



Campbell River

RECREATION GUIDE SUMMER 2024

The summer season is here, which means it is time to enjoy the sunshine and quality time with family and friends – and we have all the events and programs you need to do just that!

Explore Campbell River’s outdoor spaces by walking, rolling, biking or strolling through our wide array of trails, pathways and parks. Cool off at the splash park, find shade at the disc golf course, or have fun at the skateboard park or beach volleyball courts. Don’t forget about the Centennial Outdoor Pool, which is once again FREE to all youth and children!

For those looking to learn something new or take their skills to the next level, we have programs to meet your needs and abilities. We offer fitness classes, crafting programs, summer camps, dance lessons, daytime and evening concerts at Spirit Square, our award-winning CR Live Streets events, and so much more!

On behalf of the City Recreation and Culture Department, we look forward to seeing you out and about, downtown, or at one of our facilities this summer, enjoying all that Campbell River has to offer!

– Robin Mitchell, Manager of Recreation and Culture

Fee Updates

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

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

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

Find Us Online

-  [campbellriverrec](#)
-  [CityofCampbellRiver](#)
-  [campbellriver.ca/recreationguide](#)

Land Acknowledgement

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



Vision

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

Mission

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



Ready to Book Online?

Register Now

Online
[campbellriver.ca/registration](#)

By Phone
Community Centre | 250.286.1161
Sportsplex | 250.923.7911

In Person
At the Community Centre or the Sportsplex

04 **Affordable Recreation**

05 **Memberships**

06 **Special Events**

14 **Pool Information**

22 **Child, Youth, and Families**

38 **Specialized Recreation**

40 **Active Living**



44 **Adult Programs**

52 **Fitness**

60 **Court Sports**

62 **Facilities and Registration**

64 **Parks and Fields**

66 **Community and Sports Organizations**

Registration for June to August programs is available online or in-person beginning at 10 a.m. Monday, May 13, 2024.

Leisure Involvement For Everyone (LIFE)

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

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

City of Campbell River Recreation Programs

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

*some exclusions may apply



JumpStart

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

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



KidSport – So All Kids Can Play!

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



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

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

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

Sportsplex

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

Community Centre

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

Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be cancelled by 4pm the previous day in order to receive a refund. If cancellation notice is not received in time, no refund will be provided. 10 visit pass holders will have one visit deducted. Monthly/yearly pass holders will have a no-show fee applied to your account.

POTTERY FEES

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

ACTIVE LIVING PASS

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





SPECIAL EVENTS

Kite Flying Day

All Ages | Free Admission

The Downtown BIA's Kite Flying Day will be at Ostler Park! Community members are invited to drop by and fly a kite with us.

June 1 | Sat 11 a.m. to 3 p.m.

Location: Robert Ostler Park



Bevy About Town

19+ Years | \$55 Per Person

The Campbell River Downtown Business Improvement Association is excited to present an evening filled with an array of tastings, entertainment and exploring the diverse merchants downtown has to offer. We hope you will join us for this perfect summer event celebrating the best of Campbell River and Vancouver Island.

This is a ticketed event. Please purchase tickets in advance at the Tidemark Theatre.

Aug 23 | Fri 5:30 to 8:30 p.m.

Location: Meet at the Tidemark Theatre courtyard

National Indigenous Peoples Day

All Ages | Free Admission

All are welcome to celebrate Indigenous history and culture with the Laichwiltach Family Life Society. Featuring food, games and activities for kids, music, drumming, dancing and more. More program details will be announced soon.

June 21 | Fri 11 a.m. to 5 p.m.

Location: Spirit Square



Go By Bike

All Ages | Free Admission

Ride your bike as much as possible from **June 3 to 9, 2024:** ride to work, to school, for fun, for exercise, to relieve stress, to clear your mind. No matter the reason, just ride your bike and log your total kilometers online at www.GoByBikeBC.ca.

Join us at local celebration stations, participate in activities, group rides and more!

For more information, visit: www.facebook.com/btwwcr

June 3 to 9 | Mon to Sun

Loop Day

All Ages | Free Admission

You are invited to Campbell River's 4th Annual Loop Day! Pedal, walk, run or roll and experience Campbell River's Forest, River, Ocean, and Greenways (FROG)!

Please visit facebook.com/GreenwaysLoop/ for event schedule and information.

WEAR Green. Grab your friends, family, and neighbours and experience our 28km loop. Visit each FROG Station for treats, music, swag and social time!

June 2 | Sun 11 a.m.
Location: Discovery Pier





GREENWAYS LOOP

28 KM OF FRESH CAMPBELL RIVER AIR #GREENWAYSLOOP





FROG

Forest River Ocean Greenways

Visitors and locals are invited to cycle, walk, and/or roll around the Greenways Loop - a 28 km, wheelchair accessible, recreational trail linking Campbell River's Forest, River, Ocean and Greenways (FROG).

the Loop's vision, design, construction, and maintenance includes time, money, and resources from countless volunteers and organizations - symbolizing an abundance of our community connections. Almost every Campbell River resident lives within 5 km of the Loop!



CAMPBELL RIVER

campbellriver.travel and #discovercampbellriver for additional community and visitor information





Logo designed by
Mulidzas-Curtis Wilson

Please SHARE the LOOP and RESPECT our BEAUTIFUL WEST COAST COMMUNITY



Spirit Square

Lunch in the Square begins June 4
 River Concert Series begins June 5
 Follow @CRspiritsquare for details and updates

Yoga in the Park

Ages 16+ | Free Admission



Bring your mat and join us outside on Tuesday and Thursday evenings for 8 weeks of free yoga classes. Each class will be a little different and taught by a variety of yoga instructors from the City and Session Studio. Youth ages 12 to 15 years may attend if accompanied by a parent/guardian.

July 2 to Aug 22 | Tue and Thu 5:30 to 6:30 p.m.
 Location: Robert Ostler Park



Spirit Square Line Dancing

All Ages | Free Admission

Learn choreographed dances to dance to country music with the Step-In Line dancers in Spirit Square every Monday throughout the summer. You will learn a variety of dances using a pattern of steps. No dance partner needed. Everyone welcome.

Drop In | 36951
 July 8 to Aug 26 | Mon 11 a.m. to Noon
 Location: Spirit Square

Salsa Lessons in the Square

All Ages | Free Admission

Salsa Lessons in Spirit Square are back! Forbidden Dance Company – led by the one and only Emily – will teach you the steps and lead the group. What better way to prepare for the CR Live Streets Latin Night on August 21 than with this free, weekly class? Come and dance with us. No dance partner needed. Everyone welcome.

Drop In | 37094
 Aug 6 to 20 | Tue 6:30 to 7:30 p.m.
 Location: Spirit Square



Ready to Book Online?

Mask Making Workshop

2+ Years | \$5 Per Person

Come on down to Spirit Square and create a Mardi Gras style mask with the Campbell River Community Artists. Decorate, paint, and customize your masquerade mask in preparation for our CR Live Streets Masquerade Street Party on Wednesday, July 31. All supplies included.

Registered Program | 36955
 July 27 | Sat 10 a.m. to Noon
 Location: Spirit Square



Art in the Square

14+ Years | \$19 Per Person

Step away from the stress and enjoy a creative evening in Spirit Square with a step-by-step painting workshop. You will create your masterpiece in a fun and relaxed environment alongside friends while enjoying some light refreshments. Bring your sense of fun, some friends and we will take care of the rest. All supplies are included and everyone is welcome, from beginners to everyday painters.

Session 1 | Registered Program | 36942
 July 4 | Thu 6 to 8 p.m.
 Location: Spirit Square

Session 2 | Registered Program | 36944
 July 18 | Thu 6 to 8 p.m.
 Location: Spirit Square

Session 3 | Registered Program | 36946
 Aug 1 | Thu 6 to 8 p.m.
 Location: Spirit Square

Session 4 | Registered Program | 36947
 Aug 15 | Thu 6 to 8 p.m.
 Location: Spirit Square



GREAT COMMUNITY STARTS HERE

JULY 24 TO AUGUST 28

Join us in downtown Campbell River every Wednesday for great evening events and activities.

- July 24 Blues Night
- July 31 Masquerade Street Party
- August 7 Art Attack on the Row
- August 14 Art in Action
- August 21 Latin Night
- August 28 Music in the Night



SUMMER AWARD WINNING 2024 DOWNTOWN EVENTS ALL EVENTS FREE

Blues Night

All Ages | Free Admission

Groove with us as we welcome the talented Garret T. Willie and opening act Luke Blue Guthrie for an electrifying night of blues music on Shoppers Row. This is a night out that you don't want to miss and everyone is welcome!

July 24 | Wed Gates open at 6:30 p.m.

Location: Shoppers Row

Masquerade Street Party

All Ages | Free Admission

Celebrate Mardi Gras style with Big Easy Funk on Shoppers Row. There will be great music, electric energy, and a fantastical parade, complete with juggling and stilt walkers. Not sure what to wear? Check out our mask-making workshop on July 27, purchase a mask onsite by donation to Habitat for Humanity or simply come down as you are! Wear a costume and be part of the parade starting at 7 p.m. in Spirit Square. This licensed event is free and open to everyone.

July 31 | Wed Gates open at 6:30 p.m.

Location: Shoppers Row

Art Attack on the Row

All Ages | Free Admission

Ready to get creative with your neighbours and local artists? Join us for a fun-filled collaborative, community art event where we'll explore chalk art and interactive art activities along with bouncy castles and other family-friendly activities. Let's come together and create something beautiful!

Aug 7 | Wed 5 to 8 p.m.

Location: Shoppers Row

Art in Action

All Ages | Free Admission

Attention art lovers: this year we're bringing you the most exhilarating art event yet! Artists will start a painting on one canvas before they move on to their neighbour's canvas. They will add to others' paintings until they make it back to their original spot to finish the masterpiece they started. And of course, you'll get the chance to bid on these unique creations at the end of the night.

Aug 14 | Wed Gates open at 6:30 p.m.

Location: Shoppers Row

Latin Night

All Ages | Free Admission

Join us for a night of live music from Orchestra Obatala and Latin dancing with the Forbidden Dance Company. Whether you're coming solo, as a pair, or part of a group, all ages, stages and abilities are welcome. Let's learn some new moves and groove to Latin beats all evening. Don't miss out on this free-to-attend, licensed event.

Aug 21 | Wed Gates open at 6:30 p.m.

Location: Shoppers Row

Music in the Night - Live Streets Finale

All Ages | Free Admission

Let's celebrate the finale of the CR Live Streets together, downtown, with Five Alarm Funk (FAF). With 20 years experience in high voltage Funk infusion, FAF has carved a new path of live entertainment. The engagement, the hilarity, the precision and execution have heralded these manic Funk Bots with eight studio albums, two JUNO nominations, three Western Canadian Music Awards and a rap sheet of positive reviews. Everyone is welcome to this licensed event.

Aug 28 | Wed Gates open at 6:30 p.m.

Location: Shoppers Row



POOL INFORMATION

Swim Descriptions

Lengths and Leisure

A quieter environment with lanes, leisure space, and wading pool available.

Swim Club

Campbell River Salmon Kings practice – Pool Closed.

Family Swim

Paired with lane swimming and private swim lessons, these swims are designed for families. Parents/guardians must swim with their children. Quiet-medium volume environment.

Everyone Welcome

These swims offer a bit of everything. Lanes, some toys, waterslide, and wading pool available. Medium-loud volume environment.

Open Swim

Loud environment with open pool access, lots of toys, and waterslide available.



CENTENNIAL OUTDOOR POOL INFO LINE
250-286-5317

FACILITY RENTAL INFORMATION
250-286-1161

CENTENNIAL OUTDOOR POOL ADMISSION RATES

AGE GROUPS	DROP-IN	10 VISIT
Pre-School (5 and Under)	FREE	Not available
Child (6 - 12 Years)	FREE	Not available
Youth (13 - 18 Years)	FREE	Not available
Adult (19 - 59 Years)	\$4.00	\$38.00
Senior (60+ Years)	\$2.50	\$23.00



Ready to Book Online?

Centennial Outdoor Pool Schedule

JUNE 5 - 30, 2024 CENTENNIAL OUTDOOR POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
	Swim Club 7 - 8 a.m.		Swim Club 7 - 8 a.m.		NOTE: Delayed Opening on Sat, June 15 due to staff training. Pool opens at 1:45 p.m.
Rentals 10 a.m. - 2 p.m.					
Open Swim 2:30 - 4 p.m.					Family Swim (2 lanes) 11:30 a.m. - 1:30 p.m.
Swim Club 4:15 - 6:15 p.m.	Everyone Welcome (2 lanes) 4:15 - 5:45 p.m.	Swim Club 4:15 - 6:15 p.m.	Everyone Welcome (2 lanes) 4:15 - 5:45 p.m.	Everyone Welcome (1 lane) 4:15 - 6:15 p.m.	Open Swim 1:45 - 3:45 p.m.
Everyone Welcome (2 lanes) 6:30 - 8 p.m.	Swim Club 6 - 8 p.m.	Everyone Welcome (2 lanes) 6:30 - 8 p.m.	Swim Club 6 - 8 p.m.	Open Swim 6:30 - 8 p.m.	Everyone Welcome (2 lanes) 4 - 6 p.m.

*Indicates a quieter swim

JULY 1 - AUGUST 28, 2024 CENTENNIAL OUTDOOR POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
*Lengths and Leisure (3 lanes) 7 - 8:30 a.m.	Swim Club 7:30 - 8:30 a.m.	*Lengths and Leisure (3 lanes) 7 - 8:30 a.m.	Swim Club 7:30 - 8:30 a.m.	*Lengths and Leisure (3 lanes) 7 - 8:30 a.m.	
Swimming Lessons 8:30 - 10:45 a.m.				*Family Swim 8:30 - 10:45 a.m. (2 lanes)	
**Everyone Welcome 11 a.m. - 12:45 p.m. (2 lanes)					
**Open Swim 1:15 - 4 p.m. (Join us every WEDNESDAY from 2:30-4:00pm for a THEMED FUN SWIM!)					
Swim Club 4:15 - 6:15 p.m.	Everyone Welcome (2 lanes) 4:15 - 5:45 p.m.	Swim Club 4:15 - 6:15 p.m.	Everyone Welcome (2 lanes) 4:15 - 5:45 p.m.	Family Swim / Private Lessons (1 lane) 4:15 - 6:15 p.m.	Rentals 4:15 - 6:15 p.m.
Everyone Welcome (1 lane) 6:30 - 8:30 p.m.	Swim Club 6 - 8 p.m.	Everyone Welcome (1 lane) 6:30 - 8:30 p.m.	Swim Club 6 - 8 p.m.	Everyone Welcome (2 lanes) 6:30 - 8:30 p.m.	

*Indicates a quieter swim **Summer Camps may attend

Please Note:

All Swims, Birthday Parties and Rentals may be shared with other courses/rentals.

For Statutory Holidays: **Canada Day (July 1)** and **BC Day (Aug 5)**, please follow our WEEKEND schedule.

Pool CLOSED to the public at 4 p.m. on **Fri July 5** and **all day on Sat/Sun July 6 and 7** for annual swim meet.

ADDITIONAL SWIMS

Open Swims (Tue and Thu)	6 - 8 p.m.	Aug 15, 20, 22, and 27
Family Swims (Mon and Wed)	8:30 - 10:45 a.m.	Aug 26, 27, and 28
Family Swims (Mon and Wed)	4:15 - 6:15 p.m.	Aug 19, 21, 26, and 28
Lengths (Tue and Thu)	7 - 8:30 a.m.	Aug 15, 20, 22, and 27

Private and Semi-Private Swim Lessons

3+ Years | \$27 / 30 Mins, \$11 to Add Second Swimmer

Private swimming lessons offer one-on-one instruction and are open to all stages and abilities as they are tailored to the needs of the individual. These lessons are great for those who struggle in a group learning environment or need extra help learning a skill or completing a level. Like private lessons, semi-private instruction still provides plenty of one-on-one instruction, but these lessons include an additional participant. Learning to swim with another peer allows for social interaction making learning fun and more engaging. These lessons are a great option for friends or siblings to learn together.

Please Note: Both participants should be close to the same swim level/skill.

July and August

Various private lesson times are available. Please visit www.campbellriver.ca/registration to view available sessions or call the Community Centre or Sportsplex for assistance.

Please Note: Private lessons are very popular and will fill quickly.

Registration for June to August programs is available online or in-person beginning at 10 a.m. Monday, May 13, 2024.



Octopus

3 to 5 Years | \$45 for 8 Lessons

Octopus is a transitional level which transfers the preschooler from the parent/caregiver to the care of the instructor. Preschoolers will have fun learning to get in and out of the water safely and learn how to put their face in the water. They'll blow bubbles, open their eyes underwater, and learn how to float and glide. Lots of games and songs will make them excited to go swimming!

July 8 to 18 | Mon to Thu 9:35 to 10:05 a.m.
 July 8 to 18 | Mon to Thu 10:10 to 10:40 a.m.
 July 22 to Aug 1 | Mon to Thu 9:35 to 10:05 a.m.
 Aug 12 to 22 | Mon to Thu 9:35 to 10:05 a.m.
Location: Centennial Outdoor Pool

Orca

3 to 5 Years | \$45 for 8 Lessons

Recommended: Completed Crab.

Orca teaches preschoolers how to enter deep water safely while wearing a PFD. They'll learn how to submerge and exhale under water, how to retrieve objects underwater, and will continue to develop their floating, gliding, and kicking skills. Songs and games are used to teach concepts and skills. Independence in the water is developed.

July 22 to Aug 1 | Mon to Thu 10:10 to 10:40 a.m.
 Aug 12 to 22 | Mon to Thu 9 to 9:30 a.m.
Location: Centennial Outdoor Pool



Ready to Book Online?

Crab

3 to 5 Years | \$45 for 8 Lessons

Recommended: Completed Octopus.

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim while wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects. Songs and games are used to teach concepts and skills. Independence in the water is encouraged.

July 8 to 18 | Mon to Thu 9:55 to 10:25 a.m.
 July 22 to Aug 1 | Mon to Thu 9 to 9:30 a.m.
 Aug 12 to 22 | Mon to Thu 9:20 to 9:50 a.m.
 Aug 12 to 22 | Mon to Thu 10:10 to 10:40 a.m.
Location: Centennial Outdoor Pool



GROUP SWIMMING LESSONS

Swimmer 1

5 to 12 Years | \$45 for 8 Lessons

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale, and hold their breath underwater. Floats, glides, and kicking skills with buoyant objects are introduced.

July 8 to 18 | Mon to Thu 10:10 to 10:40 a.m.
 July 22 to Aug 1 | Mon to Thu 9:55 to 10:25 a.m.
 Aug 12 to 22 | Mon to Thu 9:35 to 10:05 a.m.
 Location: Centennial Outdoor Pool

Swimmer 3

5 to 12 Years | \$60 for 8 Lessons

Recommended: Completed Swimmer 2.

These swimmers will learn how to dive and how to do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back, and will further develop their front and back crawl.

July 8 to 18 | Mon to Thu 8:30 to 9:15 a.m.
 July 22 to Aug 1 | Mon to Thu 9:35 to 10:20 a.m.
 Aug 12 to 22 | Mon to Thu 8:30 to 9:15 a.m.
 Location: Centennial Outdoor Pool

Swimmer 2

5 to 12 Years | \$45 for 8 Lessons

Recommended: Completed Swimmer 1 or Narhwal.

These swimmers will jump into deep water and learn to be comfortable falling sideways into the water while wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl.

July 8 to 18 | Mon to Thu 9:20 to 9:50 a.m.
 July 22 to Aug 1 | Mon to Thu 10:10 to 10:40 a.m.
 Aug 12 to 22 | Mon to Thu 10:10 to 10:40 a.m.
 Location: Centennial Outdoor Pool

Swimmer 4

6 to 12 Years | \$60 for 8 Lessons

Recommended: Completed Swimmer 3.

In this level, swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

July 8 to 18 | Mon to Thu 9:35 to 10:20 a.m.
 July 22 to Aug 1 | Mon to Thu 8:30 to 9:15 a.m.
 Aug 12 to 22 | Mon to Thu 9:55 to 10:40 a.m.
 Location: Centennial Outdoor Pool



Swimmer 5

7 to 12 Years | \$60 for 8 Lessons

Recommended: Completed Swimmer 4.

These swimmers will master dives and swimming in deep water. They'll further develop their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills develop fitness.

July 8 to 18 | Mon to Thu 8:30 to 9:15 a.m.
 July 22 to Aug 1 | Mon to Thu 8:30 to 9:15 a.m.
 Aug 12 to 22 | Mon to Thu 9:20 to 10:05 a.m.
 Location: Centennial Outdoor Pool

Swimmer 6

7 to 12 Years | \$60 for 8 Lessons

Recommended: Completed Swimmer 5.

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training, and 300 m workout to challenge swimmers.

July 8 to 18 | Mon to Thu 9:20 to 10:05 a.m.
 July 22 to Aug 1 | Mon to Thu 9:20 to 10:05 a.m.
 Aug 12 to 22 | Mon to Thu 8:30 to 9:15 a.m.
 Location: Centennial Outdoor Pool

Swimmer 7 – 9 (Rookie, Ranger, Star Patrol)

8 to 12 Years | \$60 for 8 Lessons

Recommended: Completed Swimmer 6.

Swimmers in Rookie/Ranger/Star Patrol continue to develop advanced water proficiency and stroke development, first aid treatments and recognition/rescue skills. They will challenge their individual fitness requirements to meet timed swims and distance workouts for their level.

July 8 to 18 | Mon to Thu 8:30 to 9:30 a.m.
 July 22 to Aug 1 | Mon to Thu 8:30 to 9:30 a.m.
 Aug 12 to 22 | Mon to Thu 8:30 to 9:30 a.m.
 Location: Centennial Outdoor Pool



Outdoor Pool Birthday Parties

All Ages | \$80 Per Hour

Weekends at Centennial Pool is the place for your child's best birthday party ever! Activity Room rental is available for an additional \$40, including clean-up fees. Book early to avoid disappointment!

Notes: Price includes admission for up to 50 People.

Please call [250-286-1161](tel:250-286-1161) for more information.

Location: Centennial Outdoor Pool

Sat or Sun | Starting at 4:15 or 5:15 p.m.



Strathcona Gardens Indoor Pool

JUL 2 TO AUG 30

Drop-in Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00am - 8:30am Lane Swim (2 - 4 lanes) Leisure Swim				
		8:30am - 11:30am Parent & Tot Lane Swim (1 - 2 lanes)				
		11:30am - 1:00pm Public Swim				
		1:00pm - 1:30pm CLOSED				
		1:30pm - 3:00pm Lane Swim (3 lanes) Leisure Swim			Closed	Closed
		3:00pm - 4:00pm Swim Lessons				
		4:00pm - 6:00pm Family Swim			Closed	
		6:00pm - 6:30pm CLOSED				
		6:30pm - 8:00pm Public Swim				

Hot Tub, Sauna, Steam Room, Weight Room & Showers

Monday to Thursday	6:00am - 1:00pm 1:30pm - 6:00pm 6:30pm - 8:00pm
Friday	6:00am - 1:00pm 1:30pm - 3:00pm

SCHEDULE CHANGES

Visit our website at www.strathconagardens.com - we always post updates on the red bar at the top of the home page.

Pool CLOSED - August 5, 19, 20 and August 31 to Sept 2

Swim Definitions/Notes

Leisure Swim: A calmer environment limited toys in leisure/wading pool.

Parent & Tot: Paired with lanes and swim lessons. Designed for parents/guardians with children 6 years and under.

Family Swim: Paired with lanes and swim lessons. Designed for families (parents/guardians must swim with children); medium volume; limited toys, waterslide open.

Public Swim: Loud environment; games & activities throughout, lots of toys, water slide open.

▶ **Children under the age of 7 must have an adult (16+) in the water within arms reach. The ratio is 3 children to 1 adult.**

▶ **Children ages 0-3 must wear a swim diaper in the pool.**

CHILD, YOUTH, AND FAMILIES



Overview

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

Home Alone

9 to 12 Years | \$80 Per Person

Is your child almost ready to be left at home alone before or after school or while you run errands? This course helps your child become prepared and confident, focusing on home and personal safety, emergencies and strangers. This course fills up quickly, register early to avoid disappointment!

Registered Program | 36553

June 1 | Sat 9 a.m. to 3 p.m.

Location: Sportsplex

Babysitting Know How

11 to 18 Years | \$90 Per Person

Learn to be a responsible babysitter. This course covers baby care, feeding, appropriate games and activities, household safety and first aid. Please bring a healthy lunch and a water bottle. This course fills up quickly! Register early to avoid disappointment.

Registered Program | 36554

June 15 | Sat 9 a.m. to 4 p.m.

Location: Sportsplex

HIGH FIVE® Principles of Healthy Child Development

15+ Years | \$90 Per Person

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

Registered Program | 36820

June 2 | Sun 10 a.m. to 2:30 p.m.

Location: Community Centre

Birthday Parties

12 Years and Under | \$140 Per Party

Reserve your Fall birthday party now! Let us make your next birthday party a piece of cake! We will look after the set-up, gym supervision, games, toys and activities. We even clean up the mess! Parties are 90 minutes long. Families are welcome to arrive 30 minutes before the party to set up and stay 30 minutes at the end to say goodbyes. Be sure to reserve early.

Special Registration Note: Registration opens for Fall birthday parties on Tuesday, July 2, 2024.

Registered Program

Sept 8 to Dec 22 | Sun 11 a.m. to 12:30 p.m.

Sept 8 to Dec 22 | Sun 2 to 3:30 p.m.

Location: Sportsplex

AFTER SCHOOL PROGRAMS

Girls on the Move

8 to 12 Years | \$30 for 3 Weeks

Bring your girl-power energy and join us for movement activities with music and lights including, dance, cooking, crafts and balance challenges. Each day we will also chat about hot topics over a delicious smoothie. Register for the series, or drop in for \$10/week if space is available.

Registered Program | 36815
June 3 to 17 | Mon 3 to 5 p.m.
Location: Sportsplex




Ready to Book Online?



I Heart Art

5 to 11 Years | \$30 for 3 Weeks

Join us to create personal masterpieces with hands-on activities using different mediums each week. Each day will also include games, gym time and a healthy snack. Register for the whole session, or drop in for \$10/week if space is available.

Registered Program | 36816
June 4 to 18 | Tue 3 to 5 p.m.
Location: Sportsplex

I Heart Cooking

5 to 11 Years | \$30 for 3 Weeks

Learn basic kitchen skills in our commercial kitchen while preparing a tasty snack. Each week we will create and taste a new recipe followed by games and activities inside or outside! Participants will have the option to take home samples and recipes. Register for the whole session, or drop in for \$10/week if space is available.

Registered Program | 36817
June 5 to 19 | Wed 3 to 5 p.m.
Location: Sportsplex

Smoothies and Sports

8 to 12 Years | \$30 for 3 Weeks

Explore a variety of sports from one-on-one basketball to squash and even a funky sport called Wallyball where you hit the ball over the net and off the walls! Each week we will also create a delicious smoothie and have a healthy snack. Register for the series, or drop in for \$10/week if space is available.

Registered Program | 36818
June 6 to 20 | Thu 3 to 5 p.m.
Location: Sportsplex



SUMMER CAMPS

Beach Buddies

3 to 5 Years | \$100 for 4 Days

Drop your little one off for a morning of exploring, playing in tide pools and learning about the aquatic environment in our community. This is an outdoor camp hosted on the lands of the historical Sybil Andrews Cottage on the Old Island Highway in Willow Point, making it easy access to the ocean. Please bring rubber boots and dress for the weather.

Week 1 | Registered Program | 36825
July 8 to 11 | Mon to Thu 9 a.m. to Noon
Location: Sybil Andrews Cottage

Week 2 | Registered Program | 36827
July 15 to 18 | Mon to Thu 9 a.m. to Noon
Location: Sybil Andrews Cottage

Week 3 | Registered Program | 36828
July 22 to 25 | Mon to Thu 9 a.m. to Noon
Location: Sybil Andrews Cottage

Week 4 | Registered Program | 36829
July 29 to Aug 1 | Mon to Thu 9 a.m. to Noon
Location: Sybil Andrews Cottage

Week 5 | Registered Program | 36830
Aug 6 to 9 | Tue to Fri 9 a.m. to Noon
Location: Sybil Andrews Cottage

Week 6 | Registered Program | 36831
Aug 12 to 15 | Mon to Thu 9 a.m. to Noon
Location: Sybil Andrews Cottage

Disney Dance

3 to 5 Years | \$88 for 4 Days

Dancing, story time, crafts, and games. A different Disney character will be featured daily. Please bring a snack and water bottle.

Session 1 | Registered Program | 36453
July 15 to 18 | Mon to Thu 9 to 11 a.m.
Location: Community Centre

Session 2 | Registered Program | 36454
Aug 12 to 15 | Mon to Thu 9 to 11 a.m.
Location: Community Centre



Junior Badminton Camp

Learn to play badminton and practice your skills while making friends in a safe and fun-filled environment! Wear comfortable clothing and indoor running shoes, and bring a water bottle. Participants must be a badminton BC member which can be purchased for \$15.

8 to 11 Years | \$65 for 5 Days | 37426
July 8 to 12 | Mon to Fri 11 a.m. to 12:30 p.m.
Location: Sportsplex

12 to 16 Years | \$75 for 5 Days | 35856
July 8 to 12 | Mon to Fri 1 to 3 p.m.
Location: Sportsplex



Ready to Book Online?



Under The Sea

5 to 7 Years | \$200 for 5 Days

Make a splash as you dive into the incredible world of marine life while creating ocean-themed art. Each week will be filled with crafts, games, splash park visits, gym time and a trip to the beach! Children must have completed Kindergarten to register for this camp.

Registered | 36796
July 8 to 12 | Mon to Fri 9 a.m. to 4 p.m.
Location: Sportsplex

Enchanted Forest

5 to 7 Years | \$200 for 5 Days

In this nature-focused camp, we will seek out the magic amongst the trees as we search for gnomes, trolls, and other enchanted creatures! We will create miniature worlds, fairy tales, art, and explore the forests! Children must have completed kindergarten to register for this camp.

Registered Program | 36799

July 15 to 19 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Mystery Week

5 to 7 Years | \$200 for 5 Days

Enjoy a week filled with surprising activities galore! Campers will be kept in mystery until they show up at camp and their daily adventure is revealed. Children must have completed Kindergarten to register for this camp and should come prepared for any type of indoor or outdoor adventure.

Registered Program | 36804

July 22 to 26 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

A Week Of Holidays

5 to 7 Years | \$200 for 5 Days

Why wait for the holidays? Instead, let's celebrate a different holiday each day! We will hunt for Easter eggs, dress up for Halloween and bake holiday cookies. Children must have completed Kindergarten to register for this camp.

Registered Program | 36805

July 29 to Aug 2 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex



Aqua Force

7 to 12 Years | \$140 for 4 Days

Let's get splashy in this action-packed week of games, challenges, and sports in the Centennial Outdoor Pool and Park! This camp includes a one-hour swimming lesson each day taught by certified swim instructors. Bring your bathing suit, multiple towels, running shoes, water bottle, sunscreen, a hat, and a healthy lunch each day. A daily snack is provided.

Registered Program | 36623

Aug 6 to 9 | Tue to Fri 9 a.m. to 4 p.m.

Location: Centennial Pool

Dino Dig

5 to 7 Years | \$160 for 4 Days

Bring dinosaurs back to life during this prehistoric-themed camp! Come roar your way into some colossal fun as we make dino-feet, have dino-stomp dance parties and construct a huge exploding volcano! Children must have completed Kindergarten to register for this camp.

Registered Program | 36806

Aug 6 to 9 | Tue to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Lost In Space

5 to 7 Years | \$200 for 5 Days

Explore our galaxy and solar system through science, art, games, and activities. Come and have a blast making new friends and adventuring through space with us! Children must have completed Kindergarten to register for this camp.

Registered Program | 36807

Aug 12 to 16 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Field of Dreams Sport and Swim Camp

7 to 12 Years | \$160 for 4 Days / \$200 for 5 Days

Rain or shine, we have adventure waiting for you! Join us each morning at the Rotary Community Field House for a variety of indoor and outdoor activities taking advantage of the neighbouring fields, courts, trails and playgrounds. Then we will walk or use public transit to travel to the Centennial Outdoor Pool where we will explore the surrounding area and end the days swimming! Please dress for the weather each day and bring your swimsuit, towel, a hat, sunscreen, closed-toed shoes, a healthy lunch, and a water bottle each day.



Week 1 | Registered Program | 37571

July 8 to 12 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 2 | Registered Program | 36835

July 15 to 19 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 3 | Registered Program | 37572

July 22 to 26 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 4 | Registered Program | 37573

July 29 to Aug 2 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 5 | Registered Program | 37575

Aug 6 to 9 | Tue to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 6 | Registered Program | 37576

Aug 12 to 16 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse

Week 7 | Registered Program | 37577

Aug 19 to 23 | Mon to Fri 9 a.m. to 4 p.m.

Location: Rotary Community Fieldhouse



Ready to Book
Online?

TECH AND STEM CAMPS

Byte Camp – Claymation Movie Production

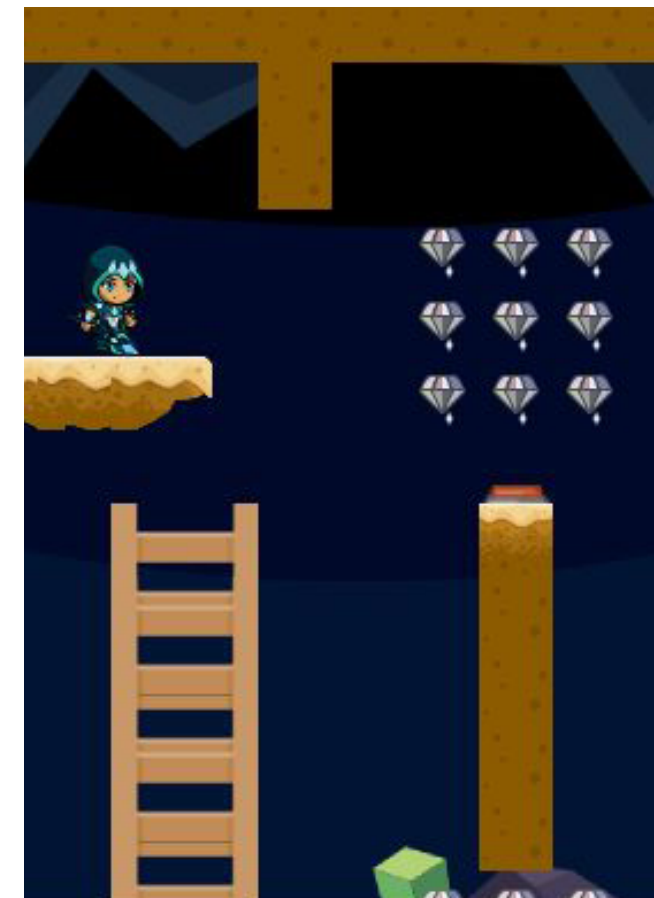
9 to 12 Years | \$395 for 5 Days

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

Registered Program | 36778

July 8 to 12 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex



Byte Camp – Introduction to Coding

9 to 12 Years | \$395 for 5 Days

Discover how fun it is to build your own game. Campers will be introduced to basic coding skills with easy-to-use drag-and-drop software and learn to make their own games! Campers will use their skills to create 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that campers can access, play, and proudly share with friends online. Byte Camp programs encourage responsible screen time and each day will alternate screen time and outdoor or active play.

Registered Program | 36780

July 22 to 26 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Byte Camp – 2D Video Game Design

11 to 14 Years | \$340 for 4 Days

Learn how to build a 2D game from the ground up using Godot, a free platform for coding and launching games. Be prepared to challenge yourself and learn new skills at this coding camp; including how to create advanced 2D vector artwork and animated character sprites to make your game look great. Coding experience or Byte Camp's – "Introduction to Coding" is a recommended prerequisite.

Registered Program | 36781

Aug 6 to 9 | Tue to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Minecraft Modding: PVP Edition

8 to 11 Years | \$132 for 5 Days

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knockback your opponent so far they won't know what hit them. But watch out if they come at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve their chances in PvP. Using Blockly coding they will program and test each mod they create adding a new level of gameplay to their Minecraft experience.

Note: Participants should already have some experience in the world of Minecraft. They will not need to access their Minecraft account as they will be using the program leaders accounts. No prior coding experience necessary.

Registered Program | 37013

Aug 12 to 16 | Mon to Fri 5 to 6:30 p.m.

Location: Sportsplex

Video Game Design and Science: 2D Platformer Edition

7 to 11 Years | \$452 for 5 Days

Join LITTLUNIVERSE for a week of coding and science. Using Game-Maker, participants will create their very own 2D Platformer game! Their games will have various enemies to defeat, background music, collectables, elements such as ladders and doors, and more. The fun will last a lifetime as campers get to take their game home at the end of the week. There will also be indoor and outdoor activities such as game consoles, air hockey, foosball, arts/crafts, board games and more! All participants will receive a LITTLUNIVERSE camp t-shirt!

Registered Program | 37011

Aug 12 to 16 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex



LEGO Robotics (Mindstorms EV3) & Science - Battlebots Edition

9 to 14 Years | \$436 for 5 Days

Let's get ready to rumble! Join us for an exciting week of Lego, coding and science. Campers will be paired up, and together they will dive into the world of engineering using LEGO's MINDSTORMS EV3 sets and software. No experience? No worries! We'll learn the basics of coding on day one, choose from a library of awesome builds, and at the end of the week teams will build and program battlebots for a fun tournament. There will also be indoor and outdoor activities including game consoles, air hockey, foosball, arts/crafts, board games and more. All participants will receive a LITTLUNIVERSE camp t-shirt.

Registered Program | 37020

Aug 19 to 23 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

LEGO Robotics (Wedo 2.0) and Science: Battlebots Edition

6 to 9 Years | \$436 for 5 Days

Three, two, one, go! Join our LITTLUNIVERSE for an exciting week of Lego, coding and science. Campers will be paired up, and together they will dive into the world of engineering using LEGO's Wedo 2.0 sets and software. No experience? No worries! We'll learn the basics of coding on day one, choose from 150+ awesome builds, from easy to difficult, and at the end of the week teams will build and program Beyblades for a fun tournament. There will also be indoor and outdoor activities including game consoles, air hockey, foosball, arts/crafts, board games, and more! All participants will receive a LITTLUNIVERSE camp t-shirt!

Registered Program | 37021

Aug 19 to 23 | Mon to Fri 9 a.m. to 4 p.m.

Location: Sportsplex

Child, Youth and Family Program Descriptions

Baby Time | Newborn – Walking | FREE

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

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

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

Family Place | Newborn and Up | FREE

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

Hemlock Family Place | Newborn and Up | FREE

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

PLAY Gym | Age 5 and Under | FREE

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

Registration for June to August programs is available online or in-person beginning at 10 a.m. Monday, May 13, 2024.

June and July 2024

Program will be held in the Community Centre		Program will be held in the Sportsplex		Program will be held Offsite	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Baby Time 9:30 – 10:45 a.m. June 3 – July 29 <i>No program July 1</i>	Busy Bees 8:45 – 10:45 a.m. June 4 – 18	Busy Bees 8:45 – 10:45 a.m. June 5 – 19	Busy Bees 8:45 – 10:45 a.m. June 6 – 20	Outdoor Family Place 9 – 11 a.m. June 7 – 28 Sybil Andrews Cottage	Home Alone 9 a.m. – 3 p.m. June 1
		Family Place 9 – 11 a.m. June 5 – July 31		Family Place 9 – 11 a.m. July 5 – 26	Babysitting Know How 9 a.m. – 4 p.m. June 15
PLAY Gym 10:30 – 11:30 a.m. June 3 – 10		Hemlock Family Place 9 – 11 a.m. June 5 – 26 1048 Hemlock St.		PLAY Gym 10:30 – 11:30 a.m. June 7 – 14	SUNDAY
Family Place Noon – 2 p.m. June 3 – July 29 <i>No program July 1</i>		Family Place Noon – 2 p.m. June 5 – July 31		Outdoor Family Place Noon – 2 p.m. June 7 – 28 Sybil Andrews Cottage	High Five® 10 a.m. – 2:30 p.m. June 2
				Family Place Noon – 2 p.m. July 5 – 26	
Girls on the Move 3 – 5 p.m. June 3 – 17	I Heart Art 3 – 5 p.m. June 4 – 18	I Heart Cooking 3 – 5 p.m. June 5 – 19	Smoothies & Sports 3 – 5 p.m. June 6 – 20		



Cancellation Policy

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

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

BORROW A PHYSICAL LITERACY KIT

Physical literacy is about helping people of all ages gain the motivation, confidence, physical competence, knowledge, and understanding to be Active for Life.

The kits have different themes and are great for family get-togethers backyard barbecues or birthday parties.

Visit the PLAY Campbell River Facebook page for more info, or borrow a kit from the Campbell River Regional Library.

www.facebook.com/PLAYCampbellRiver

THEME KITS

- ★ Physical Literacy
- ★ Soccer
- ★ Games
- ★ Relays
- ★ Flag Football



WILLOW POINT SPLASH PARK

The Willow Point Splash Park is for kids of all ages. The park is divided into three play zones; for families, teens and toddlers. With fire hydrants, fire hoses, fishing poles and a mega soaker – it's free fun for all! Large groups are asked to make a reservation in advance. No fee is charged. There are washrooms, change rooms and the play park nearby.

The splash park is open seasonally from the end of May to Labour Day.

HOURS OF OPERATION:

10 AM to 8 PM



SPECIALIZED RECREATION

Overview

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

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



Singing for Fun

All Ages | Free Admission

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

Drop In | 36950
June 5 to 26 | Wed 10 to 11 a.m.
Location: Community Centre

Singing for Fun Finale

SPECIAL EVENT

Free Admission

A fabulous morning of outdoor singing in Spirit Square.

June 26 | Tue 10 to 11 a.m.
Location: Spirit Square

Stepping Out Spring BBQ

SPECIAL EVENT

\$4 Per Person

Join us as we celebrate Spring and the fabulous year we had together! Get ready to gobble up bbq, snacks, drinks and socialize with friends to your heart's content.

June 10 | Mon 6 to 8 p.m.
Location: Community Centre



Accessible Trails for All

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

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

Cost: FREE with deposit



ACTIVE LIVING



Overview

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

Active Living for June to August 2024

Backgammon

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

Bridge

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

Calico Quilters

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

Carpet Bowling

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

Coffee With Friends

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

Cribbage

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

Crochet and Knitting

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

Drop-In Crafts

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

Duplicate Bridge

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

Euchre

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

Floor Curling

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

Fit and Social

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

Hand Quilting

Group quilting, individual projects, and group projects.

Mah Jong

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

Mexican Train

Mexican Train is a game played with dominoes.

Needle Arts

Bring your project and enjoy the time spent with others.

Painting

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

Partnership Bridge

Come with your partner and play other twosomes.

Quilt and Sew With Us Meeting

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

Quilters Gab

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

River City Ukes

Join us to learn to play the ukulele.

Scrabble

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

Stamp Club

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

ACTIVE LIVING CALENDAR

June to August 2024 | 16+ Years | \$4 Drop In

Program will be held in the Community Centre

Program will be held in the Sportsplex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hand Quilting 8:30 – 11:30 a.m. June 3 – 24	Coffee With Friends 9 – 11 a.m. June 4 – Aug 27	Hand Quilting 8:30 – 11:30 a.m. June 5 – 19	Mexican Train 9:30 – 11:30 a.m. June 6 – Aug 29	Needle Arts 9:30 a.m. – 1 p.m. June 7 – Aug 30
	Quilter's Gab 9 a.m. – 3 p.m. June 4 – Aug 6 <i>1st Tue of the Month</i>	Drop In Painting 9:30 – 12:30 p.m. June 5 – 26	Calico Quilters 9:30 – 11:30 a.m. June 20	
	Scrabble 10 a.m. – Noon June 4 – Aug 27	Crochet and Knitting 9:30 – 11:30 a.m. June 5 – Aug 28		
	Backgammon 11 a.m. – Noon June 4 – Aug 27	Cribbage 11:30 a.m. – 2 p.m. June 4 – 26		
		Cribbage 11:30 a.m. – 2 p.m. July 3 – Aug 28 <i>No program July 17 and Aug 14</i>	River City Ukles 12:45 – 2:15 p.m. June 4 – 27	
Floor Curling 1 – 3 p.m. June 3 – 24	Drop In Crafts 1 – 3 p.m. June 11 – 25	Carpet Bowling 1 – 3 p.m. June 5 – 26	Fit and Social 1 – 3 p.m. June 6 – 27	
Fit and Social 1 – 3 p.m. June 3 – 24	Euchre 1 – 4 p.m. June 4 – Aug 27	Mah Jong 1 – 4 p.m. June 5 – Aug 28	Stamp Club 1 – 3 p.m. June 20 – Aug 15 <i>3rd Thu of the Month</i>	Bridge 1 – 4:30 p.m. June 7 – Aug 30
Partnership Bridge 1 – 4 p.m. June 3 – Aug 26 <i>No program July 1 and Aug 5</i>	Bridge 1 – 4:30 p.m. June 4 – Aug 27	Duplicate Bridge 1 – 4:30 p.m. June 5 – Aug 28		Duplicate Bridge 1 – 4:30 p.m. June 7 – Aug 30
	Cribbage 7 – 10 p.m. June 4 – Aug 27	Euchre 6:30 – 9:30 p.m. June 5 – Aug 28	Quilt and Sew With Us Meeting 7 – 9 p.m. June 13 – Aug 8 <i>2nd Thu of the Month</i>	

ACTIVE LIVING PASS

DURATION: Annual (Jan to Dec)

AGE 16+ | \$30



ADULT PROGRAMS



Overview

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

Bike Safety Course

16+ Years | Free Admission

Are you the proud owner of an e-bike? Maybe you've been riding on the sea-walk but are nervous about riding on the road? This free two-hour session will give you the skills and knowledge to ride your bicycle safely and confidently. We'll start with some practice activities in a parking lot and then proceed to a group ride on local streets. Join us to build your confidence in good, safe company!

Session 1 | Registered Program | 37081

June 3 | Tue Noon to 2 p.m.

Location: Willow Point Park

Session 2 | Registered Program | 37093

June 6 | Thu 5:30 to 7:30 p.m.

Location: Willow Point Park

Mountain Bike Skills Session JUMPS

16+ Years | \$35 Per Person

Improve your mountain bike skills on the trails by learning how to jump in the bike skills park. Knee protection, flat pedals and skate type shoes are strongly recommended for this course.

Intermediate riders only. Prerequisite skill is to be able to get air off the "green" level drop in the Sportsplex Bike Skills. Tanya is a PMBIA certified instructor and NCCP cycling coach. She instructs for Gravity Mt Bike in Cumberland and also for Campbell River Recreation programs.

16 years and older.

Registered Program | 34978

June 8 | Sat 9:30 to 11:30 a.m.

Location: Willow Point Bike Park

Tai Chi Ongoing

16+ Years | \$4 Drop In Fee

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

Drop In Program | 37466

June 6 to 27 | Thu 1 to 2 p.m.

Location: Community Centre

POTTERY PROGRAMS

Potter's Wheel: Intro to the Wheel

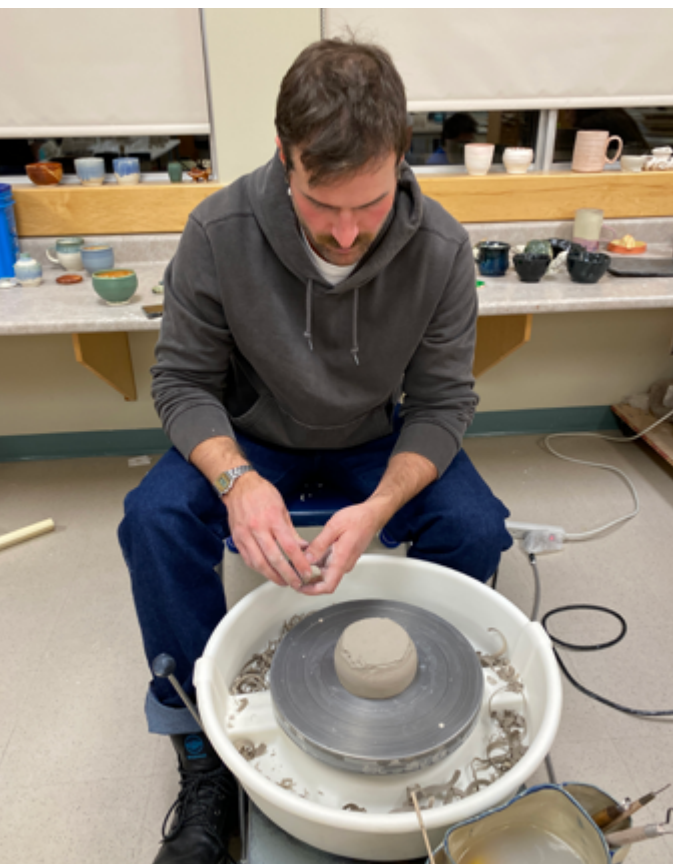
16+ Years | \$170 for 4 Weeks

Have you always wanted to try your hand at the pottery wheel? This class is designed for beginners. It is a semi-private class, and you will learn everything from preparing the clay to glazing your pieces. Registration includes the clay.

Please wear clothes that you don't mind getting dirty. Trimmed fingernails are helpful when working with clay.

Session 1 | Registered Program | 36952
July 3 to 24 | Wed 6 to 9 p.m.
Location: Community Centre

Session 2 | Registered Program | 37037
Aug 27 to Sept 17 | Wed 6 to 9 p.m.
Location: Community Centre



Potter's Wheel: Level 2

16+ Years | \$195 for 6 Weeks

If you have taken our Intro to the Wheel class, are looking for a refresher, or wish to further your basic throwing skills, this class is for you. These semi-private sessions will allow you to create more pieces, learn new techniques, and gain further instruction. Take your throwing to the next level with this Potter's Wheel Intermediate class.

Please wear clothes that you don't mind getting dirty. Trimmed fingernails are helpful when working with clay.

Registered Program | 36953
Aug 7 to Sept 11 | Wed 6 to 9 p.m.
Location: Community Centre

Pottery (Handbuilding)

16+ Years | \$195 for 6 Weeks

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

Please wear clothes that you don't mind getting dirty. Trimmed fingernails are helpful when working with clay.

Registered Program | 36954
July 9 to Aug 13 | Tue 6 to 9 p.m.
Location: Community Centre



Ready to Book Online?



Drop in Pottery Studio

16+ Years | \$15 Drop In Fee

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

Drop In Program | 37305
June 6 to Aug 22 | Thu 6 to 9 p.m.
Location: Community Centre

POTTERY FEES

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

*Age 14-15 must attend with an adult.



ADULT SPORTS CALENDAR

Adult Sports Descriptions

Adult Badminton | 16+ Years | Drop In

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

Adult Soft Tennis | 16+ Years | Drop In

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

Adult Basketball | 16+ Years | Drop In

Shoot some hoops and work on your game with full-court or three-on-three basketball sessions at the Sportsplex. All abilities are welcome to this volunteer-run program, and game size will be determined by turnout.

Beginner Pickleball | 16+ Years | Drop In

For those who are new to the fast-growing sport. Emphasis is placed on fun and getting introduced to the game.

Family Pickleball | 10+ Years | Drop In

Want to learn a new sport while enjoying time with family? Bring a member of your household to enjoy some quality time together while playing a new sport. Open to individuals aged 10+

Pickleball | 16+ Years | Registration Recommended

This popular sport combines elements of tennis, badminton and table tennis. Give it a shot! Pre-registration is available 5 days in advance and is recommended to secure a spot.

Table Tennis | 16+ Years | Drop In

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

Did You Know?

Our Memberships now allow you to access sports, fitness classes and the weight room. See page 5 for details.

June to August 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adult Badminton 1:30 – 3:30 p.m. June 3 – 24	Soft Tennis 11:00 a.m. – 1 p.m. June 4 – Aug 27		Table Tennis 11 a.m. – 1 p.m. June 6 – 20	Beginner Pickleball 1 – 3 p.m. June 7 – 28
Adult Pickleball 4:30 – 6:30 p.m. June 3 – Aug 26 <i>No Program July 1 and Aug 5</i>		Adult Badminton 1:30 – 3:30 p.m. June 12 – 26	Adult Pickleball 4:30 – 6:30 p.m. June 6 – Aug 29	Adult Badminton 2 – 4:30 p.m. June 7 – 28
Adult Pickleball 6:45 – 8:45 p.m. June 3 – Aug 26 <i>No Program July 1 and Aug 5</i>	Adult Badminton 7:30 – 9:30 p.m. June 4 – Aug 27	Adult Basketball 7:30 – 9:30 p.m. June 5 – Aug 28	Adult Badminton 7:30 – 9:30 p.m. June 6 – Aug 29	Family Pickleball 3:30 – 5:30 p.m. June 14 – 28

Cancellation Policy

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

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

ADULT GENERAL INTEREST CALENDAR

June to August 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

Program will be held in Spirit Square

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spirit Square Line Dancing 11 a.m. – Noon July 8 – Aug 26 FREE EVERYONE WELCOME	E-Bike Safety Course Session 1 - June 3 Noon – 2 p.m. Session 2- June 6 5:30 – 7:30 p.m. FREE (16+ years) REGISTRATION REQUIRED				Mountain Bike Skills – Jumps 9:30 – 11:30 a.m. June 8 \$35 (16+ years) REGISTRATION REQUIRED
	Salsa Lessons in the Square 6:30 – 7:30 p.m. Aug 6 – 20 FREE EVERYONE WELCOME				Mask Making Workshop 10 a.m. – Noon July 27 \$5 (All Ages) REGISTRATION REQUIRED
	Pottery Handbuilding 6 – 9 p.m. July 9 – Aug 13 \$15 (16+ years) REGISTRATION REQUIRED	Intro to Pottery Wheel 6 – 9 p.m. July 3 – 24 \$15 (16+ years) REGISTRATION REQUIRED	Art in the Square 6 – 8 p.m. July 4, July 18, Aug 1 & 15 \$19 (14+ years) REGISTRATION REQUIRED		
	Intro to Pottery Wheel 6 – 9 p.m. Aug 27 – Sept 17 \$15 (16+ years) REGISTRATION REQUIRED	Pottery Wheel Level 2 6 – 9 p.m. Aug 7 – Sept 11 \$15 (16+ years) REGISTRATION REQUIRED	Drop-In Pottery 6 – 9 p.m. June 20 – Aug 22 \$15 (16+ years) DROP-IN		



Cancellation Policy

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

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



FITNESS



Fitness Programs Overview

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

Youth Weight Room Orientation

13 to 15 Years | \$10 Per Person

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



Session 1 | Registered Program | 37014

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

Location: Sportsplex

Session 2 | Registered Program | 37015

June 17 | Wed 3:30 to 5 p.m.

Location: Sportsplex

Session 3 | Registered Program | 37017

July 3 | Wed 2 to 3:30 p.m.

Location: Sportsplex

Session 4 | Registered Program | 37022

July 15 | Wed 2:30 to 4 p.m.

Location: Sportsplex

Session 5 | Registered Program | 37023

Aug 7 | Wed 2:30 to 4 p.m.

Location: Sportsplex

Session 6 | Registered Program | 37026

Aug 21 | Wed 2:30 to 4 p.m.

Location: Sportsplex

Adult Weight Room Orientation

16+ Years | \$10 Per Person

This group orientation is available for patrons who want to ensure safety, comfort and appropriate use of equipment when using the Sportsplex weight room. Participants will learn basic strength training principles and the proper use of strength and cardio machines. Please note, this is not a personal training session. The orientation will run for 90 minutes.



Session 1 | Registered Program | 37010

June 5 | Wed 2 to 3:30 p.m.

Location: Sportsplex

Session 2 | Registered Program | 37019

July 3 | Wed 11 a.m. to 12:30 p.m.

Location: Sportsplex

Session 3 | Registered Program | 37024

Aug 7 | Wed Noon to 1:30 p.m.

Location: Sportsplex



FITNESS MEMBERSHIPS AND DROP IN FEES

What does my Fitness Membership include?

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

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

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

Fragrance Free Zones

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

Lockers Available

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

Questions?

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

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

Sportsplex Weight Room Hours

Mon to Fri 6 a.m. to 9 p.m.

Sat to Sun 9 a.m. to 4 p.m.

Supervised Weight Room Hours

Mon to Fri 6 to 7:45 a.m.

Mon and Wed 2 to 4:15 p.m.



Why Try Personal Training?

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

All City Personal Trainers are Provincially Certified and Registered

Personal Trainers:

Sue Bennett Cindy Leech Sarah Noga
 Mary Fast Steve Nagle

What can I expect from personal training?

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

To get started with personal training, please fill out a personal training package at the Sportsplex or online at www.campbellriver.ca

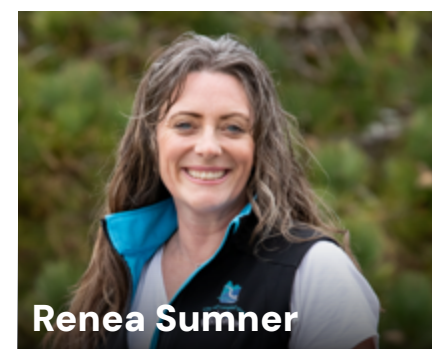
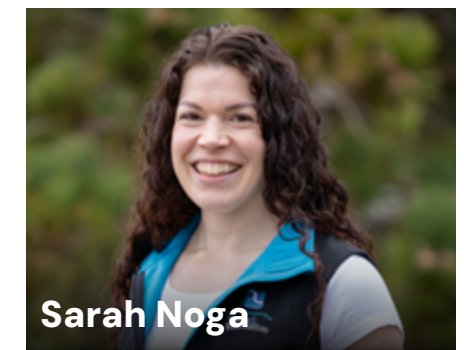
Please note: 24 hours notice is required to cancel or reschedule a personal training session.

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



Ready to Book Online?

MEET YOUR FITNESS INSTRUCTORS



Fitness Classes

Intensity Level Legend

Level 1: Beginner / Low Intensity

Level 2: Intermediate / Medium Intensity

Level 3: Advanced / High Intensity

Boot Camp | Intensity Level: 3

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

Cardio Fit | Intensity Level: 2

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

Chair Yoga | Intensity Level: 1

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

Fit and Social | Intensity Level: 1

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

Kettle and Spin | Intensity Level: 2-3

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

Let's Go! | Intensity Level: 2

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

Power Hour | Intensity Level: 2-3

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

Pump it Up! | Intensity Level: 2

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

Spin 45 | Intensity Level: 2-3

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

Spin and Core | Intensity Level: 2-3

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

Spin and Strength | Intensity Level: 2-3

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

Spin and Stretch | Intensity Level: 2

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

Step and Kettle | Intensity Level: 2-3

Simple choreography on the step, with strength intervals using a kettlebell. You will experience a mixture of high and low intensity throughout the session.

Tabata | Intensity Level: 2-3

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

Yoga | Intensity Level: 1

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

Zumba | Intensity Level: 2

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

June 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Jen	Bootcamp Mary	Spin 45 Mary	Bootcamp Mary
9 – 10 a.m.	Let's Go Circuit! Sarah	Tabata* Sarah	Step and Kettle* Sarah	Cardio Fit* Jen	Pump It Up Ronna Lee
10:15 – 11:15 a.m.		Zumba Ronna Lee		Zumba Ronna Lee	Spin and Stretch Sarah
10:30 – 11:30 a.m.		Chair Yoga Cindy		Chair Yoga Cindy	
Noon to 1 p.m.		Yoga Cindy		Yoga Cindy	
1 – 3 p.m.	Fit and Social** Mary Class 1 – 2 p.m. Social 2 – 3 p.m.			Fit and Social** Mary Class 1 – 2 p.m. Social 2 – 3 p.m.	
5:30 – 6:45 p.m.	Spin and Core Cindy	Power Hour Mary Class ends at 6:30 p.m.	Yoga Cindy Class ends at 6:30 p.m.	Kettle and Spin Sarah	

*Need to catch up on your fitness in the weight room or at one of our classes at the Sportsplex? Register for Busy Bees, drop off the kids and get fit!

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

July to August 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Jen	Bootcamp Mary	Spin 45 Mary	
9 – 10 a.m.	Let's Go Circuit Sarah		Step and Kettle Sarah		Pump It Up Ronna Lee
5:30 – 6:30 p.m.		FREE Yoga in the Park* Ostler Park		FREE Yoga in the Park* Ostler Park	
5:30 – 6:45 p.m.	Spin and Core Cindy		Yoga Cindy Class ends at 6:30 p.m.	Kettle and Spin Sarah Last class Aug 8	

*FREE Yoga in the Park runs from July 2 to Aug 22, 2024

MORE INFO	
<p>Spin Reservations You may pre-book space in any Spin class or Kettle and Spin to guarantee that you will have a bike when you are ready to workout! To reserve your bike online visit campbellriver.ca/registration, or take a chance and drop in.</p>	<p>Please Note We are closed on Statutory Holidays. Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</p>

Cancellation Policy

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- Pre-registered drop in sessions must be cancelled by 4 p.m. the day prior in order to avoid a penalty

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



SQUASH, RACQUETBALL, AND WALLYBALL

FITNESS MEMBERSHIPS AND DROP IN FEES

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

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

COURT RENTAL TIMES

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

EQUIPMENT LOAN

RACQUETS, BALLS, WALLYBALL NET AND GOGGLES ARE AVAILABLE TO BORROW - NOW FREE!
GOGGLES ARE REQUIRED FOR YOUTH AGE 18 AND UNDER.

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

How to Book:

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

Please Note:

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



FACILITIES AND REGISTRATION

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

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

Need to withdraw from a registered program?

72 hours notice for cancellation is required.

Need to withdraw from a pre-registered drop in?

Cancellation must be made by **4 p.m.** the day prior in order to avoid a penalty.

Want to transfer a fitness pass to someone else?

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

Our Facilities

Community Centre

401 – 11th Avenue

Contact: 250-286-1161

Office Hours

Monday to Friday: 8:30 a.m. to 4 p.m.

Saturday and Sunday: Closed

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

Sportsplex

1800 South Alder St

Contact: 250-923-7911

Office Hours

Monday – Friday: 8 a.m. to 9 p.m.

Saturday and Sunday: 9 a.m. to 4 p.m.

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

Rotary Community Fieldhouse

425 Merecroft Road

Best Access: South Birch St. parking lot

Contact: Community Centre 250-286-1161

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

Registration for June to August programs is available online or in-person beginning at 10 a.m. Monday, May 13, 2024.

Three ways to Register:

ONLINE

campbellriver.ca/registration

BY PHONE

Community Centre 250-286-1161

Sportsplex 250-923-7911

Call to register and pay by credit card.

IN PERSON

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

Facility Bookings

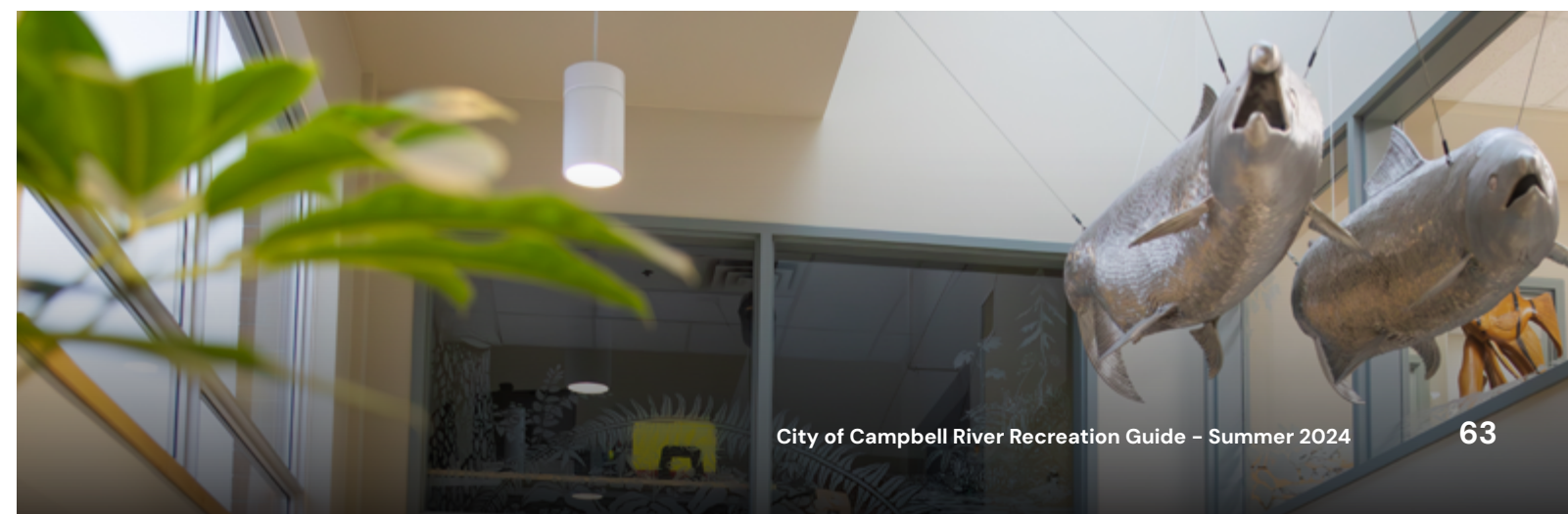
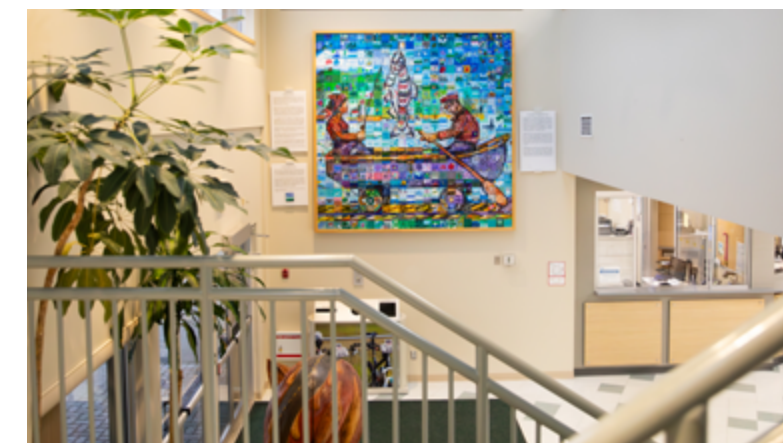
recandculture@campbellriver.ca

250-286-1161

Parks and Fields Bookings

outdoorbooking@campbellriver.ca

250-286-4034



PARKS AND FIELDS

Book a Park or Field

For booking inquiries please contact the Parks department.

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

Tel: 250-286-4034

Email: outdoorbooking@campbellriver.ca

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



COMMUNITY AND SPORTS ORGANIZATIONS

Archery

CR Fish and Wildlife Club

250-203-7140

www.crfishandwildlifeclub.ca

Badminton

CR Badminton Club

250-287-9827 | crbadminton.ca

info@crbadminton.ca

Youth Badminton

geoff.lacasse@gmail.com

Baseball / Softball

CR Minor Baseball Association

leagues.teamlinkt.com/crmba

North Island Cubs

www.northislandcubs.com

Basketball

CR Youth Basketball Association

Andrew Smith | 250-203-8563

Dime Valley Basketball

www.dimevalleybasketball.com

Bocce

CR Italian Cultural Society

778-418-4000

Bowling

10-Pin Bowling | 250-923-5760

CR Bowling | 250-286-1177

Cadets - Air

363air@cadets.gc.ca

250-923-1001

Cadets - Army

2943army@cadets.gc.ca

250-203-4126

Cadets - Sea

54sea@cadets.gc.ca

250-204-0224

Climbing

On the Rocks Climbing Gym

rockgym.ca | 250-287-7625

CR Dog Fanciers

campbellriverdogfanciers.com

CR Gun Club Society

crgunclub.bc.ca

Cricket

CR Cricket Club

aaronoshannessy@hotmail.com

Curling

CR Curling Club | 250-287-4200

Cycling

River City Cycling Club

rivercitycycle.ca

Dance

CR DanceXtreme | 250-286-3376

www.crdancextreme.com

Studio North Dance Academy

studionorthdance@gmail.com

Solstice Studio

www.solsticestudio.ca

Tara School of Irish Dancing

treblejoy@taraschoolofirishdancing.ca

Urban Dance Connections

urbandanceconnection@gmail.com

Disc Golf

campbellriverdiscgolf.com

Dragon Boat

RiverSpirit Dragon Boat Team

riverspirit.ca

Elderdog Canada Inc

elderdogcanadastore.ca

1-855-336-4226

Fitness

Sportsplex

250-923-7911 | www.campbellriver.ca

Community Centre

250-286-1161 | www.campbellriver.ca

Primal Athletics/Elevate

778-418-1008

www.primalathletics.net

Jazzercise

250-504-2604 | www.jazzercise.com

Club Fitness

778-420-2288 | www.clubfitnesscr.ca

ca

Session

250-914-2246 | www.sessioncr.com

Girl Guides of Canada

girlguides.ca | 1-800-565-8111

Golf

CR Golf and Country Club

250-287-4790 | www.crgolf.ca

Storey Creek Golf | 250-923-3673

www.storeycreek.bc.ca

Gymnastics

CR Gymnastics Association

crgymnasticsassociation@gmail.com

Hockey

CR Men's Hockey League

carhahockey.ca

CR Minor Hockey League

250-850-0056

CR Oldtimers | 250-923-3446

Next Level Training

nextlevelbc@gmail.com

Strathcona Gardens Recreation

250-830-6777

www.strathconagardens.com

Sunday Floor Hockey

250-202-5299

Martial Arts

Ara Studio Jiu Jitsu

250-203-1982

www.arastudioandfitness.com

CR Judo Club

crjudoclub@hotmail.com

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

CR Wado Karate Club

250-202-2738

Dimitrova Training Academy

www.dimitrovatrainingacademycanada.com

Heart & Soul Muay Thai

heartandsoulmuaythai.com

250-830-1710

Northwest Shito-Kai

www.karatenwsk.com

Pure Martial Arts Fitness

250-286-6998

Shito-Ryu Karate Club

250-286-6416

Kayaking

CR Paddlers Association

crpaddlers.com

Lacrosse

CR Lacross

campbellriverlacrosse.ca

Performing Arts

Raincoast Creative Performing Arts

raincoastsm.com | 250-287-4536

Pickleball

CR Pickleball Association

CR-Pickleball@outlook.com

Racquetball

CR Racquetball Association

mydebcam@me.com

Horseback Riding

Bear Creek Ranch | 250-337-5524

Rugby

CR Athletic Association

campbellriverrugby@gmail.com

Sailing Club - Comox Bay

comoxbaysailingclub.ca

Skating (Ice)

Strathcona Gardens

250-830-6777

CR Skating Club

www.skatecampbellriver.ca

Skiing / Alpine

Mount Washington Ski Club

strathconanordics.com

Mount Washington Freestyle Club

www.mwfreestyle.com

Mount Washington Alpine Resort

www.mountwashington.ca

Skiing / Cross Country

Strathcona Nordics

strathconanordics.com

Slo-Pitch

CR Slo-pitch

crslopitch@hotmail.com

250-202-7256

Soccer

CR Mixed Soccer League

250-287-6671

CR Masters Soccer Association

crmasterssoccer@gmail.com

CR Youth Soccer Association

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

Mid-Isle Women's Soccer

miwsoccer.weebly.com

Softball

CR Minor Softball Association

250-923-4380

Space and Field Bookings

Quinsam Crossing Ballfield Bookings

communications@wewaikai.com

250-914-1890

Special Olympics

mabrinson@shaw.ca | 250-286-

6453

Squash

CR Squash Club

fantillo@gmail.com | 250-923-4521

Swimming

CR Killer Whales Swim Club

www.crkw.ca

CR Salmon Kings

info@campbellriversalmonkings.ca

Tennis

CR Tennis Club | crtennisclub.ca

Triathlon

Strathcona Triathlon Club

triclubstrathcona@gmail.com

Volleyball

Crush Volleyball | crushvb.ca

CR Adult Volleyball

www.crvolleyball.ca

Adult Co-ed League

info@crvolleyball.ca

Waterskiing / Wakeboarding

CR Eagles Waterski Club

h2owaterski@telus.net

250-202-7704

Wrestling

Mike Munsie

mike.munsie@sd72.bc.ca

Youth Track & Field

The Comets

campbellrivercomets.ca

250-923-2458

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

Do you enjoy playing outside, exploring the community, and working with kids?

What You Do Matters

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Summer Camp Leaders spend their days enjoying the outdoors playing, swimming, and having adventures.

Recreation Aides support neurodiverse children so they have the best summer camp experience.

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If you have questions or would like to apply, email careers@campbellriver.ca