

**DECEMBER 11, 2024****WINTER/SPRING 2025 RECREATION GUIDE AVAILABLE NOW****Program registration opens Monday, December 16, 2024.**

The City of Campbell River (the City) has released its Winter/Spring 2025 Campbell River Recreation Guide, covering January to May programming at the Campbell River Community Centre and the Sportsplex, as well as events throughout the city. The guide is available online and registration opens at 10 a.m. on Monday, December 16, 2024.

*“It’s still event season here in Recreation and Culture,” says Meghan Lawley, Recreation Program Manager. “Community favourites like Family Day, Seedy Saturday and a Night Out Downtown are returning this season. New this year is the Colourful Run on May 3, which celebrates youth in the community! Participants are invited to come dressed in white and will get coloured as they run, walk or jog a 1K or 5K route. There’ll be after-party music and refreshments too!”*

The City proudly offers a variety of programs for all ages, stages and abilities; the list is endless: Crib, Fit and Social, Pottery, First Aid, Car Care 101, Salsa Lessons, Fly Fishing, Scrabble, Disney Dancy, kids clay and safety programs and more! We also have over 30 fitness classes, with low-intensity, beginner-friendly options, such as Yoga and Balance or Core and Stretch, and high-intensity classes like Spin, Power Hour and Tabata. With a fitness membership, pass holders can access fitness classes, the weight room, squash and racquetball courts, and numerous sports activities including pickleball, badminton, drop-in basketball, soft tennis and table tennis.

This guide also includes specific programs for teens and tweens! Youth ages 11-18 can get involved in their community and connect with other youth, all while boosting their leadership skills and resume, by volunteering as a Leader in Training. They will receive training and social opportunities and gain valuable and transferable skills, such as communication, teamwork, public speaking, planning, time management and more! Tween Club and Teen Open Courts and Lounge are opportunities for youth to socialize, snack, hang out and unleash their skills on the basketball court. Teens can also hone their squash skills in Intro to Squash or learn their way around a weight room in the Youth Weight Room Orientation.

View the guide at [campbellriver.ca/recreation-guide](http://campbellriver.ca/recreation-guide). Register for programs at [campbellriver.ca/registration](http://campbellriver.ca/registration), in-person at the Community Centre or Sportsplex, or by calling 250-286-1161 or 250-923-7911.

For more information on recreation and culture at the City, email [recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca), and stay up-to-date by following us on Facebook at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).

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