

## Spring Break Sport Camps

### Spring Break Tennis Camp

**Ages 8 - 12**

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 water, snack, and a tennis racquet. Racquets are provided if necessary.

Monday - Friday | Mar 11 - 15 | 9:00 a.m. - 11:00 a.m.  
5/\$105 | Code: 67673  
Instructor: Alex Dodd

### Spring Break Junior Sports Camp

**Ages 6 - 9**

This active camp will give kids the opportunity to participate in a variety of sports and activities throughout the week. Activities will include swimming, skating, bowling, gymnastics, and all sorts of sports and games. 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 | Mar 18 - 22 | 8:30 a.m. - 4:00 p.m.  
5/\$175 | Code: 67672

### Mountain Biking Camp

**Ages 10 - 14**

Join our professionally certified coaches and take your riding to the next level as we guide and instruct you on some of Cowichan's best trails! 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. This camp is ideal for kids with previous riding experience and who, at minimum, are riding at an advanced beginner to intermediate level. Please bring a bike, helmet, lunch, and plenty to drink.

Monday - Friday | Mar 11 - 15 | 9:00 a.m. - 2:00 p.m.  
5/\$399 | Code: 67669  
Instructor: Nolan Riding - Coach Dave Lynch  
Mount Tzouhalem - Kaspera Road Trailhead

## Events

### Lions Everyone Welcome Skates

**All Ages**

In January and February we will be offering FREE admission and rentals at four of our Everyone Welcome Skates. These special skating sessions are generously sponsored by the Duncan Lions Club.

Saturdays  
Feb 10 & 24 | 1:00 p.m. - 2:20 p.m.  
FREE Admission & Rentals

### School's Out Skates

**All Ages**

Come out with your friends and family and enjoy these special School's Out skating sessions. Admission is only a toonie!

Monday | Apr 15 | 12:00 p.m. - 1:20 p.m.  
Admission \$2 | Rentals \$3.25

### School's Out Family Stick & Puck Skates

**All Ages**

This session is designed for those that are new to the game or who want to brush up on their hockey skills. The program is open to all ages. Children age 9 and under must be accompanied by an on-ice adult. This session is limited to 24 players. Scrimmages and games are not permitted. Helmets and gloves are mandatory; youth ages 16 and under must have a helmet with a full-face cage. Shin guards are strongly recommended.

Friday | Feb 16 | 1:30 p.m. - 2:20 p.m.  
Drop-in \$3.50  
Cowichan Community

### Family Day Celebration

Monday | Feb 19 | 12:00 p.m. - 3:00 p.m.  
Family Skate | 12:00 p.m. - 1:00 p.m. | Code: 66579  
Family Skate | 1:30 p.m. - 2:30 p.m. | Code: 66580  
Gym Activities | 12:00 p.m. - 3:00 p.m. | Drop-in  
FREE Admission

### Spring Break Skating Schedule

Monday	Mar 11	12:00 - 1:20 p.m.
Tuesday	Mar 12	12:00 - 1:20 p.m.
Wednesday	Mar 13	12:00 - 1:20 p.m.
Wednesday	Mar 13	6:30 - 7:50 p.m.
Thursday	Mar 14	12:00 - 1:20 p.m.
Friday	Mar 15	12:00 - 1:20 p.m.
Saturday	Mar 16	1:00 - 2:20 p.m.
Sunday	Mar 17	1:00 - 2:20 p.m.
Monday	Mar 18	12:00 - 1:20 p.m.
Tuesday	Mar 19	12:00 - 1:20 p.m.
Wednesday	Mar 20	12:00 - 1:20 p.m.
Wednesday	Mar 20	6:30 - 7:50 p.m.
Thursday	Mar 21	12:00 - 1:20 p.m.
Friday	Mar 23	12:00 - 1:20 p.m.
Saturday	Mar 23	1:00 - 2:20 p.m.
Sunday	Mar 24	1:00 - 2:20 p.m.

### Cowichan Community Centre

2687 James Street  
Duncan, BC V9L 2X5  
250.748.7529 | [tcentre@cvrd.bc.ca](mailto:tcentre@cvrd.bc.ca)

### 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 account. You can access online registration from our website [www.cvrd.ca](http://www.cvrd.ca)

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

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



WINTER/SPRING 2024



## Children Sports Programs

## COWICHAN COMMUNITY CENTRE



[cvrd.ca](http://cvrd.ca)

## Early Years

### Mini Sports Sampler

**Ages 4 - 6**

This program will give kids a chance to try a variety of sports and find out what they like! Sports will include basketball, floor hockey, soccer, Pickleball, lacrosse, and more. Our leaders will focus on developing sport-specific skills and basic movement skills.

Mondays | 3:30 p.m. - 4:15 p.m.  
Mar 25 - May 6 | 6/\$36 | Code: 67664  
No session Apr 1

### Mini Sports Camp

**Ages 4 - 6**

Join us for this action-packed multi-sport camp where we will introduce your child to a variety of sports. We will keep them moving and engaged with a different sport each day, such as basketball, floor hockey, and soccer. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed.

Monday - Friday | Mar 11 - 15 | 1:30 p.m. - 3:30 p.m.  
5/\$75 | Code: 67665

## Children/Youth

### Youth Drop-in Sports

**Ages 13+**

Looking for something to do these days, but nowhere to go? Come join us for some fun in the gym. We will play a variety of games and sports and have tons of fun. Got a game or sport you love? Let us know and we will give it a try. Just want to hang out? You can do that too! We have all kinds of games, including board games. This FREE program is generously sponsored by Our Cowichan Community Health Network.

Tuesdays/Fridays | Jan 9 - June 25  
3:30 p.m. - 5:00 p.m.  
FREE Drop-in  
No session Jan 12, Feb 16, Mar 12, 15, 19, 22, 29, May 3, June 14

### Kidz Open Gym

**Ages 8 - 12**

Come join us for some fun in the gym. We will play a variety of games and sports and have tons of fun. Got a game or sport you love? Let us know and we will give it a try. Just want to hang out? You can do that too! We have all kinds of games and sports equipment!

Mondays | Feb 5 - Mar 4 | 4:30 p.m. - 5:30 p.m.  
FREE Drop-in | No session Feb 19

### Sports Sampler

**Ages 6 - 8**

This program will give kids a chance to try a variety of sports and find out what they like! Sports will include basketball, floor hockey, soccer, pickleball, and more. Our leader will focus on developing sport-specific skills and basic movement skills, such as agility, balance, and speed. Teamwork and fair play will be encouraged at all times. Please bring clean runners and a water bottle.

Thursdays | Mar 28 - May 2 | 4:00 p.m. - 5:00 p.m.  
6/\$39 | Code 67671

### Youth Ball Hockey

**Ages 11 - 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 | Apr 4 - June 6 | 7:00 p.m. - 8:30 p.m.  
Drop-in \$4.25

***Be sure to check out our Event, Sports, and Arena Pamphlets for more great activities!***

### Kids Skateboard Lessons

**Ages 8 - 12**

Learn how to shred all of the gnar with these skateboard lessons meant for beginner to novice skateboarders. The lessons will be led by a qualified instructor from BOLD Skate, and will include individual assessments; setting goals and working towards accomplishing those goals; and one-on-one instruction. Participants will learn their stance, basic foot placement, how to get moving, how to fall safely, how to control their boards, and maybe a few tricks too. Helmets are mandatory and additional safety gear is recommended. Don't miss out on this awesome opportunity to get shredding!

Mondays | April 8 - 29 | 3:30 p.m. - 5:00 p.m.  
4/\$175 | Code: 67782

Instructor: Carla Hyslop

**Duncan X-treme Skate Park**



### 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!

Thursdays | May 9 - 30 | 4:00 p.m. - 6:00 p.m.  
4/\$150 | Code: 67943  
Instructors: Nolan Riding  
Cobble Hill Mountain

### Street Smart Cycling

**Ages 6 - 17**

Do you want to feel more comfortable and safe riding your bike on the road? Learn to become a Street Smart cyclist. The day will include basic bike maintenance, rules of the road, common cycling routes, rider visibility and safety, road positioning, traffic lights, bike set up, bike handling, proper braking, and understanding your gears. Gain confidence through cycling games and have fun. All participants must have a certified biking helmet, fully functioning bike and basic riding skills. Bring snack, water and weather appropriate clothing.

Ages 6 - 8  
Saturday | May 18 | 9:00 a.m. - 12:00 p.m.  
1/\$50 | Code: 68655  
Instructor: Stephen Pilcher

Ages 9 - 12  
Saturday | May 18 | 1:00 p.m. - 4:00 p.m.  
1/\$50 | Code: 68657  
Instructor: Stephen Pilcher

Ages 13 - 17  
Saturday | May 25 | 1:00 p.m. - 4:00 p.m.  
1/\$50 | Code: 68660  
Instructor: Stephen Pilcher

### Bike Rodeo

The Cowichan Community Centre is hosting a spring Bike Rodeo in partnership with Cowichan Brain Injury Society. In a mission to spread brain injury awareness and education within our communities, this event will include obstacle courses, helmet checks, bike wash station, maintenance checks by Cowichan Cycles and a raffle draw for prizes. Bring your bike, scooter, skateboard or roller blades, everyone is welcome!

Saturday | May 11 | 10:00 a.m. - 12:00 p.m.  
FREE Admission