

Learn to Play Pickleball

Ages 15+

Pickleball can be played by 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, which in turn lessens the probability of injury. The low impact nature of the sport opens the field so that all ages and mobility levels can participate. Learn the basic rules of the game and the skills to take your game to the next level. Each session will include a 15 minute warm up, 45 minutes of skills, and 60 minutes of game-play.

Thursdays | Feb 9 - Mar 9
 10:30 am - 12:30 pm
 5 Sessions \$38 | Code: 7861
Island Savings Centre

Pickleball Drop-in

Ages 15+

This fun game is played with a light-weight paddle and a plastic perforated ball. Pickleball is accessible to a wide range of players, since the court is smaller and the ball moves slower. Pickleball is a fun combination of badminton, tennis and table tennis and is an enjoyable activity that accommodates participants at every level of fitness.

Mondays | Jan 2 - Apr 24
 7:00 pm - 9:00 pm
 Drop-in \$4
Island Savings Centre
 No session Feb 13

Tuesdays/Thursdays | Jan 3 - Apr 13
 10:30 am - 12:30 pm
 Drop-in \$4
Island Savings Centre

Mon/Wed/Fri | Apr 10 - Sept 1
 10:00 am - 1:00 pm
 10 Visit Punch Pass \$27 or Drop-in \$3
Kerry Park Recreation Centre

Thursdays | Apr 13 - Aug 31
 7:00 pm - 8:30 pm
 10 Visit Punch Pass \$27 or Drop-in \$3
Kerry Park Recreation Centre

South Shore Classic Pickleball Tournament

Ages 15+

CLR - Curling Rink Details TBA

Cowichan Lake Recreation Winter - Spring Pickleball Schedule In effect Jan 2 - May 26, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	Mesachie Lake Hall 9:30 am - 11:30 am Jan 3 - May 23		Mesachie Lake Hall 9:30 am - 11:30 am Jan 5 - May 25	
	Honeymoon Bay Hall 9:30 am - 11:30 am Jan 3 - May 23	Honeymoon Bay Hall 9:30 am - 11:30 am Jan 4 - May 24		
Youbou Hall 9:30 am - 1:00 pm Jan 2 - May 15 Closed May 22			Youbou Hall 9:30 am - 1:00 pm Jan 5 - May 25	Youbou Hall 9:30 am - 1:00 pm Jan 6 - May 26
Mesachie Lake Hall 6:30 pm - 8:30 pm Jan 2 - May 22		Mesachie Lake Hall 6:30 pm - 8:30 pm Jan 4 - May 24	Mesachie Lake Hall 6:30 pm - 8:30 pm Jan 5 - May 25	
CLSA Curling Rink 9:30 am - 11:30 am Mar 20 - Aug 28	CLSA Curling Rink 9:30 am - 11:30 am Mar 21 - Sept 5	CLSA Curling Rink 6:30 pm - 8:30 pm Mar 22 - Sept 6	CLSA Curling Rink 9:30 am - 11:30 am Mar 23 - Sept 7	CLSA Curling Rink 9:30 am - 11:30 am Mar 24 - Sept 8

Year round and half year renewal fees due May 28, 2017 | Code: 7598
 Yearly \$110 (May 28, 2017 - May 27, 2018), Half Year \$75 (May 28, 2017 - November 26, 2017),
 Drop-in \$3 per visit (Year round per person) Prorated fees are available for late starters.
 For inquiries, please contact: Tanya Kaul, Recreation Programmer 250.749.6742 or tkaul@cavrd.bc.ca