23 - Sept 14
		<b>New</b> Lake Cowichan School 7:00 p.m. - 9:30 p.m. May 1 - June 26		
Yearly \$110, Half Year \$75, Drop-in \$3 per visit (Year round per person) For inquiries, please contact: Tanya Kaul, Recreation Programmer 250.749.6742 or tkaul@cavrd.bc.ca				

### Drop-in Pickleball

#### Ages 15+

Pickleball is a fun combination of badminton, tennis, and table tennis that continues to grow in popularity. It is played on a badminton-sized court with a light weight paddle and a plastic perforated ball. Pickleball is accessible to a wide range of players and accommodates participants at every fitness level.

Mon/Wed/Fri | May 6 - Aug 30  
9:30 a.m. - 1:00 p.m.  
10 Visit Punch Pass \$27 or Drop-in \$3  
**Kerry Park Recreation Centre**  
No session May 20, July 1, Aug 5

Thursdays | May 9 - Aug 29  
7:00 p.m. - 8:30 p.m.  
10 Visit Punch Pass \$27 or Drop-in \$3  
**Kerry Park Recreation Centre**

Mondays | May 6 - June 17  
7:00 p.m. - 9:00 p.m.  
Drop-in \$4  
**Island Savings Centre**  
No session May 20

### Intermediate Pickleball

This drop-in session is geared for the more competitive player, self-rated 3.25 and higher.

Tuesdays | May 7 - Aug 27  
9:30 a.m. - 1:00 p.m.  
10 Visit Punch Pass \$27 or Drop-in \$3  
**Kerry Park Recreation Centre**

### Pickleball Lessons

If you would like to learn how to play Pickleball at Kerry Park please contact a Recreation Programmer at 250.743.5922 to set up a lesson.

## Sports and Activities

### Learn to Play Pickleball

#### Ages 15+

Pickleball is a low impact sport that can be played by people of all ages and athletic abilities. Many of the rules function to slow the game down significantly. Though it requires hand-eye coordination and some stamina, the smaller-sized court decreases the need to run. In this course you can learn the basic rules of the game and the skills to take your game to the next level.

Wednesdays | May 8 - 29  
10:30 a.m. - 12:30 p.m.  
4 Sessions \$32 | Code: 11725  
**Island Savings Centre**

Mondays | May 27 - June 17  
5:30 p.m. - 7:30 p.m.  
4 Sessions \$32 | Code: 13648  
**Kerry Park Recreation Centre**  
Instructor: Art Hobbs

### Learn to Play Intermediate Pickleball

This intermediate program will build on the starter skills learned in the Learn to Play lessons by offering more advanced instruction. Registration is also open to players who have not completed the Learn to Play, but basic skills and knowledge of the game are required.

Fridays | May 31 - June 21  
1:15 p.m. - 3:15 p.m.  
4 Sessions \$32 | Code: 13650  
**Kerry Park Recreation Centre**  
Instructor: Art Hobbs

### Carpet Bowling

#### Ages 19+

Carpet bowling offers the social experience of the lawn without a rain jacket or sun visor. Whether you are an experienced pro or a little green behind the ears, you are sure to enjoy yourself!

Wednesdays | June 5 - Aug 28  
6:15 p.m. - 9:45 p.m.  
13 Sessions \$10 | Code: 11216  
**CLR - Honeymoon Bay Hall**

### 2nd Annual "Dill" Pickleball Tournament

Kerry Park Recreation Centre is excited to bring back "the Dill" Pickleball tournament with a Hawaiian Luau theme. The object of this doubles tournament is to promote Pickleball at all levels and to showcase this wonderful sport. A maximum of 24 entries will be allowed. Event includes lunch and a t-shirt. Please leave your rating when you register for the tournament. Please contact shannon.mckinlay@cprd.bc.ca for more information.

Saturday | June 1  
9:00 a.m. - 4:00 p.m.  
1 Day \$35 | Code: 9269  
**Kerry Park Recreation Centre**

### Family Badminton

#### Ages 10+

This drop-in program is designed for families or individuals who want to get out and play this fun, active sport. Badminton improves fitness, agility, balance, and hand-eye coordination. Racquets and shuttlecocks will be available or you can bring your own.

Wednesdays | May 1 - June 19  
6:30 p.m. - 8:30 p.m.  
Individual Drop-in \$4  
Family Drop-in \$6 (2 or more)  
**Island Savings Centre**

### Tennis Lessons - Beginner

#### Ages 16+

Join us for the first time or for a review of the fundamentals of tennis such as forehand, backhand, serve, and volley. The emphasis will be on fun and games like hit the target (or the coach!), king of the court, and of course tennis drills with lots of balls and practice.

Monday - Thursday | July 8 - 11  
6:00 p.m. - 7:30 p.m.  
4 Sessions \$80 | Code: 11970  
**Maple Bay Properties**  
Instructor: Alex Dodd

### Tennis Lessons - Intermediate

#### Ages 16+

This is for the intermediate players that wish to increase their performance by fine tuning their skills and game strategy. The emphasis will be on games, scoring, court positioning, and singles and doubles strategy. We will play a round robin tournament on the last day.

Monday - Thursday | July 15 - 18  
6:00 p.m. - 7:30 p.m.  
4 Sessions \$80 | Code: 11971  
**Maple Bay Properties**  
Instructor: Alex Dodd





## Short Game Wizard Clinic

Looking to improve your scores? Come join our PGA Professionals and learn the fundamentals of chipping, pitching, and sand play. Our fun, interactive drills and analysis of your golf equipment will get you well on your way to becoming a short game wizard!

Saturday | May 25  
2:00 p.m. - 3:30 p.m.  
1 Session \$25 | Code: 6267  
**Cowichan Golf & Country Club**

Saturday | July 13  
2:00 p.m. - 3:30 p.m.  
1 Session \$25 | Code: 13021  
**Cowichan Golf & Country Club**

Saturday | Aug 10  
2:00 p.m. - 3:30 p.m.  
1 Session \$25 | Code: 13022  
**Cowichan Golf & Country Club**

## Short Game Boot Camp

You may be mesmerized by the long drive, but on the road to improved scores, it is the short game that is the difference maker. Come out to learn all about wedge play and specialty shots around the green! A combination of coaching, skill challenges, and games will be incorporated for your fun and learning.

Saturday | May 18  
10:00 a.m. - 12:00 p.m.  
1 Session \$25 | Code: 13568  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Saturday | May 18  
2:00 p.m. - 4:00 p.m.  
1 Session \$25 | Code: 13569  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Saturday | June 1  
2:00 p.m. - 4:00 p.m.  
1 Session \$25 | Code: 13570  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

## Get Golf Ready 1.0

This program is for the beginner golfer. If you've ever thought about picking up a golf club, either for the first time or returning after an absence from the game, this is a great opportunity. Whether you have clubs or not, come join us at Arbutus Ridge for 5 fun-filled lessons designed to get you golfing and on your way to playing the game of a lifetime. Program includes 5 lessons (putting, chipping, pitching, full swing, and on course), 5 large buckets at our practice facility, 1 sunset 9-hole round of golf (after 4:30 p.m.).

Tuesdays | May 14 - June 11  
5:30 p.m. - 6:30 p.m.  
5 Sessions \$136 | Code: 12561  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Tuesdays | May 14 - June 11  
6:30 p.m. - 7:30 p.m.  
5 Sessions \$136 | Code: 12562  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Wednesdays | May 15 - June 12  
6:30 p.m. - 7:30 p.m.  
5 Sessions \$136 | Code: 12564  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

Wednesdays | June 19 - July 17  
6:30 p.m. - 7:30 p.m.  
5 Sessions \$136 | Code: 12565  
**Arbutus Ridge Golf Club**  
Instructor: Jody Jackson

## Swing Through Summer Ladies Only Clinic

Join our PGA Professionals in a fun and relaxed environment and learn all the basic fundamentals of golf. The sessions will take place on the range, short game area, putting green, and on the course.

Thursdays | July 4 - 25  
6:00 p.m. - 7:00 p.m.  
4 Sessions \$75 | Code: 13080  
**Cowichan Golf & Country Club**



## The Art of Putting

You may have heard the saying “Drive for show and putt for dough”. This is so true! Putts comprise 40-50% of strokes during a game. So if you think it’s important to learn how to improve your putting, join us! Partner work will be used primarily, so please come with a friend if possible.

Sunday | May 19

10:00 a.m. - 12:00 p.m.

1 Session \$25 | Code: 13571

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Sunday | May 19

2:00 p.m. - 4:00 p.m.

1 Session \$25 | Code: 13573

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Sunday | June 2

10:00 a.m. - 12:00 p.m.

1 Session \$25 | Code: 13574

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Sunday | June 2

2:00 p.m. - 4:00 p.m.

1 Session \$25 | Code: 13575

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

## Putting Clinic

Are you tired of 3-putting? Come join our PGA Professionals and learn how to read greens, control your distance, and build a fundamentally sound putting stroke.

Wednesday | May 29

5:00 p.m. - 6:00 p.m.

1 Session \$25 | Code: 6255

**Cowichan Golf & Country Club**

Wednesday | July 3

5:00 p.m. - 6:00 p.m.

1 Session \$25 | Code: 13018

**Cowichan Golf & Country Club**

Wednesday | Aug 7

5:00 p.m. - 6:00 p.m.

1 Session \$25 | Code: 13019

**Cowichan Golf & Country Club**

## Women Only Golf Camp

Join like-minded women and Cowichan Valley’s only female golf professional in these FUN, social and holistic programs for both novice and experienced golfers. Learn how to leverage the body-mind connection, develop your pre and post shot routines, and improve your technique of the most important shots in the game.

### Novice (No Handicap Factor or 21+)

Friday | May 31

9:00 a.m. - 1:00 p.m.

1 Session \$65 | Code: 12566

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Saturday | June 15

9:00 a.m. - 1:00 p.m.

1 Session \$65 | Code: 12568

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Friday | July 5

9:00 a.m. - 1:00 p.m.

1 Session \$65 | Code: 12570

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

### Experienced

(Handicap Factor: 20 or less)

Friday | May 31

1:30 p.m. - 5:30 p.m.

1 Session \$65 | Code: 12567

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Saturday | June 15

1:30 p.m. - 5:30 p.m.

1 Session \$65 | Code: 12569

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

Friday | July 5

1:30 p.m. - 5:30 p.m.

1 Session \$65 | Code: 12571

**Arbutus Ridge Golf Club**

Instructor: Jody Jackson

## Do you want to teach a program?

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please contact a Programmer in your area: Cowichan Lake Recreation 250.749.6742, Island Savings Centre 250.748.7529, Kerry Park Recreation 250.743.5922, Shawnigan Lake Community Centre 250.743.1433

## New Multi-Activity Social Rec Night

### All Ages

Check out our new family-friendly drop-in social rec night in the Curling Rink dry floor and lounge. Various games: Floor (e.g. Pickleball, Hoppy Balls for Kids, Indoor Mini Golf), Table (Shuffleboard, Ping Pong, Air Hockey) and Card (e.g. Euchre, Cribbage), and activities for all ages will be available. Bar and concession will be open. A facilitator will be on-site to assist with equipment needs.

\*Hours are subject to change due to facility availability. Children must be supervised by an adult at all times.

Fridays | May 3 - June 28

6:30 p.m. - 8:30 p.m.\*

Drop-in \$3 per person

**CLR - Curling Rink and Lounge**

## Ball Hockey

### Ages 16+

This recreational program will give players a chance to get in a fun workout playing ball hockey. All levels of skill are welcome to attend. There will be no slap shots or hitting, and our supervisor will encourage fair play and equal playing time. Regular hockey sticks are permitted. Helmets, gloves, and athletic cups are recommended.

Thursdays | May 2 - June 13

7:00 p.m. - 9:00 p.m.

Drop-in \$4

**Island Savings Centre**



## Lake to Lake Walk & Marathon

From Shawnigan Lake to Cowichan Lake, walk or run 42.2 kms for the charity of your choice along the Cowichan Valley Trail, an established section of "The Great Trail", built along a former rail bed. Featured highlights of the route: crossing several historic rail bridges including the Kinsol Trestle, traversing rural Cowichan countryside and experiencing the lush, green canopy of the Cowichan River Provincial Park. Encouraging participants along the way will be volunteers at strategically located rest stops to provide food and beverage recharging, access to portable toilets, and basic medical attention as may be needed. The steady, gentle rising grade of the Cowichan Valley Trail from Shawnigan Lake to Cowichan Lake provides a rewarding near wilderness challenge and experience. Shuttles will connect the finish to the start for an additional fee of \$10, though participants are encouraged to arrange their own transportation drop-offs and pick-ups. The start site is located at West Shawnigan Lake Park (next door to Camp Pringle) in Shawnigan Lake and is less than an hour drive from Victoria and Nanaimo. Typical weather in September is seasonably warm and nice. Early registration is encouraged!

Saturday | Sept 14  
Starts at 8:00 a.m. sharp | No late starts  
Register by July 1 | \$55  
Register July 2 - Aug 1 | \$70  
Register Aug 2 - Sept 1 | \$85  
Pre and Post Walk Shuttles | \$10  
Registration Deadline Sept 1  
Code: 4892

**West Shawnigan Lake Park to  
Cowichan Lake Sports Arena**

## Lake to Lake Half Marathon

New this year, a half marathon option (21.1 km) has been added. You will start at West Shawnigan Lake Park, cross the Kinsol Trestle, and continue on to Kelvin Creek (rest stop #2) where you will turn around and finish back at the start site. Perfect for those who still want to experience the beauty of the Cowichan Valley and prefer the shorter distance, while still raising money for the charity of your choice.

Saturday | Sept 14  
Starts at 8:30 a.m. sharp | No late starts  
Register by July 1 | \$35  
Register July 2 - Aug 1 | \$50  
Register Aug 2 - Sept 1 | \$60  
Registration Deadline Sept 1  
Code: 9158

**West Shawnigan Lake Park**

## Retreads Hiking Club

### Ages 18+

The Retreads Hiking Club welcomes all people interested in fitness and the outdoors to come out and join them in enjoying the beautiful trails in the Cowichan Valley and other parts of central Vancouver Island. The annual membership renewal date is July 1 each year. Pick up a schedule from the Cowichan Lake Sports Arena, Tourist Information Centre or visit [www.cvrld.bc.ca](http://www.cvrld.bc.ca). The club meets every Wednesday morning at Saywell Park in the heart of Lake Cowichan. We'll see you on the trail!

Wednesdays | Year round  
9:00 a.m. start in June, July and Aug  
Yearly membership \$15  
Drop-in \$2 per hike  
**CLR - Saywell Park**

## Co-ed Indoor Drop-in Soccer

### Ages 16+

Get out of the cold and rain and get into the gym for a good run. Indoor soccer is a great workout, a lot of fun, and is open to all men and women looking to play.

Tuesdays | May 7 - 28  
7:30 p.m. - 9:00 p.m.

Drop-in \$5

**Shawnigan Lake Community Centre**

## Co-ed Drop-in Soccer

### Ages 16+

Join like-minded adults for a 'just-for-fun' game of casual soccer. Get your heart pumping and have a good time in the sunshine! Please note that games are played with a smaller-than-standard pitch and nets.

Tuesdays | June 4 - Sept 3  
June 4 - 18 | 7:45 p.m. - 9:15 p.m.  
June 25 - Sept 3 | 7:15 p.m. - 8:45 p.m.  
5 Visit Punch Pass \$20 or Drop-in \$5

**KPRC - Sports Field C**

## MS Kick for the Cure

### Ages 15+

The goal of this event is to raise funds and awareness for Multiple Sclerosis while having a great time playing soccer. Participants are asked to bring a minimum pledge amount to the field, where they will be sorted into age groups and teams. All participants will receive a t-shirt and be entered into a prize draw. Prizes will also be awarded to the top overall fundraisers. To register, please email Darcy Kulai at [darcy.kulai@cvrd.bc.ca](mailto:darcy.kulai@cvrd.bc.ca) or call the Island Savings Centre at 250.748.7529. We encourage everyone to raise as much as possible so we can help put an end to MS!

Saturday | June 1  
10:00 a.m. - 1:00 p.m.  
\$60 minimum pledge | Code: 11626  
**Sherman Road Soccer Park**



## Certification Programs

### Food Safe Level 1

Food Safe Level 1 will get you through the employment door! Learn how food can be contaminated and how to avoid illnesses through proper food handling. This is an essential food safety course for anyone working in the food industry - cooks, servers, dishwashers, deli workers, kitchen volunteers, daycares, students, farmer's markets, and home care workers. Please register a minimum of a week in advance.

Saturday | June 15

9:00 a.m. - 5:00 p.m.

1 Session \$82 | Code: 6688

**Shawnigan Lake Community Centre**

Instructor: Marlee Loiselle

### Save That Child

**Ages 10+**

St. John Ambulance's Save That Child is an interactive course that is great for parents, grandparents, and others who informally care for infants or children. The course stresses accident prevention while also teaching first aid and CPR skills. Learn how to effectively recognize, prevent and respond to child emergencies in a casual and social setting. Topics covered are roles and responsibilities, emergency scene management, preventing childhood injuries, fever, convulsions, dehydration, resuscitation (CPR and choking), burns and wound care, concussions and poisons. For further information see [www.cvtc-online.ca](http://www.cvtc-online.ca)

Saturday | June 1

9:30 a.m. - 1:30 p.m.

1 Session \$55 | Code: 11813

**Shawnigan Lake Community Centre**

Instructor: Cowichan Valley Training Centre

### Oops, We Had to Cancel...

Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are typically made 4 - 7 days prior to class start. Please register early to avoid disappointment.

### Lifesaver

**Ages 10+**

This St. John Ambulance course welcomes both children and parents. It teaches five of the most often required skills to save a life. Content includes roles and responsibilities, casualty management (unresponsive casualty), adult resuscitation, severe bleeding, medical conditions, burns, and poisoning. A certificate of attendance is issued upon completion. For further information see [www.cvtc-online.ca](http://www.cvtc-online.ca)

Saturday | June 15

9:30 a.m. - 2:30 p.m.

1 Session \$68 | Code: 11816

**Shawnigan Lake Community Centre**

Instructor: Cowichan Valley Training Centre

### Psychological First Aid

**Ages 16+**

Red Cross Psychological First Aid is a resiliency-based program for everyone that offers prevention and coping strategies for dealing with different types of stress resulting from various types of trauma. It provides knowledge and skills for people to live life through understanding stressors and traumas that impact them, and helps participants gain an understanding of how to recognize when someone else is experiencing distress and how to offer help. Through the Red Cross Look, Listen, Link, Live model, participants will build a personal understanding of the effects of stress, loss and grief, and how to develop skills for self-care (helping individuals understand personal protective factors). The Psychological First Aid two hour online course must be completed prior to the course date. It is included in the course fee and a link to the online course will be provided after registration.

Saturday | May 25

9:00 a.m. - 5:00 p.m.

1 Session \$115 | Code: 12981

**Cowichan Lake Sports Arena**

Instructor: Michelle Krienke

### Quality Physical Literacy Experience

**Ages 15+**

This Quality Physical Literacy Experience Workshop is Module 4 of the Physical Literacy Instructor Program. An in-person course offered by Sport for Life, focused on building the ability of attendees to integrate a developing physical literacy approach to their physical activity program design and delivery. It will also provide a summated opportunity drawing in key learnings from the previous 3 modules in the program. Upon completion of Module 4, you will be provided access to a separate one-hour online evaluation to become a Physical Literacy Instructor that must be completed within 3 months of the Module 4 completion date. Maximum capacity is 16 participants. Register through Sport for Life at [www.sportforlife-sportpourlavie.ca/catalog\\_classroom.php](http://www.sportforlife-sportpourlavie.ca/catalog_classroom.php)

Thursday | June 13

5:30 p.m. - 9:30 p.m.

1 Session \$104.95 | Code: 6599

**Island Savings Centre**

Instructor: Sport for Life



## Computers

### Apple Computers

This course introduces the main features of the Apple (Mac) computer. Participants will learn how to navigate the main areas of the system and learn to manage the desktop, dock, menus, file system, and system preferences. An overview of the applications that are part of the Apple operating system will be included.

Tuesdays | May 14 - 28

6:00 p.m. - 8:00 p.m.

3 Sessions \$90 | Code: 11995

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

Mondays | June 3 - 17

6:00 p.m. - 8:00 p.m.

3 Sessions \$90 | Code: 12311

**Island Savings Centre**

Instructor: WestView Learning

### Introduction to Security & Data Privacy

**Ages 12+**

Join us for an introduction to the essentials of everyday internet usage, what it means to keep our data private and how to avoid the traps that hackers, scammers and viruses set for you. This course is intended to educate absolute beginners on the topics of encryption, password management, safe internet usage and how to communicate privately. Bring your favourite device (laptop, tablet or phone) and learn!

Tuesdays | May 7 - 21

10:00 a.m. - 11:30 a.m.

3 Sessions \$75 | Code: 12000

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

Tuesdays | May 7 - 21

2:30 p.m. - 4:00 p.m.

3 Sessions \$75 | Code: 12304

**Island Savings Centre**

Instructor: WestView Learning

### Introduction to Linux

Linux is the operating system that powers most of the internet, but it's also a fantastic way to run your desktop or laptop computer! In this course, we will cover the origins of Linux, what open source philosophy is, and what you can do with Linux. We will also be installing, configuring, and troubleshooting Linux Mint in a virtual machine. Bring your laptop and take your first steps into the wild and wonderful world of open source software! Note: Students would benefit from installing VirtualBox ahead of time. Instructions can be found at [www.virtualbox.org](http://www.virtualbox.org). Students should have laptops in clean working order to ensure they get the most out of this course.

Thursdays | May 9 - 30

10:00 a.m. - 12:00 p.m.

4 Sessions \$120 | Code: 12662

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

Thursdays | May 9 - 30

3:00 p.m. - 5:00 p.m.

4 Sessions \$120 | Code: 12305

**Island Savings Centre**

Instructor: WestView Learning

### Managing Photos and Videos on Android/ Samsung

Join us for an introduction to the opportunities and challenges of using your Android as your primary camera and photo sharing device. In addition to a thorough look at the camera and photo applications, tips and tricks for managing photo and video files will be provided.

Monday | May 27

6:00 p.m. - 8:00 p.m.

1 Session \$25 | Code: 12308

**Island Savings Centre**

Instructor: WestView Learning

Thursday | May 30

6:00 p.m. - 8:00 p.m.

1 Session \$25 | Code: 12740

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

### Intro to Windows 10

Would you like to know how to find your way around Windows 10? Review the basics of using a computer and learn simple tips to managing your Windows 10 system. Participants must bring a computer to this class; please contact the instructor if you need to borrow a laptop.

Wednesdays | May 15 - 29

6:00 p.m. - 8:00 p.m.

3 Sessions \$90 | Code: 12299

**Island Savings Centre**

Instructor: WestView Learning

### Intro to iPhones/iPads

Are you new to the iPhone/iPad or do you just want to learn to manage it better? Learn the basic features of the device such as how to manage updates, automate backups, add/delete apps, and how to get the most from the built in communication apps. Have your questions answered! Please bring your own iPad – contact the instructor if you would like to borrow a device in the class.

Tuesdays | May 14 - 28

3:30 p.m. - 5:30 p.m.

3 Sessions \$90 | Code: 12704

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

Mondays | June 3 - 17

3:30 p.m. - 5:30 p.m.

3 Sessions \$90 | Code: 12295

**Island Savings Centre**

Instructor: WestView Learning

### Managing your iPhone, iPad and Mac Computer

Are you frustrated with managing multiple Apple devices in your household? Join us for a session to help take the mystery out of taming the communication and repetition between devices.

Monday | May 13

3:30 p.m. - 5:30 p.m.

1 Session \$25 | Code: 12306

**Island Savings Centre**

Instructor: WestView Learning

Thursday | May 16

6:00 p.m. - 8:00 p.m.

1 Session \$25 | Code: 12706

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

## Managing Photos and Videos on the iPad/iPhone

This is an introduction to the opportunities and challenges of using your iPad/iPhone as your primary camera and photo sharing device. In addition to a thorough look at the camera and photo applications, tips and tricks for managing photo and video files will be provided.

Monday | May 13

6:00 p.m. - 8:00 p.m.

1 Session \$25 | Code: 12307

**Island Savings Centre**

Instructor: WestView Learning

Thursday | May 23

6:00 p.m. - 8:00 p.m.

1 Session \$25 | Code: 12739

**Shawnigan Lake Community Centre**

Instructor: WestView Learning



## How to Use an Android (Galaxy) Tablet/Smartphone

This course introduces the main features of the Android tablet. Participants learn how to navigate through the basic apps and tablet features.

Wednesdays | June 5 - 19

6:00 p.m. - 8:00 p.m.

3 Sessions \$90 | Code: 12309

**Island Savings Centre**

Instructor: WestView Learning

Thursdays | June 6 - 27

6:00 p.m. - 8:00 p.m.

3 Sessions \$90 | Code: 12735

**Shawnigan Lake Community Centre**

Instructor: WestView Learning

No session June 20

## Family Literacy Day

Come explore the many ways literacy goes beyond books and reading. The Vancouver Island Regional Library partners with the Island Savings Centre for an awesome day of activities and fun such as sports challenges, cartooning, Lego, and more.

Friday | May 31

4:00 p.m. - 6:00 p.m.

FREE Admission

**Island Savings Centre**

## Languages

### Beginner Spanish

This class is based on and geared to short conversations and basic vocabulary to help you to communicate when in a Spanish speaking country. You will learn to use vocabulary and grammar for different situations.

Wednesdays | May 15 - June 12

10:00 a.m. - 11:30 a.m.

5 Sessions \$66 | Code: 12241

**Island Savings Centre**

Instructor: Miriam Beechey

Mondays | May 27 - June 24

5:00 p.m. - 6:00 p.m.

5 Sessions \$64 | Code: 12271

**Island Savings Centre**

Instructor: Miriam Sanchez

### Beginner Spanish Part 2

Expand on what you have learned in the Beginner Spanish classes. You will learn more vocabulary and grammar to have short conversations.

Wednesdays | May 15 - June 12

6:30 p.m. - 8:00 p.m.

5 Sessions \$66 | Code: 12272

**Island Savings Centre**

Instructor: Miriam Beechey

### Spanish - Traveling Vocabulary

In this session, you will be taught vocabulary for travelers with small sentences. The vocabulary is about food, places, people, and countries.

Fridays | May 17 - June 14

5:00 p.m. - 6:00 p.m.

5 Sessions \$64 | Code: 12242

**Island Savings Centre**

Instructor: Miriam Sanchez

### Conversational Spanish for Beginners

Have you taken Spanish classes before? Do you need to practice? If so, this is your chance. Come and use what you have learned in conversation with an instructor whose mother tongue is Spanish.

Thursdays | May 16 - June 13

5:00 p.m. - 6:00 p.m.

5 Sessions \$64 | Code: 12281

**Island Savings Centre**

Instructor: Miriam Sanchez



## Cooking

### Cheese Making Workshop - Panir, Queso Blanco, Ricotta and Mascarpone

Come spend a few hours learning how to make your own hand crafted cheese. The instructor will show you how to make three rapidly acidified cheeses that are not only easy to make but taste delicious! This is a demonstration-style, taste, touch, feel class with students enjoying the cheeses made in class. The instructor will give you some ideas of ways these easy cheeses can be utilized in a variety of culinary applications. We will whip up a few for students to enjoy. Bring a container as you'll be taking cheese home!

Saturday | May 11  
10:00 a.m. - 12:00 p.m.  
1 Session \$68 | Code: 7279  
**KPRC - Mill Bay Hall**  
Instructor: Paula Maddison

### Cheese Making Workshop - Brie and Blooms

Join our instructor, who has been teaching the lost art of home cheese crafting for over 5 years, to learn how to make your own brie cheese at home. This is a demonstration-style, taste, touch, feel class where students will go through the process of ripening traditional brie and demystify the process of making homemade cheeses. Advanced cheese making techniques are discussed and cultures and ingredients to make your own at home are included. The class is comprehensive, fun, and the best part is - you get to enjoy the cheeses made in class. Brie is an easy cheese to make and so delicious!

Saturday | May 11  
1:00 p.m. - 3:00 p.m.  
1 Session \$68 | Code: 7282  
**KPRC - Mill Bay Hall**  
Instructor: Paula Maddison

### Get Cultured: Making Cultured Vegetables

**Ages 15+**

Making your own fermented vegetables is easy to prepare, inexpensive, and a delicious way to include healthy probiotics into your diet. You will learn step-by-step how to make traditional sauerkraut and other cultured vegetables such as brined pickles.

Monday | May 27  
7:00 p.m. - 8:30 p.m.  
1 Session \$35 | Code: 5282  
**CLR - Lower Centennial Hall**  
Instructor: Toby Sawyer

### Sensational Sprouting: How to Grow Your Own Sprouts at Home

**Ages 15+**

Come learn how to grow your own sprouts and micro greens at home with a Registered Holistic Nutritionist! She will walk you through the process of growing sprouts at home and show you how easy it is to grow your own. This class includes hands-on learning, tasting and demonstrations, as well as nutritional education on the benefits of sprouting, including a sprout chart to take home. Our instructor will share samples of fresh sprouts, and recipes to take home.

Saturday | Aug 10  
7:00 p.m. - 8:30 p.m.  
1 Session \$35 | Code: 11982  
**CLR - Lower Centennial Hall**  
Instructor: Toby Sawyer

### Mexican Cooking

This class will teach you how to make the Mexican basics like tortillas, salsas, guacamole, and other Southern Mexican dishes from the state of Oaxaca. Each session will expand on the previous week with a detailed recipe to make and take home to assist in creating a complete Mexican culinary experience.

Wednesdays | May 22 - June 12  
5:00 p.m. - 6:30 p.m.  
4 Sessions \$90 | Code: 12136  
**Island Savings Centre**  
Instructor: Miriam Sanchez

## Arts and Crafts

### Quilting

Bring your machine and current project to experience the joys of quilting in a social setting. This drop-in program will give participants a chance to meet new people and share some laughs and ideas. Please bring an extension cord if you have one. For more information please call Bev at 250.701.0971 or Madelon at 250.743.8653.

Wednesdays | May 1 - Sept 4  
10:30 a.m. - 3:30 p.m.  
Drop-in \$5  
**Kerry Park Recreation Centre**

### Watercolours with Cim

This course is for those with limited or no experience with watercolours. Discover the unique delight and challenge of using this medium. Through colour mixing and paint application, you will be introduced to the variety and possibilities of watercolours. Supply list at the Ticket Centre.

Saturday | June 8  
9:30 a.m. - 3:00 p.m.  
1 Session \$85 | Code: 12231  
**Island Savings Centre**  
Instructor: Cim MacDonald

### Chalk Painting Class

In this class, you will learn different techniques on how to use chalk paint on your furniture, decorations, and even fabric. It is an excellent way to refresh your furniture. The chalk paint can give more character to your furniture and bring it back to life. Come with comfortable clothes, a paint brush, and be ready to get dirty.

Fridays | May 24 - June 7  
10:00 a.m. - 11:30 a.m.  
3 Sessions \$70 | Code: 12479  
**Island Savings Centre**  
Instructor: Miriam Sanchez

## Painting with Jen Gold

### Ages 13+

Don't miss the opportunity to learn how to paint from a photo. Our instructor will teach you how to draw your own image and create form using colour and shape. She believes everyone is capable of learning skills to make artwork they love. Learn to follow your own creative impulses! Please bring a colour copy of a photo you love (or the original if you don't mind marking it). All other supplies are provided. Beginners welcome!

Tuesdays | May 7 - 28

5:30 p.m. - 7:30 p.m.

4 Sessions \$75 | Code: 11348

**CLR - Lake Cowichan School**

**Art Room**

Instructor: Jen Gold

## Alcohol Ink 2.0

Let's explore how to use alcohol ink on yet another medium. We will create a fabulous canvas and resin coated piece with alcohol inks. Explore your artistic side without having to draw with the magic of alcohol inks. Attending a previous class is not a requirement to participate in this class so everyone can participate.

Saturday | June 1

10:00 a.m. - 12:00 p.m.

1 Session \$32 | Code: 12374

**Kerry Park Recreation Centre**

Instructor: Connie Smith

## Succulent Planter

These succulent planters are much more than just a plant in a pot - they are unique works of art. We will create flowers coming from a pot encircled with colorful rocks. A variety of succulents will be used so each one will have its own character. Succulents are easy care.

Saturday | June 8

10:00 a.m. - 11:30 a.m.

1 Session \$42 | Code: 12378

**Kerry Park Recreation Centre**

Instructor: Connie Smith

## Fairy Garden Fun

Create your own miniature garden. Gardens are made by combining artificial flowers and greenery with interesting things found in nature. Each one is unique and original. These gardens would make a perfect Mother's Day gift!

If you have miniature or nature items you wish to include, please bring them along; otherwise, all supplies are included. Children under the age of 7 must be accompanied by an adult.

Saturday | May 11

11:00 a.m. - 1:00 p.m.

1 Session \$35 | Code: 4912

**CLR - Lower Centennial Hall**

Instructor: Vicki Ordano

## Perfume Workshop

Perfumes are personal and unique to everyone. Come create your own special blend using top quality essential oils. Find out why some people are sensitive to perfumes. You will have the opportunity to create two different blends. Come share your inner mad scientist.

Saturday | May 25

10:00 a.m. - 11:00 a.m.

1 Session \$32 | Code: 12377

**Kerry Park Recreation Centre**

Instructor: Connie Smith

## Enchanted Gardens

Come explore the magical world of Mrs. Freeman's Enchanted Gardens. Exercise your creativity, learn to make the accessories (polymer clay mushrooms and door), and build your very own enchanted garden. This is a fun, relaxed play shop. Please bring a container of your choice (a basket works well), a small indoor or outdoor plant (or two, depending on your container size). All other supplies are included.

Wednesday | May 22

9:30 a.m. - 12:30 p.m.

1 Session \$56 | Code: 12313

**Island Savings Centre**

Instructor: Coleen Freeman

Saturday | June 1

9:30 a.m. - 12:30 p.m.

1 Session \$56 | Code: 12314

**Island Savings Centre**

Instructor: Coleen Freeman





## General Interest

### Spring at Butchart Gardens

Stop and smell the roses! Spring has sprung at the Butchart Gardens in Victoria. Join us as we stroll along the flowery paths and breathe in the fresh spring air. Bring a few friends or family members to take in the floral scenery. Price includes transportation and admission.

Saturday | May 25  
9:30 a.m. - 2:30 p.m.  
1 Day \$45 | Code: 6657  
**Kerry Park Recreation Centre**

### Meditation

Chinese Taoists believe that human beings are dependent on congenital energy and acquired energy for survival. Congenital energy comes from the “Jing”, while acquired energy comes from the digestive system. Declining congenital and acquired energy is the cause of aging, illness and death. Through Taoist Meditation, we can learn how to use congenital energy and acquired energy to repair the body for health and longevity.

Tuesdays | May 14 - June 11 | 9:30 a.m. - 11:00 a.m.  
5 Sessions \$50 | Code: 12292  
**Island Savings Centre**  
Instructor: Henry Guo

### EFT (Tapping) for Stress Release

Are you feeling stressed and depleted? According to the American Psychological Association, chronic stress is linked to poor health outcomes. Learn how to modify your own stress response and relax your nervous system in this four-week course. Taught by an Accredited Certified Advanced EFT Practitioner, you will learn the basic tapping technique to use at home and receive 'borrowed benefits' every week from participating in group tapping.

Tuesdays | May 21 - June 11 | 7:00 p.m. - 8:30 p.m.  
4 Sessions \$60 | Code: 12480  
**Island Savings Centre**  
Instructor: Helen Watler

## Drop-in Programs

### Acoustic Jam Sessions

**Ages 19+**

Join us in the Curling Lounge for a jammin' good time! Bring your own instruments or come and sing along. Licensed facility.

Tuesdays | June 11 & 25  
7:00 p.m. start | No cover charge  
**Cowichan Lake Sports Arena**

### Drop-in Fitness with Spin, Elliptical & Weights

**Ages 16+**

Are you looking for a convenient way to get some indoor exercise? Check out our self-directed fitness program in a gym-like atmosphere with access to spin bikes, elliptical trainer, free weights, BOSUs, weight balls, and mats. Bring your own music, plug in and enjoy! \*Hours are subject to change due to scheduled fitness classes and facility availability.

Mar 18 - Sept 14  
Mondays - Fridays | 6:00 a.m. - 8:00 p.m.\*  
Saturdays | 8:00 a.m. - 12:00 p.m.\*  
Drop-in \$5 per person, per visit  
**Cowichan Lake Curling Rink**  
Closed Sundays and May 20, July 1, Aug 5, Sept 2

### New Multi-Activity Social Rec Night

**All Ages**

Check out our new family-friendly drop-in social rec night in the Curling Rink dry floor and lounge. Various games: Floor (e.g. Pickleball, Hoppy Balls for Kids, Indoor Mini Golf), Table (Shuffleboard, Ping Pong, Air Hockey) and Card (e.g. Euchre, Cribbage), and activities for all ages will be available. Bar and concession will be open. A facilitator will be on-site to assist with equipment needs.

\*Hours are subject to change due to facility availability. Children must be supervised by an adult at all times.

Fridays | Mar 22 - June 28  
6:30 p.m. - 8:30 p.m.\*  
Drop-in \$3 per person  
**CLR - Curling Rink and Lounge**  
No session Apr 19





## Pets

### Dog Obedience

Bring out the best in your dog through this proven training program. Join this class and learn how to better understand your dog and its individual personality. Our instructor, who is the owner of K9 Focus Training Services, has taught group classes for over 25 years on South Vancouver Island. This program is ideal for puppies or mature dogs and will give you the opportunity to get a great start with your dog. In this class, you will learn how to train your dog to understand your commands for useful obedience behaviours. With guidance, you will train your dog to respond to commands for behaviour basics such as walking on leash without pulling, to sit, lie down, and very importantly, to come when called. Other necessities included in this program are gaining good social skills, learning to be comfortable in a group environment, and bark and bite inhibition. The instructor's experience allows her to focus in on you and your dog's needs, personalizing training techniques and enabling you to create a rewarding, interactive relationship with your dog.

Mondays | May 6 - June 3  
7:00 p.m. - 8:00 p.m.

4 Sessions \$75 | Code: 6691

**Shawnigan Lake Community Centre**

Instructor: Catherine Dunstan

No session May 20

Mondays | June 10 - July 15  
7:00 p.m. - 8:00 p.m.

4 Sessions \$75 | Code: 11853

**Shawnigan Lake Community Centre**

Instructor: Catherine Dunstan

No session July 1 & 8

### Puppy Play Group

#### Puppies 8 weeks - 8 months

Here's your opportunity to get your puppy on the right start. Did you know that socialization with other puppies and people is one of the most important parts of a pup's education? Puppy socialization classes are a great way to help give your pup the confidence they need to become a good canine citizen. Puppies will get an hour of supervised playtime and socialization with other puppies and humans in a safe, indoor environment learning appropriate play manners, body language, and bite inhibition skills (learning to use a soft bite). What a great way to meet other local puppy owners too! Licensed, certified professional dog trainers. Insured and Dogsafe Canine First Aid certified. Please note: Classes are for puppies 8 weeks to 8 months of age. All pups must have received first set of vaccinations and be current on boosters.

Wednesdays | June 5 - July 17  
6:30 p.m. - 7:30 p.m.

7 Sessions \$56 | Code: 12664

**Kerry Park Recreation Centre**

Instructor: Rhonda Anderson

Wednesdays | July 24 - Aug 28  
6:30 p.m. - 7:30 p.m.

6 Sessions \$48 | Code: 12665

**Kerry Park Recreation Centre**

Instructor: Rhonda Anderson

Drop-in \$10 per class if space is available

**www.justdoggin.it.ca**

- Adventure Hikes**
- Boarding**
- Daycare**
- Puppy Training & Socialization Classes**
- Private Training**

**JUST DOGGIN' IT**  
Adventures & Training

**Rhonda Anderson**  
Certified Professional Dog Trainer  
678 Shawnigan Lake Road  
Malahat, BC V0R 2L0  
250-580-8364



## Toonie Roller Skate Party

### All Ages

The arena ice is out and dry-floor activities are back! Give those ice skates a rest; pull out your roller skates or in-line skates and join us for a toonie roller skate party! Don't miss out on the fun!

Friday | May 17  
6:30 p.m. - 7:50 p.m.  
\$2 per person

**Cowichan Lake Sports Arena**

## BC Junior A Lacrosse Game

The Island Savings Centre is hosting two Junior A Lacrosse league games this May. Come watch the fastest game on two feet! Tickets will be available at the door.

Victoria Shamrocks vs. Nanaimo Timbermen  
Wednesday | May 22  
7:30 p.m. start  
**Island Savings Centre**

Nanaimo Timbermen vs. Langley Thunder  
Saturday | May 25  
3:00 p.m. start  
**Island Savings Centre**

## Bike Rodeo

### Ages 3 - 12

Parks and Recreation is teaming up with Will Arnold from Experience Cycling and South Cowichan Community Policing for an informative and fun afternoon all about bikes. Ride your bike through our bike wash, decorate your bike, learn about bike maintenance, make a bike craft and ride through our circuit.

Sunday | May 26  
11:00 a.m. - 2:00 p.m.  
FREE Admission

**Kerry Park Recreation Centre**

## Family Literacy Day

### All Ages

Come explore the many ways literacy goes beyond books and reading. The Vancouver Island Regional Library partners with the Island Savings Centre for an awesome day of activities and fun such as sports challenges, cartooning, Lego, and more.

Friday | May 31  
4:00 p.m. - 6:00 p.m.  
FREE Admission  
**Island Savings Centre**

## Canada Day Celebration

### All Ages

Come out and celebrate Canada's birthday. Enjoy live music, dancing, arts and crafts, kids' games, concession, and birthday cake.

Monday | July 1  
6:00 p.m. - 8:00 p.m.  
FREE Admission  
**CLR - Mesachie Lake Hall & Skydome Ball Field**

## Canada Day Celebration

### All Ages

Celebrate Canada's birthday with us. Join the kids' bike parade, enjoy live entertainment, games, crafts, and birthday cake.

Monday | July 1  
12:00 p.m. - 3:00 p.m.  
FREE Admission  
**SLCC - Elsie Miles Field**

## DCFS Canada Cup 4 on 4 Road Hockey Tournament

The Duncan Cowichan Festival Society will be hosting its 6th annual mixed road hockey tournament. For more info or to register please call Greg Joseph at 250.597.4127.

Monday | July 1  
10:00 a.m. - 4:00 p.m.  
\$60 per team  
**Duncan Train Station Parking Lot**

## Panago Grande Parade

This year's theme is Christmas in July. For more information or to enter please contact Adam Clutchey at 250.466.0473 or [cowichanparade@gmail.com](mailto:cowichanparade@gmail.com)

Saturday | July 13  
10:00 a.m. start  
FREE Event  
**Island Savings Centre**

## Honeymoon Bay Day

### All Ages

Join the Honeymoon Bay Community Society, Cowichan Lake Recreation, the Honeymoon Bay Fire Department and Island Savings Credit Union for a fun family event. There will be a pancake breakfast, followed by a parade that marshals on March Road at 10:00 a.m., a show and shine car show, live entertainment, games for kids, crafts, concession and more!

Saturday | July 20  
8:00 a.m. start  
FREE Admission  
**CLR - Honeymoon Bay Hall**

## Back to Skating Bash

Come out and celebrate our first public skate session of the season. Lots of on-ice games and prizes for everyone. This session is sponsored by Panago.

Wednesday | Aug 7  
6:00 p.m. - 7:15 p.m.  
Regular admission rates apply.  
**Kerry Park Recreation Centre**

## Swim Lesson Awards & Summer Mini Carnival

### All Ages

Join us for an evening of swim award recognition followed by our mini carnival. Plenty of games for kids; varying levels of difficulty.

Wednesday | Aug 28  
6:00 p.m. | Swim Awards  
6:30 p.m. - 7:30 p.m. | Carnival Games  
FREE Admission  
**CLR - Youbou Hall**

## Annual Youbou Regatta

### All Ages

This free, fun event kicks off with a pancake breakfast at the Youbou Fire Hall at 8:00 a.m. followed by the Youbou parade at 10:30 a.m. from the Youbou Hall to Arbutus Park. All are welcome to enter the parade - marshal at Youbou Hall at 10:00 a.m. The day is filled with fun activities including the Clarence Whittingham Memorial Quarter Mile Swim, canoe and kayak races, 3 on 3 volleyball tournament, swimming races for all ages, chalk art contest, land games for kids, music in the park, whistle, splash and flip triathlon, watermelon eating relay, lifeguard relay, and more. A BBQ concession is available from 11:00 a.m. until 3:00 p.m.

Saturday | Aug 10  
10:30 a.m. - 4:30 p.m.

FREE Admission

**CLR - Youbou - Arbutus Park**

## Cowichan Rocks Summer's End Spiel

Friday - Sunday | Sept 20 - 22

**CLR - Curling Rink**

See page 16

## Christmas Chaos

The 40th Annual Christmas Chaos promises to be bigger and better than ever! Once again, three different venues will be open for all four days, featuring over 120 unique artisans, music, Santa's workshop, and more. Vendor applications are now available. Interested applicants can pick up a package at the Cowichan Ticket Centre or request an electronic package. For more information or to get on the vendor email list, please email [Adrienne.Doneley@cvsrd.bc.ca](mailto:Adrienne.Doneley@cvsrd.bc.ca)

Thursday - Sunday | Nov 14 - 17  
**Island Savings Centre**



## Movies in the Park

### Everyone Welcome

Coming soon to a park near you... Bring your lawn chair or beach blanket and join us at the Kerry Park Sports Fields for Summer Movies in the Park. Movies will show on field A, at dusk (between 8:45 p.m. - 9:15 p.m.). Check our website at [www.cvsrd.bc.ca](http://www.cvsrd.bc.ca) for movie titles and more information. Admission is by donation.

Saturday | July 6 & 27, Aug 17  
Movies start at dusk, (between 8:45 p.m. - 9:15 p.m.)  
Admission by donation  
**Kerry Park Sports Fields**



## FREE Bowling Lessons

**ALL WELCOME**

Fun & Bowls Provided

**Join Any Time  
Many Bowling Times and Days  
To Choose From**

**Cowichan Lawn Bowling Club**

Centennial Park / 1<sup>st</sup> Street Duncan

[www.CowichanLawnBowling.com](http://www.CowichanLawnBowling.com)



## Elder College



We invite all individuals 50 or better to join us in a program designed by you for you. Share knowledge, learn new skills, and develop yourself in a friendly and welcoming environment. Elder College features an expansive program line-up with opportunities ranging from fitness and computers through to music and outdoors. All of the programs are put on by great instructors and overseen by our committee, of which we give a heartfelt thanks to both. Please note there is an annual \$5 membership fee.

### Bicycle Maintenance: Emergency and Otherwise

Bring your bike to these hands-on sessions to learn things like how to deal with changing tires, how to do brake adjustments, and what to do when your gears act up.

Mondays | May 6 - 13  
1:30 p.m. - 3:30 p.m.  
2 Sessions \$24 | Code: 6608  
**Kerry Park Recreation Centre**  
Instructor: Will Arnold

### Thank You

All of the Elder College programs are put on by great volunteer instructors/presenters and are overseen by our committee, to all of whom we give heartfelt thanks.

### Sheila's Salvage

Learn how to recycle found treasures, something different each week, by thinking outside of the box. Save things from the dump and produce useable art. Over the four weeks, we will do a paint project, a fabric project which will require sewing skills, a floral project and a pick your own unique treasure to recycle and give a new life.

Thursdays | May 9 - 30  
1:30 p.m. - 3:30 p.m.  
4 Sessions \$42 | Code: 6646  
**Kerry Park Recreation Centre**  
Instructor: Sheila Warneken

### An Introduction to Intuitive Drawing

Anyone can draw. Tap into your intuition to uncover skills you didn't even know you had. There is something to be gained for any level of artist or want-to-be artist. Join us for a fun and inspiring afternoon.

Thursday | May 16  
1:30 p.m. - 3:30 p.m.  
1 Session \$12 | Code: 11365  
**Island Savings Centre**  
Instructor: Penny Boden

Thursday | June 13  
1:30 p.m. - 3:30 p.m.  
1 Session \$12 | Code: 11366  
**Island Savings Centre**  
Instructor: Penny Boden

### Beach Walk - Thetis Island

Enjoy a walk on the beach at low tide to see the various organisms on a muddy shore and a rocky shore. A road walk of about a mile takes us from the beach near the ferry landing to a rocky shore. Meet in Island Savings Centre's overflow parking lot for driver instructions. Carpools not guaranteed. We'll catch 10:10 a.m. ferry from Chemainus; return on 2:40 p.m. ferry. Bring lunch, water, Gold Card for ferry, or ferry fare. Dress for the weather. Beach may be muddy.

Wednesday | May 22  
9:30 a.m. - 4:00 p.m.  
1 Session \$12 | Code: 7030  
**Island Savings Centre**  
Instructor: Eric Marshall

### Cowichan Estuary Nature Trail

Guided tour of the Estuary Nature Trail in late spring as the birds are beginning to nest. A chance to hear about the ecological, socio-cultural and economic importance of estuaries - especially the Cowichan Estuary - and its importance to First Nations. Meet at the parking lot of the Westcan causeway by the trail head at the gate.

Wednesday | May 29  
1:00 p.m. - 3:00 p.m.  
1 Session \$12 | Code: 7031  
**Island Savings Centre**  
Instructor: Goetz Schuerholz

### Annual General Meeting

Elder College Advisory Committee  
Annual General Meeting.

Wednesday | June 5  
10:30 a.m.  
**Island Savings Centre**





## Kerry Park Recreation Centre Catering Services

Kerry Park Recreation Centre's catering department is available for both on-site and off-site events. Our creative and efficient staff is very experienced at adapting menus to suit the occasion, whether it's a simple coffee service for a meeting or conference, or a gala event such as a wedding, anniversary, or birthday party. Bar service available upon request.

Come visit us at our Sports Field Grill during the Spring and Summer, open evenings and weekends.

**For more information contact the Food and Beverage Department:**

Tel: 250.743.5922 | Email: [dhill@cvrld.bc.ca](mailto:dhill@cvrld.bc.ca)



## Cowichan Lake Recreation Catering Services

Our professional, dedicated team will take care of every detail for weddings, reunions, birthday parties, anniversaries, and staff functions, giving you a worry-free catering experience.

**Our Services Include:**

- Custom designed menus to personalize your special event
- Excellent service and quality food
- Multiple venues to choose from
- One-stop shopping with catering and bar services available

**For more information contact the Food and Beverage Section:**

Tel: 250.749.6742 ext. 224 | Email: [asavinkoff@cvrld.bc.ca](mailto:asavinkoff@cvrld.bc.ca)



### Centennial Hall



309 South Shore Road  
250.749.3322

Upper Hall capacity 445  
Lower Hall capacity 297  
Full stage  
Wi-Fi (at no additional cost)  
Professional grade sound system  
Commercial kitchen  
Excellent venue for theatre productions, dances, and weddings

### Cowichan Lake Sports Arena



311 South Shore Road  
250.749.6742

NHL-sized ice surface, seats 800  
Warm viewing area, seats 75  
8 dressing rooms  
Meeting Room, Multi-Purpose Room,  
Playschool Room, Playschool  
Extension Room  
Concession and catering services  
Wi-Fi (at no additional cost)

### Cowichan Rocks Curling Rink

Four sheets of curling ice  
Concrete slab dry floor (seasonal)  
Renovated, licensed curling lounge  
Three-tier viewing  
Big screen HDTV  
Wi-Fi (at no additional cost)  
Views of the lake from the patio  
Lounge Seats 122 plus sun deck  
Catering and bar services

### Honeymoon Bay Hall



10022 Park Drive  
250.749.3841

Gymnasium with stage capacity 240  
Dining room capacity 60  
Commercial kitchen  
Portable sound system  
Wi-Fi (at no additional cost)  
4000 sq. ft. footprint  
Park setting  
Adjacent ball field  
Close to beaches for swimming  
Ideal for sport team retreats, reunions, and family events

### Mesachie Lake Hall



9315 South Shore Road  
250.749.6223

Dining room  
Commercial kitchen  
Gymnasium capacity 100  
Stage  
Wi-Fi (at no additional cost)  
4000 sq. ft. footprint  
Park setting  
Adjacent ball field  
Close to beaches for swimming  
Ideal for sport team retreats, reunions, and family events

### Youbou Hall



8550 Hemlock Street  
250.745.3712

Upper Hall capacity 100  
Lower Hall capacity 300  
Commercial kitchen  
3,800 sq. ft. gymnasium  
Stage and playschool room  
Portable sound system  
Wi-Fi (at no additional cost)  
Catering and bar services

### Youbou Bowling Alley

Licensed facility with concession  
Four beautifully maintained lanes

### Catering / Food and Beverage

Book your event with our catering service and enjoy a worry-free dining experience. We are committed to providing the finest quality food, service, and event possible. Catering menus are custom created for you. We offer breakfast, lunch, dinner, and appetizers. Let our professional catering staff help you achieve your ultimate food and beverage goal.





## Island Savings Centre

2687 James Street, Duncan, BC V9L 2X5

Phone: 250.748.7529 | Fax: 250.748.0054 | E-mail: [isc@cvrd.bc.ca](mailto:isc@cvrd.bc.ca) | Website: [www.cvrd.bc.ca](http://www.cvrd.bc.ca)

Facility Booking Inquiries | Taylor Knowles

Monday - Friday 8:00 a.m. to 4:00 p.m. | Phone: 250.746.3434 | E-mail: [taylor.knowles@cvrd.bc.ca](mailto:taylor.knowles@cvrd.bc.ca)

### Ticket Centre Hours

May 1 - June 28: Monday - Friday 9:00 a.m. to 6:00 p.m. | Saturday 9:30 a.m. to 5:00 p.m.

July 2 - Aug 30: Monday - Friday 8:00 a.m. to 5:00 p.m. | Closed Saturday

Closed Sundays and Statutory Holidays | Hours will be extended for Theatre Performances and Special Events

If you are organizing a family, corporate, or community function, the Island Savings Centre is happy to share with our community the wide range of venues and facilities to ensure a successful event, small or large. We have venues for every function: meetings, lectures, workshops, training and education, sporting events, arena ice and dry floor activities, community events, special occasions, and holiday events, theatre productions and events.

### Ice Arena:

- Regulation size 200' x 85'
- 1400 permanent seats (with reserved seating available)
- 1000 portable seats
- Multiple dressing rooms (including referee's room)

### Multi-Purpose Hall:

- 120' x 88' multi-use hall with two dressing rooms
- Sport court flooring, basketball hoops, racquet sport nets
- In-house sound system
- Available for rent year round

### Heritage Hall:

- 72' x 44' multi-use hall
- Flooring designed for gymnastics, dance, and fitness activities
- Elevator accessible
- Shower facilities
- In-house sound system, 12' permanent wall screen
- Attached full service kitchen (available for rent separately or in conjunction with hall)
- Available for rent year round

### Meeting Rooms:

- 7 meeting rooms
- Set-ups include: board room, classroom, lecture style
- Seating for 10 - 110 depending on room size and set-up
- Wi-Fi (at no additional cost)
- Permanent wall screens and chalkboards
- Available for rent year round

### Cowichan Suite:

- Includes two separate meeting rooms and a gallery
- Ideal for special events, farmers markets, conventions, arts shows. The flexibility of this unique space is limited only by imagination!
- Available for rent year round

### Studios:

- Two studios with mirrored walls
- In-house sound system
- Professional sprung flooring
- Available for rent year round

### Bookings for Glenora Trails Head Park Picnic Shelter:

- Day use
- Accommodates up to 60 people
- Large charcoal BBQ
- Picnic tables

### Bright Angel Park:

- Day and overnight use
- Walking trails
- Picnic areas and picnic shelter
- Playground
- Fitness Equipment
- Washroom facilities

### Ticket Centre:

- Program registration
- ISC information
- Cowichan Performing Arts Centre ticket sales
- BC Transit tickets/passes - Cowichan Valley Transit and Malahat Commuter monthly passes
- Ticketing Services
- Customer service with a smile!



## Kerry Park Recreation Centre (KPRC)

1035 Shawnigan Mill Bay Road, Box 7, Mill Bay, BC V0R 2P0

Phone: 250.743.5922 | Fax: 250.743.7939 | E-mail: [kprc@cvrld.bc.ca](mailto:kprc@cvrld.bc.ca) | Website: [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

### Office Hours

May 7 - Sept 2: Monday - Friday 8:30 a.m. - 6:00 p.m. | Saturday 9:00 a.m. - 1:00 p.m. | Closed Sunday

Closed Statutory Holidays

Whether you are looking to go for a skate with family, try your hand at curling, play ball or soccer with friends, or come to one of our fantastic and diverse recreation programs, Kerry Park Recreation Centre has programs and facilities for everyone.

### Ice Arena

- Regulation size 200' x 85'
- Seating capacity up to 750
- Ice surface is available for rental August to March
- Dry floor is available April to July and can be rented for sports activities, conventions, weddings, dances, or trade shows
- Wi-Fi (at no additional cost)

### Denis McLean Room

- Size 30' x 50'
- Capacity up to 120
- Features: laminate flooring, sound system, mirrors, adjacent to kitchen
- Wi-Fi (at no additional cost)

### Social Lounge

- Size 44' x 40'
- Capacity up to 120
- Space overlooks our curling arena and can be rented for a variety of uses such as meetings, social gatherings, or lectures
- Features: mounted large screen TV and audio. Our bar and kitchen connect directly to this room.
- Wi-Fi (at no additional cost)

### Curling Arena

- Size 149' x 56'
- Features: 4 sheets of ice, available for rental September through March
- Dry floor is available April to September and can be rented for Pickleball, conventions, weddings, dances, or trade shows
- Wi-Fi (at no additional cost)

### Food & Beverage Services

- Features: arena and ball field concession, coffee shop, lounge, and catering services for on-site and off-site events
- For more catering information please contact Donna Hill at [dhill@cvrld.bc.ca](mailto:dhill@cvrld.bc.ca)

### Main Office Services

- Program registration
- Facility rentals
- Skating admissions
- Tennis court access
- BC Transit tickets/passes - Cowichan Valley Transit and Malahat Commuter
- CVRD Dog Licenses

### Sports Fields

- 2 full-size ball diamonds, and 1 youth-size diamond. Includes a multi-purpose field; suitable for soccer, field hockey, or field lacrosse
- Features: washrooms, concession, covered picnic shelter, playground, skateboard park, and parking

### Mill Bay Community League Hall

- Size 42' x 31'
- Capacity up to 130
- Features: multi-use hall, kitchen, and a boardroom that seats 12

### Shawnigan Hills Field

- Features: youth ball field, ¾ regulation multi-sport box, washrooms, and playground



## Shawnigan Lake Community Centre (SLCC)

2804 Shawnigan Lake Road, Box 37, Shawnigan Lake, BC V0R 2W0

Phone: 250.743.1433 | Fax: 250.743.1533 | E-mail: [slcc@cvrld.bc.ca](mailto:slcc@cvrld.bc.ca) | Website: [www.cvrld.bc.ca](http://www.cvrld.bc.ca)

### Office Hours

May 7 - June 30: Monday - Thursday 9:00 a.m. - 5:00 p.m. | Friday/Saturday 9:00 a.m. - 4:00 p.m.

Sunday 11:30 a.m. - 3:30 p.m. | Closed May 18, 19, 20 for Victoria Day long weekend.

July 2 - Sept 2: Monday - Thursday 9:00 a.m. - 5:00 p.m. | Friday 9:00 a.m. - 4:00 p.m.

Closed weekends and Statutory Holidays

Whether you are looking to take part in one of our many community events, host a birthday party or wedding, or come to one of our fantastic and diverse recreation programs, Shawnigan Lake Community Centre has programs and facilities for everyone.

### Main Office Services

- Program registration
- Facility rentals
- BC Transit tickets/passes - Cowichan Valley Transit and Malahat Commuter
- CVRD Dog Licenses

### Kitchen

- Our community centre is equipped with the basic kitchen to allow you to store items in the fridge, make coffee, and warm up items in the oven.

### Childcare Centre

- We offer fully-licensed childcare for children ages 3 - 12.
- Our friendly and child-oriented employees are highly experienced and qualified.
- Our mission is to provide a safe, supportive, and caring environment that incorporates recreation and educational experiences which compliment both the home and school setting.

### Lounge/Round Room

- Size 42' diameter
- Capacity up to 125
- Features: great acoustics for any live performance, round dance floor, sound system, performance lighting, and a dividing wall to allow for the creation of a large space for big events such as wedding receptions.

### Multi-Purpose Room

- Size 25' x 21'
- Capacity up to 50
- Features: sport court flooring, sound system, a mirrored wall, and a dividing wall to allow for the creation of a large space for big events.

### Dance Studio

- Size 25' x 27'
- Capacity up to 40
- Features: sport court flooring, mirrors for fitness/dance, and dance bars.

### Gymnasium

- 77' x 60' (3/4 size gym)
- Capacity up to 400
- Features: sport court flooring and is the perfect venue for birthdays, games, and large events.

### Elsie Miles Annex

- 4 classrooms available for rental in the evening or on the weekend.
- The field alongside the building can also be rented for your outdoor event.

### Food & Beverage Services

- Catering services are available, for more information please contact Donna Hill at [dhill@cvrld.bc.ca](mailto:dhill@cvrld.bc.ca)



## South Cowichan Contacts

### Arts, Culture & Heritage

Cherry Point Artists.....	250.746.4795
Inspire Shawnigan.....	<a href="mailto:lindsey@inspireshawnigan.com">lindsey@inspireshawnigan.com</a>
Shawnigan Lake Historical Society.....	250.743.8675

### Community Policing

Block Watch / Friendly Phones / Speed Watch.....	
.....	250.929.7222 or <a href="mailto:sccp@shaw.ca">sccp@shaw.ca</a>

### Curling

Kerry Park Curling Club.....	<a href="http://www.kerryparkcurlingclub.ca">www.kerryparkcurlingclub.ca</a>
Hangover League.....	<a href="mailto:hangoverleague@hotmail.com">hangoverleague@hotmail.com</a>
Monday Senior Mixed.....	<a href="mailto:gbaird@telus.net">gbaird@telus.net</a>
Tuesday Ladies.....	<a href="mailto:oldpinn@gmail.com">oldpinn@gmail.com</a>
Tuesday Men's Senior Select.....	<a href="mailto:kainsley0@shaw.ca">kainsley0@shaw.ca</a>
Tuesday Mixed.....	<a href="mailto:louellette16@hotmail.com">louellette16@hotmail.com</a>
Wednesday / Friday Senior Men.....	<a href="mailto:rchaggart@shaw.ca">rchaggart@shaw.ca</a>
Wednesday Night Men's.....	<a href="mailto:gomezz16@hotmail.com">gomezz16@hotmail.com</a>
Thursday Ladies.....	<a href="mailto:cobblehouse@shaw.ca">cobblehouse@shaw.ca</a>

### Dance

Barre None Dance Studio.....	<a href="mailto:info@bndance.com">info@bndance.com</a>
Cowichan Valley Highland Dance.....	<a href="mailto:cvhda.executive@gmail.com">cvhda.executive@gmail.com</a>
Cowichan Valley International Folk Dancers.....	<a href="mailto:djhargrove@shaw.ca">djhargrove@shaw.ca</a>
Steps Ahead Dance.....	<a href="mailto:stepsaheadbc@gmail.com">stepsaheadbc@gmail.com</a>
Warmland Dance.....	<a href="mailto:warmlanddance@gmail.com">warmlanddance@gmail.com</a>
Zumba Gold.....	<a href="mailto:missfitt@shaw.ca">missfitt@shaw.ca</a>

### Hockey

Kerry Park Minor Hockey.....	<a href="mailto:registrar@islanderhockey.ca">registrar@islanderhockey.ca</a>
.....	<a href="http://www.islanderhockey.ca">www.islanderhockey.ca</a>
Kerry Park Islanders Jr. B Hockey.....	<a href="mailto:amar@islandersjrb.com">amar@islandersjrb.com</a>
Mill Bay Recreational Hockey.....	250.743.9902

### Martial Arts

Serenity Tai Chi.....	250.743.9088
Valley View Martial Arts.....	250.929.2211

### Music

Brenda's Brats Choir.....	250.701.1056
Cowichan Valley Youth Choir.....	250.597.0114
Duncan Choral Society.....	250.746.2326
Encore! Women's Choir.....	250.715.1568
Sound Advice Music.....	250.701.1056
Woodruff Music School.....	250.743.7738

### Skating

Kerry Park Skating Club.....	250.744.9269
.....	<a href="http://www.kerryparkskatingclub.ca">www.kerryparkskatingclub.ca</a>

### Tennis

Mill Bay Community League Tennis Club.....	250.743.2107
South Cowichan Lawn Tennis Club.....	250.746.7282

### Other South Cowichan Clubs & Contacts

Camera Club.....	<a href="mailto:info@cowichanvalleycameraclub.com">info@cowichanvalleycameraclub.com</a>
Carpet Bowlers Mill Bay.....	250.743.8293
Chess Club.....	<a href="mailto:southcowichan@virl.bc.ca">southcowichan@virl.bc.ca</a>
Clogging.....	250.722.2953
Malahat Lions Society.....	<a href="http://www.e-clubhouse.org/sites/malahat_bc">www.e-clubhouse.org/sites/malahat_bc</a>
Mill Bay Garden Club.....	<a href="http://www.millbaygardenclub.com">www.millbaygardenclub.com</a>
Quilting.....	250.701.0971
Scouts.....	<a href="http://www.viscouts.ca">www.viscouts.ca</a>
Scouts Canada.....	<a href="http://www.scouts.ca">www.scouts.ca</a>
Shawnigan Cobble Hill Farmers Institute & Agricultural Society.....	<a href="mailto:schfias.secretary@gmail.com">schfias.secretary@gmail.com</a>
Shawnigan Residents Association.....	<a href="http://www.thesra.ca">www.thesra.ca</a>
South Cowichan Chamber of Commerce.....	250.743.3566
South Cowichan Rotary Club.....	<a href="https://portal.clubrunner.ca/694/">https://portal.clubrunner.ca/694/</a>
Tuesday Bridge Club.....	250.748.1563
Valley Fish & Game Club.....	<a href="http://www.valleyfishandgame.com">www.valleyfishandgame.com</a>
Warmland Calligraphers.....	<a href="mailto:warmlandcalligraphers@gmail.com">warmlandcalligraphers@gmail.com</a>
Young Seniors Action Group Society.....	250.743.8344

## Cowichan Lake Contacts

Animal Rescue Society.....	250.749.4040
Chamber of Commerce Community Internet & Email Access.....	
.....	250.749.3244
Community Services.....	250.749.6822
Cowichan Lake Area Quilters.....	250.749.1601
Cowichan Lake District 50+ Activity Centre.....	250.749.6121
Cowichan Lake District Skating Club.....	250.749.3124
Cowichan Lake Lady of the Lake Society.....	250.510.1983
Cowichan Lake Library.....	250.749.3431
Cowichan Lake Lions.....	250.749.3345
Health Unit.....	250.749.6878
Healthy Beginnings.....	250.709.3050
Honeymoon Bay Community Society.....	250.749.3579
Hospital Auxiliary.....	250.749.6647
Kaatza Art Group.....	250.749.3298
Kaatza Lakeside Players Society.....	250.715.7098
Lake Bloomers.....	250.749.4296
Lake Cowichan and District Minor Hockey.....	250.745.3810
Lake Cowichan District Minor Baseball Association.....	250.749.3776
Lake Cowichan Kinsmen Club.....	250.701.5253
Lake Cowichan School.....	250.749.6634
Royal Canadian Legion Branch #210.....	250.749.6041
Town of Lake Cowichan.....	250.749.6681
Visitor Centre.....	250.749.3244
Youbou Community Church Society.....	778.429.7100

## Cowichan Valley Contacts

Blood Donor Clinic.....	1.888.236.6283
Carlson's School of Dance .....	250.746.6456
CMS Food Bank Society .....	250.743.5242
Conservation Officer 24-hr Hotline .....	1.877.952.7277
Cowichan Green Community.....	250.748.8506
Cowichan Seniors Community Foundation .....	250.715.6481
Cowichan Seniors Directory .....	www.cowichanseniors.ca
Cowichan Valley Arts Council .....	250.746.1633
Cowichan Valley Basket Society .....	250.746.1566
Cowichan Valley Community Policing .....	250.701.9145
Cowichan Valley Transit .....	250.746.9899
Duncan SPCA.....	250.746.4646
Girl Guides.....	250.748.1052
Hiiye'yu Lelum House of Friendship Society .....	250.748.2242
Margaret Moss Health Unit.....	250.709.3050
Safer Foods Food Safe Training.....	250.746.4154
Volunteer Cowichan.....	250.748.2133
Wendy's House Children's Play and Discovery Centre .....	250.748.0321 ext. 226

## Cowichan Valley Sports Contacts

Ceevacs Running .....	www.cee vacs.com
Cowichan Bowmen Archery Club ...	cowichanbowmen@gmail.com
Cowichan Capitals Hockey .....	250.748.9930
Cowichan Cricket Club .....	www.vdca.ca
Cowichan Field Hockey .....	www.cowichanfieldhockey.ca
Cowichan Football .....	info@cowichanfootball.com
Cowichan Outdoor Volleyball.....	250.732.7154
Cowichan Rugby Club .....	250.746.7513
Cowichan Valley Breakers Swim Club.....	250.246.0000
Cowichan Valley Lacrosse.....	www.cvtl.goaline.ca
Cowichan Valley Minor Hockey Association .....	250.246.3906
.....	cvmha@shaw.ca
Cowichan Valley Soccer Association .....	.....
.....	youthregistrar@cowichansoccer.com
Cowichan Valley Wrestling Club .....	nzuback@hotmail.com
Duncan Basketball Association .....	info@duncanbasketball.net
Duncan Curling Club .....	250.748.9313
Duncan Dive Club.....	250.743.9145
Duncan Junior Baseball Association .....	250.748.1755
Duncan Skating Club .....	www.duncanskatingclub.com
Duncan Stingrays Swim Team.....	250.710.3278
Fernando Correia School of Karate.....	250.748.9111
Maple Bay Rowing Club .....	250.748.2042
Wilderness Kayak Co .....	250.746.0151
Women's Flag/Touch Football .....	info@cwfl.ca

## Cowichan Valley Regional District Contacts

CVRD Emergency Social Services.....	250.746.2560
CVRD Head Office .....	250.746.2500
CVRD Recycling Hotline.....	250.746.2540

## Cowichan Valley Regional District Board of Directors

Chair.....	Ian Morrison, Area F Director
Vice-Chair .....	Sierra Acton, Area B Director
Area A Director - Mill Bay/Malahat .....	Blaise Salmon
Area B Director - Shawnigan Lake .....	Sierra Acton
Area C Director - Cobble Hill .....	Mike Wilson
Area D Director - Cowichan Bay.....	Lori Iannidinardo
Area E Director - Cowichan Station/Sahtlam/Glenora .....	.....
.....	Alison Nicholson
Area F Director - Cowichan Lake South/Skutz Falls ...	Ian Morrison
Area G Director - Saltair/Gulf Islands .....	Lynne Smith
Area H Director - North Oyster/Diamond .....	Mary Marcotte
Area I Director - Youbou/Meade Creek.....	Klaus Kuhn
City of Duncan.....	Michelle Staples
Municipality of North Cowichan .....	Al Siebring
Municipality of North Cowichan .....	Debra Toporowski
Municipality of North Cowichan .....	Kate Marsh
Town of Ladysmith.....	Aaron Stone
Town of Lake Cowichan.....	Tim McGonigle

## Recreation Facilities

Cowichan Aquatic Centre .....	250.746.7665
.....	aquatics@northcowichan.ca
Cowichan Lake Recreation.....	250.749.6742
.....	clradmin@cvrld.bc.ca
Frank Jameson Community Centre.....	250.245.6424
.....	prc@ladysmith.ca
Fuller Lake Arena .....	250.246.3811
.....	ice@northcowichan.ca
Island Savings Centre .....	250.748.7529
.....	tcentre@cvrld.bc.ca
Kerry Park Recreation Centre .....	250.743.5922
.....	kprc@cvrld.bc.ca
Shawnigan Lake Community Centre .....	250.743.1433
.....	slcc@cvrld.bc.ca

# NORTH COWICHAN PARKS & RECREATION

Cowichan Aquatic Centre & Fuller Lake Arena

Spring • Summer 2019



**CAMPS**



**AQUATICS & ICE**



**FITNESS & ACTIVE**



**PARKS & TRAILS**

**reccowichan**  
your recreation connection

**North Cowichan Parks & Recreation**

[www.northcowichan.ca](http://www.northcowichan.ca)

[www.reccowichan.ca](http://www.reccowichan.ca)

MUNICIPALITY OF  
**NORTH**  
**Cowichan**  
Parks and Recreation

Cowichan Aquatic Centre 250.746.7665 - [aquatics@northcowichan.ca](mailto:aquatics@northcowichan.ca)

Fuller Lake Arena 250.246.3811 - [arena@northcowichan.ca](mailto:arena@northcowichan.ca)





Cowichan Valley Transit

# Hop on the bus and visit CVRD Parks



Enjoy a lovely day at the park. Many CVRD parks are accessible by transit routes 8 Mill Bay/8 Duncan and 9 Mill Bay/9 Duncan including those within Shawnigan Lake, Cowichan Bay and Cobble Hill Village.

For more information visit [bctransit.com/cowichan-valley](https://bctransit.com/cowichan-valley)

Transit Info 250-746-9899





**Registration Begins May 6 at 9:00 a.m.:**

Kerry Park Recreation Centre 250.743.5922

Shawnigan Lake Community Centre 250.743.1433

**Registration Ongoing:**

Cowichan Lake Recreation 250.749.6742

Island Savings Centre 250.748.7529



For more information  
visit: [www.cvrd.bc.ca](http://www.cvrd.bc.ca)

 @mycvrd  
 [facebook.com/mycvrd](https://facebook.com/mycvrd)

*cowichan*