



Campbell River
RECREATION
GUIDE FALL
2024

WELCOME

Fall is almost here, and you know what that means; cooler weather, leaves turning, and an exciting season of new and improved recreation programming, coupled with some returning favourites.

Your Recreation and Culture team has been busy creating and scheduling fun-filled programs that will have you trying new things and testing your limits, or gathering with friends or like-minded peers to continue your journey with a favourite class or hobby.

I hope you will consider a fitness membership that allows you to take a class, use the weight and cardio room, play squash, racquetball, pickleball, badminton, soft tennis and drop-in basketball, and take advantage of what the Fall Recreation Guide has to offer.

When it comes to recreation and culture activities, we've got you covered. We look forward to serving you soon!

– **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

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Registration for September to December programs is available online or in-person beginning at 10 a.m. Monday, August 19, 2024.

AFFORDABLE RECREATION

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.



MEMBERSHIPS

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, dodgeball 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+)		DODGEBALL (AGE 16+), 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

*Exclusions may apply.

ACTIVE LIVING PASS

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



SPECIAL EVENTS

2nd Annual Vancouver Island Food Truck Festival

All Ages | Free Admission

A celebration of food, music, family and community taking place at Campbell River's picturesque Robert Ostler Park, overlooking Discovery Passage. Have a feast from your favourite trucks from around Vancouver Island or try some new ones!

Bring your own lawn games or join in on some provided by the City, visit with neighbours while the kids enjoy the playground and have a laid back family afternoon. Vote for your favourite truck to determine the People's Choice winner, and find out who the panel of local foodies chooses as this year's jury selection!

For more information, please email vifoodtruckfest@gmail.com or visit facebook.com/events/405144325663430

Location: Robert V. Ostler Park

Sept 14	Sat	11 a.m. – 7 p.m.
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Repair Café and Garage Sale

All Ages | Free Admission

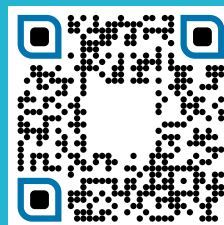
Join us for a community-driven event that combines sustainability with shopping! Our Repair Café and Garage Sale have been blended this season to offer a unique opportunity to contribute to environmental conservation while discovering hidden treasures at bargain prices. If you have electrical appliances, household items, power tools, jewelry, clothes or other items that need to be fixed, seasoned volunteer fixers will attempt to repair them for free. At the garage sale, showcase your gently used goods and connect with eager shoppers looking for unique finds. Don't miss this opportunity to turn your clutter into cash, or keep your household items out of the landfill.

Garage Sale Vendors: Reserve your spot today! 10' x 10' spaces: \$20.00 per space. Two tables provided.

Repair Café: Items must be carried in by the owner. If you can carry it, you can bring it!

Location: Sportsplex

39739	Oct 26	Sat	9:30 a.m. – 1 p.m.
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Ready to Book Online?

About Our Events

We love collaborating with community groups to provide inclusive and diverse events. Whether your interest is in physical activity, socializing, or arts and crafts – we have an event for you.

LOCATED AT THE SPORTSPLEX

MONSTER MASH

GRADES 6 - 8
\$5 EACH



OCTOBER 25
6 - 8:30 P.M.

ATTENTION ALL PARTY MONTERS! JOIN US FOR A SPOOKTACULAR MONSTER MASH DANCE WITH GAMES AND LOTS OF PRIZES!



DUST OFF YOUR COSTUMES AND YOUR DANCING SHOES, AND GET READY TO BOOGIE. TICKETS INCLUDE SNACKS AND REFRESHMENTS.

Tickets are available for purchase at the Sportsplex and Community Centre starting October 1, 2024.

PLEASE NOTE: NO BAGS ALLOWED.

Downtown Trick or Treat

All Ages | Free Admission

Put on your costume and come downtown to play games and trick or treat at local businesses. Trick or treat at the library and receive a FREE book! There will be prizes for the best costumes in the following categories: 2 and under, 3-5 years, 6-12 years, teens, and the best group. Judging will take place in Spirit Square starting at 5:15 p.m.

Location: Shoppers Row

Oct 31	Thu	3 - 5:30 p.m.
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National Child Day

All Ages | Free Admission

Celebrate National Child Day with us at the Community Centre! Enjoy a morning of fun with ride-on toys, a thrilling obstacle course, a creative cardboard city, and exciting parachute games in the gym. Family Place activities will keep you and your family entertained all morning long! Stay tuned for more details to come.

Location: Community Centre

Nov 20	Wed	9 a.m. - Noon
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Toy and Craft Show and Sale

All Ages | Free Admission

Get ready for an amazing showcase of over 70 talented local vendors at our annual craft show! From handmade pottery and artisan baked goods to unique woodworking and jewelry, you'll find a wide variety of items for yourself or as a gift for a loved one. There's something for everyone to enjoy! Don't miss out on supporting these incredible crafters in our community.

Vendor/waitlist inquiries for our 2025 show can be sent to recandculture@campbellriver.ca

Location: Sportsplex

Nov 23 - 24	Sat - Sun	10 a.m. - 4 p.m.
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Gingerbread House Competition

All Ages | Free Admission

Showcase your awesome decorating skills at our sixth annual Gingerbread House Competition. This unique competition is not limited to a house. Get as creative and wild as you can. As long as it has gingerbread, it counts! Come out to the Big Truck Parade to vote on all the creations. Categories include Family, Adult and Child. Entry forms are available at the Community Centre, Sportsplex, and online at campbellriver.ca/recreation.

Please note: Gingerbread House voting is on Friday, Nov 29, 2024.

Location: Tidemark Theatre Lobby

Nov 29	Fri	TBA
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Big Truck Parade and Crafts

All Ages | Free Admission


The City is partnering with the Downtown BIA and the Art Gallery during the Big Truck Parade to offer more fun activities for families. Please join us for holiday crafts, games and more.

Please note: Starlight Shopping has been moved to Saturday, Nov 30.

Location: Art Gallery

Nov 29	Fri	4:30 p.m. - Late
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Ready to Book Online?

Breakfast with Santa

All Ages | Prices Vary

It wouldn't be Christmas without Breakfast with Santa! Bring your camera and take some photos dining with Santa. The City is partnering with the Kinsmen Club to offer a fun-filled morning with a pancake breakfast. We will also have a Play Gym session setup for no additional charge. Join the elves for some festive cheer and holiday fun!

Under 5 years | Free Admission

Children 6 to 18 | \$3 Per Person

Adults | \$8 Per Person

Location: Community Centre

Dec 15

Sun

9 - 11 a.m.



Family New Years Eve Celebration

All Ages | Free Admission

Get ready to kick off the New Year in style with our annual FREE swim and skate event! A collaboration between the Strathcona Regional District and the City of Campbell River — join us for this family-friendly celebration filled with pond hockey, skating, ice games, swimming, water games, challenges, face painting and more. Don't miss out on this great opportunity taking place at Strathcona Gardens Recreation Complex to dive into the new year alongside family and friends with a splash and glide into 2025!

Sponsored by Grimace & Co.

Location: Strathcona Gardens Recreation Complex

Dec 31

Tue

TBA



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.

Children's Community Preschool Waitlist Registration

3 - 5 Years | Registered Program

Our preschool program is designed for children aged 3-5 years old to gain independence away from home. Your child will be cared for by our professionally trained Early Childhood Educators who will offer a variety of daily activities. The emphasis is on learning through play, developing routines, and building a strong social foundation.

Our Children's Community Preschool has been approved to participate in the Child Care Fee Reduction initiative in order to reduce parent costs.

To add a child to the waitlist, please visit the Community Centre to fill out an application or email recandculture@campbellriver.ca to receive an application by email.

If a placement is made, payment for September is required to enroll your child for the 2024/2025 school year.

Program Details

Sept 2024 - June 2025

Tue/Thu 9 a.m. - 1:15 p.m.

Location: Community Centre

Family Badminton

6+ Years | \$3 - \$7 Per Person | Drop In

Bring the whole gang out and challenge your family or another group to a game of badminton! Equipment is available to borrow, and volunteer badminton leaders will help you learn a few tricks while having fun. Children must attend with a parent or guardian.

Location: Sportsplex

37901	Sept 3 - Dec 17	Tue	5:30 - 7 p.m.
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Birthday Party

12 and Under | \$140

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 20 minutes before the party to set up and stay 30 minutes at the end to say goodbye. We require a minimum of two weeks' notice.

Special Registration note: Registration opens for Winter/Spring birthday parties on Tuesday, Sept 3, 2024.

Location: Sportsplex

Sept 8 - Dec 22	Sun	11 a.m. - 12:30 p.m.
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Sept 8 - Dec 22	Sun	2 - 3:30 p.m.
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Leaders in Training (Fall 2024)

11 – 18 Years | \$60 Per Person

The Leaders in Training Program is an opportunity for youth ages 11–18 to get involved in their community through recreation and connect with other youth. L.I.T.'s will receive various training, educational, and social opportunities throughout the year to gain valuable and transferable skills in areas like leadership, employment skills, working with kids, speaking in front of others, program planning, managing a schedule, and more.

L.I.T.'s will volunteer with recreation programs like Summer and Spring break camps, after school programs, and special events with the City of Campbell River. The L.I.T.'s will receive mentorship from the program Leaders and the L.I.T Coordinator throughout the program.

With three different levels, L.I.T.'s can build upon their skills year to year. Upon successful completion of the L.I.T program, L.I.T.'s will receive a certificate of completion and a reference letter. Join us for a memorable year of learning, meeting new people, and having fun! For more information or to apply for the program, contact the Sportsplex or Community Centre.



NEW PROGRAM

AdventureSmart: Hug-a-Tree and Survive

5 – 11 Years | FREE | Registered Program

Hug-a-Tree and Survive is an AdventureSmart program that helps lost children survive in the woods. This program will teach children how not to become lost in the woods and what to do should they become lost. If a child should become lost in the woods, hugging a tree can help them stay safe and be found. Staying near a tree offers some protection from the elements and keeps lost children in the same place, making it easier for searchers to find them. **Children must attend with a parent or guardian for the duration of the class.**

Location: Sportsplex

39337

Sept 24

Tue

6 – 7 p.m.



Ready to Book Online?

NEW PROGRAM

Intro to Lacrosse

7 – 13 Years | \$40/3 Weeks | Registered Program

Get an introduction to this national sport by learning teambuilding and basic lacrosse skills. Campbell River Minor Lacrosse Association coaches will keep children engaged while learning the fundamentals of lacrosse such as controlling a loose ball, scooping, cradling, and proper techniques on passing and catching. All skill levels are welcome. Children must bring their own helmet (with cage) and lacrosse or hockey gloves. Lacrosse sticks will be provided.

Location: Community Centre

37856

Sept 27 – Oct 11

Fri

5:30 – 6:30 p.m.



Babysitting Know How

11 – 18 Years | \$90 Per Person | Registered Program

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

Location: Sportsplex

38230	Sept 28	Sat	9 a.m. – 4 p.m.
38231	Nov 9	Sat	9 a.m. – 4 p.m.

Home Alone

9 – 12 Years | \$80 Per Person | Registered Program

Is your child almost ready to stay home alone? This course helps your child become prepared and confident in home and personal safety, handling emergencies, and dealing with strangers. Spots fill up fast, so register early to secure your child's spot!

38229	Oct 5	Sat	9 a.m. – 3 p.m.
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NEW PROGRAM

Home Alone Christmas Special Edition

9 – 12 Years | \$80 Per Person | Registered Program

Is your child almost ready to stay home alone? This course helps your child become prepared and confident in home and personal safety, handling emergencies, and dealing with strangers. Spots fill up fast, so register early to secure your child's spot! Extra time is allotted for this Christmas special which will include Christmas tunes, cookie decorating and Home Alone charades.

38110	Dec 23	Mon	9 a.m. – 4 p.m.
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AFTER SCHOOL PROGRAMS

Co-Ed Tween Club

9 – 12 Years | \$30/3 Weeks | Registered Program

Are you looking for somewhere to hang out after school? Well, we have the spot for you! Join us for the ultimate hang out session where you can meet new friends or hang-out with old ones. Whether you want to feed your creative soul through an art or cooking project, burn off energy in our gym, or embark on an adventure in Willow Point Park, this is the club for you.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37964*	Sept 16 – 23	Mon	3 – 5 p.m
37971	Oct 7 – 28	Mon	3 – 5 p.m
37987	Nov 4 – 25	Mon	3 – 5 p.m

***Please Note:** \$20/2 Weeks

Baking Buddies

5 – 11 Years | \$20/2 Weeks | Registered Program

Join your baking buddies and whip up tasty snacks in our commercial kitchen! Each week, you will learn new skills and practice kitchen safety as we tackle delicious recipes and expand our creative minds. Games and activities are included to burn off energy and spark creativity.

Register for the whole session or drop in for \$10/week if space permits. Please note, drop in is only available in person the day of.

Location: Sportsplex

37976	Sept 17 – 24	Tue	3 – 5 p.m
37985*	Oct 1 – 29	Tue	3 – 5 p.m
37986**	Nov 5 – 26	Tue	3 – 5 p.m

Please Note:** \$50/5 Weeks *Please Note:** \$40/4 Weeks



Imagination Station and Smoothies

5 – 11 Years | \$20 for 2 Weeks | Registered Program

Welcome to a room bursting with imagination and excitement! Dive into a world of creativity with a mix of art, Lego building, slime adventures, games, and the chance to create and devour your own healthy snacks and smoothies.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37977	Sept 18 – 25	Wed	3 – 5 p.m
37990*	Oct 2 – 30	Wed	3 – 5 p.m
37988**	Nov 6 – 27	Wed	3 – 5 p.m

Please Note:** \$50/5 Weeks *Please Note:** \$40/4 Weeks



Forest Explorers

5 - 11 Years | \$20/2 Weeks | Registered Program

If you're passionate about trees, flowers, and exploring the forest floor for bugs, then this program is perfect for you! Each week, we will delve into a new theme packed with indoor and outdoor games, gym activities, and creating your own healthy snacks.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37984	Sept 19 - 26	Thu	3 - 5 p.m.
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Make It and Take It

5 - 11 Years | \$40/4 Weeks | Registered Program

Join us for a diverse variety of arts and craft-building activities each week that can range from building your own labyrinth, tricky towers, wood working, cardboard board games and more! Cultivate your child's creativity in this fun-filled, social, and engaging program.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37963	Oct 3 - 24	Thu	3 - 5 p.m.
37989	Nov 7 - 28	Thu	3 - 5 p.m.

NEW PROGRAM

Kids Call

4 - 9 Years | \$35/2 Days | Registered Program

Designed for ages 4 to 9, this valuable program teaches kids how to recognize an emergency and call 911.

Participants will practice making emergency calls and listen to successful audio examples of emergency calls that have come from kids. The course will also cover basic emergency skills for kids. This 3-hour course will be divided into two 1.5-hour sessions. Join us for an afternoon to connect with other community members and learn about important safety practices. This course is designed for kids and their parents/guardians to take together; this is not a drop-off program. Please purchase one registration per child; the supervising adult attends for free.

Location: Sportsplex / Community Centre

38234	Oct 21 - 22	Mon - Tue	3 - 4:30 p.m.
38235	Dec 16 - 17	Mon - Tue	3 - 4:30 p.m.

Please note: This program will be held at the Sportsplex on Oct 21 - 22 and the Community Centre on Dec 16 - 17.



Ready to Book
Online?



Christmas Baking

8 - 11 Years | \$30/3 Weeks | Registered Program

Join us for a festive cookie baking extravaganza! Whip up a delicious assortment of Christmas cookies that we will freeze and package for you to take home on the last day.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37991	Dec 2 - 16	Mon	3 - 5 p.m.
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Christmas Crafts

5 - 11 Years | \$30/3 Weeks | Registered Program

Get ready to spread holiday cheer with our festive Christmas crafts and ornaments program! Create masterpieces all set for gifting, and take your box full of creations home on the final day.

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37992	Dec 3 - 17	Tue	3 - 5 p.m.
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Ready to Book
Online?

Santa's Workshop

5 - 11 Years | \$30/3 Weeks | Registered Program

Join Santa's elves at his workshop for a fun program where you can build a toy, paint a present, decorate gingerbread and more! It promises to be a magical time where creativity meets holiday spirit!

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37993	Dec 4 - 18	Wed	3 - 5 p.m.
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Wrap It Up

5 - 11 Years | \$30/3 Weeks | Registered Program

Welcome to a fun-filled wrapping and card making event where ribbons twirl, papers dazzle, and presents transform into works of art!

Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

37994	Dec 5 - 19	Thu	3 - 5 p.m.
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CHILD, YOUTH AND FAMILY PROGRAMS

Child, Youth and Family Program Descriptions

Baby Time | Newborn – Walking | FREE

Join us for Baby Time – a welcoming drop-in session for new babies and their grownups to connect, share experiences, and learn together. We happily welcome twins and triplets too!

Location: Community Centre

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

Children have a blast singing songs, playing games, and making new friends. Drop-off the little ones and take some time to go for a workout, catch up on tasks, or sit and enjoy a coffee. Please ensure children are dressed for both indoor and outdoor fun and pack a nut-free snack and water. You can easily register online up to two weeks ahead, or try your luck with a drop in. Registration is recommended for this popular and fun-filled program! Please note, children must be walking to attend.

Location: Sportsplex

Family Place | Newborn and Up | FREE

We invite families to join us in creating a welcoming place where children and their caregivers can have fun and learn together. We'll be ready with activities, stories, songs, snacks, coffee, and more.

Location: Community Centre

PLAY Gym | Age 5 and Under | FREE

Motivated through PLAY (Physical Literacy & 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 are responsible for their children and your attention is appreciated during this program.(please avoid cell phone use)

Location: Sportsplex

Sunday Funday | Age 5 and Under | \$3 Child | \$5 Per Family

It's playtime for preschoolers (walking to 5-year-olds) and their grown-ups. Let your little ones explore our gym filled with ride-on toys, tumbling mats, parachute games and more. Parents are responsible for their children and your attention is appreciated during this program (please avoid cell phone use).

Location: Sportsplex

Registration for September to December programs is available online or in-person beginning at 10 a.m. Monday, August 19, 2024



**Ready to Book
Online?**



CHILD, YOUTH AND FAMILY CALENDAR

September to December 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Busy Bees 8:45 – 10:45 a.m. Sept 24 – Dec 17	Busy Bees 8:45 – 10:45 a.m. Sept 18 – Dec 18	Busy Bees 8:45 – 10:45 a.m. Sept 19 – Dec 19		
Baby Time 9:30 – 10:45 a.m. Sept 9 – Dec 16 <i>No program Sept 30, Oct 14, Nov 11</i>		Family Place 8:45 – 10:45 a.m. Sept 11 – Dec 18		Family Place 8:45 – 10:45 a.m. Sept 13 – Dec 20	
PLAY Gym 10:30 – 11:30 a.m. Sept 16 – Dec 16 <i>No program Sept 30, Oct 14, Nov 11</i>				PLAY Gym 10:30 – 11:30 a.m. Sept 20 – Dec 20 <i>No program Nov 1, 22, 29, Dec 13</i>	SUNDAY
					Sunday Funday 9:30 a.m. – 10:30 p.m. Sept 8 – Dec 22 <i>No program Nov 3, 24, Dec 8 & 15</i>
Family Place Noon – 2 p.m. Sept 9 – Dec 16 <i>No program Sept 30, Oct 14, Nov 11</i>		Family Place 12:15 – 2:15 p.m. Sept 11 – Dec 18		Family Place 12:15 – 2:15 p.m. Sept 13 – Dec 20	
Co-Ed Tween Club 3 – 5 p.m. Sept 16 – Nov 25 <i>No Program Sept 30, Oct 14 & Nov 11</i>	Baking Buddies 3 – 5 p.m. Sept 17 – Nov 26	Imagination Station and Smoothies 3 – 5 p.m. Sept 18 – Nov 27	Forest Explorers 3 – 5 p.m. Sept 19 – 26		
Christmas Baking 3 – 5 p.m. Dec 2 – 16	Christmas Crafts 3 – 5 p.m. Dec 3 – 17	Santa's Workshop 3 – 5 p.m. Dec 4 – 18	Make It and Take It 3 – 5 p.m. Oct 3 – Nov 28		
	Family Badminton 5:30 – 7 p.m. Sept 3 – Dec 17		Wrap It Up 3 – 5 p.m. Dec 5 – 19		

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



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

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.

NEW PROGRAM

Active Zone

All Ages | Free Admission | Drop In

Have a blast with gymnasium activities, make new friends, and get active. Don't forget to wear your athletic clothes, bring clean running shoes, and pack a water bottle for some serious fun.

Location: Community Centre

38098 Sept 5 – Dec 19 Thu 1 – 2:15 p.m.

Stepping Out

19+ Years | Free Admission | Drop In

The evening social program everyone looks forward to! A different activity is offered every week. Play games, watch movies, play bingo, make crafts, and so much more! During the first Stepping Out Activity, you will receive a schedule of events.

Location: Community Centre

37888 Sept 9 – Dec 16 Mon 6 – 8 p.m.



Singing for Fun

All Ages | Free Admission | Drop In

Join John Hollywood and our band volunteers and sing to your heart's content to oldies, fun songs, and familiar tunes! This class is open to all ages, stages and abilities.

Location: Community Centre

37890 Sept 11 – Dec 18 Wed 10 – 11 a.m.



90's Bash – Specialized Dance

All Ages | \$3 Per Person | Drop In

Get ready to bust out your best 90's dance moves at our specialized recreation event! It's going to be totally rad and full of laughs. Don't miss out on the chance to groove with us!

Location: Community Centre

38201 Sept 13 Fri 6:30 – 8:30 p.m.



Drum It Up

All Ages | Free Admission | Drop In

Groove to the beat in this welcoming and inclusive program. Due to its popularity and high attendance, we are excited to announce that this drop-in will now be hosted in the gym. Take your pick of instruments to choose from. Shake a maraca, bang on a drum or hit a large exercise ball with drumsticks. Dancing is always welcome! This class is open to all ages, stages and abilities.

Location: Sportsplex

38313 Sept 16 – Dec 16 Mon 10:30 – 11:30 a.m.

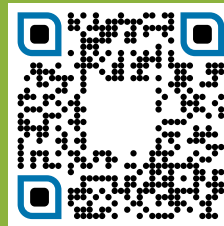
Sewing for Fun

16+ Years | \$75/6 Weeks | Registered Program

It is easy to learn sewing with our patient teachers and detailed instructions. The emphasis is always on having fun! Students will work on a variety of projects and discuss them in class.

Location: Community Centre

37887 Oct 1 – Nov 5 Tue 9:30 a.m. – 12:30 p.m.



Ready to Book
Online?

Christmas Dance and Gift Exchange – Specialized Dance

All Ages | \$3 Per Person | Drop In

Come one come all for a festive party complete with dancing, social time, refreshments and an optional gift exchange! If you would like to participate in the gift exchange please bring a small gift to contribute with a \$10 limit. Complimentary snacks and water. Open to all ages, stages and abilities.

Location: Community Centre

37956 Dec 20 Fri 6:30 – 8:30 p.m.

SPECIAL RECREATION CALENDAR

September to December 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Drum It Up 10:30 – 11:30 a.m. Sept 16 – Dec 16 No program Sept 30, Oct 14, Nov 11</p>	<p>Sewing for Fun 9:30 a.m. – 12:30 p.m. Oct 1 – Nov 5</p>	<p>Singing For Fun 10 – 11 a.m. Sept 11 – Dec 18 No program Nov 20</p>		
			<p>Active Zone 1 – 2:15 p.m. Sept 5 – Dec 19 No program Sept 19, Nov 20, Dec 12</p>	
<p>Stepping Out 6 – 8 p.m. Sept 9 – Dec 16 No program Sept 30, Oct 14, Nov 11</p>				<p>90's Bash – Specialized Dance 6:30 – 8:30 p.m. Sept 13</p>
				<p>Christmas Dance and Gift Exchange – Specialized Dance 6:30 – 8:30 p.m. Dec 20</p>





ACTIVE LIVING



Overview

Discover Healthy and social activities waiting for you at the Community Centre and the Sportsplex. With our Active Living Program Annual memberships are available for \$30, which can be used to enjoy more than 30 volunteer-led activities each week. Without a membership, drop in to most programs is \$4 per activity. Transform your routine and find a healthier and happier you.

Active Living for September to December 2024

Active Living Social **NEW PROGRAM**

This program offers a variety of activities tailored for your enjoyment, including movies, games, and informative sessions. Join us to relax with classic films, engage in friendly games, and stay informed on topics that matter. It's a place to connect, learn, and have fun with fellow community members in a welcoming atmosphere.

Backgammon

Backgammon is one of the oldest known board games. It is a two 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 whimsical twist on traditional bowling. Roll your way to victory on our indoor green carpets. A game that is easy to learn and hard to master. Learn a new tactic every time! Great for all ages, stages and abilities.

Coffee With Friends

Sip, savour and share the joys of great conversation over a steaming cup of morning coffee. Make new friends and stay in the loop with the buzz around town in our comfortable Community Centre Lounge. Coffee \$ 1 per cup or bring your own.

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

Join our drop in craft group, for spontaneous creativity and endless inspiration. Come and let your imagination go wild, whether you are a seasoned crafter or just looking to unleash your artistic side. Led by a supportive volunteer leader. This welcoming group always gets up to something fun.

Drop In Painting

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

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.

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 the 60 minute fitness class, stay for social time with coffee and tea.

Floor Curling

Tired of slipping on the ice? Come inside and join this vibrant group as they play the modified version of this national pastime. Loads of fun and no experience needed.

Hand Quilting

Join this incredible group of skilled hand quilters who are happy to share their knowledge. Bring your own quilt or work on a group project. Come to learn or for the social fun.

Sing Along Choir Group **NEW PROGRAM**

Join our inclusive Sing Along and Choir Group! We welcome all ages, stages, and abilities to come together in harmony. Whether you're a seasoned singer or just starting out, our group offers a supportive environment to explore your vocal talents. From classic tunes to modern favorites, there's something for everyone to enjoy. Let's create beautiful music together!

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 lively and engaging dominos game. Perfect for socializing and keeping your mind sharp with strategies. Everyone is welcome to come play this easy to learn game.

Needle Arts

Join this delightful gathering of needle art enthusiasts! Bring your current project and enjoy stitching in a relaxed, friendly atmosphere. Whether you're into cross-stitch, embroidery, knitting, or crochet, all skill levels are welcome. Connect with fellow crafters, share ideas, and unwind with your favorite needlework.

Partnership Bridge

Come with your partner and play other twosomes.

Quilters Gab

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

River City Ukles

Join our River City Ukles group! Learn basic chords, strumming techniques, and play popular songs in a fun, supportive environment. No experience needed, just bring your ukulele and enthusiasm! Sessions led by experienced instructors.

Scrabble

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

Stamp Club

Unite in a world of tiny treasures and big discoveries. Whether you are a seasoned collector or just starting out. Our club offers the endless opportunity to expand your collection and connect with your fellow enthusiasts. This group meets the 3rd Thursday of the Month. Newcomers welcome.

Registration for September to December programs is available online or in-person beginning at 10 a.m. Monday, August 19, 2024



ACTIVE LIVING CALENDAR

September to December 2024 | 16+ Years \$4 Drop In

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hand Quilting 8:30 – 11:30 a.m. Sept 9 – Dec 30 No program, Sept 30, Oct 14, Nov 11	Coffee With Friends 9 – 11 a.m. Sept 3 – Dec 17	Hand Quilting 8:30 – 11:30 a.m. Sept 4 – Dec 18 No Program Sept 18, Nov 20, Dec 11 & 25	Mexican Train 9:30 – 11:30 a.m. Sept 5 – Dec 19 No program Sept 19	Needle Arts 9:30 a.m. – 1 p.m. Sept 6 – Dec 27
	Quilter's Gab 9 a.m. – 3 p.m. Sept 3 – Dec 3 <i>1st Tue of the Month</i>	Drop In Painting 9:30 – 12:30 p.m. Sept 4 – Dec 18	Calico Quilters 9:30 – 11:30 a.m. Sept 19 – Dec 19 <i>3rd Thu of the Month</i>	Sing Along Choir Group 10 – 11 a.m. Sept 6 – Dec 27
	Scrabble 10 a.m. – Noon Sept 3 – Dec 17	Crochet and Knitting 9:30 – 11:30 a.m. Sept 4 – Dec 18 No program Nov 20		
	Backgammon 11 a.m. – Noon Sept 3 – Dec 17	Cribbage 1 – 3:30 p.m. Sept 4 – Dec 18 No program Nov 20 & Dec 11	River City Ukes 12:45 – 2:15 p.m. Sept 12 – Nov 28 No Program Sept 19, Oct 3, 17, 31, Nov 7 & 21	
Floor Curling 1 – 3 p.m. Sept 9 – Dec 30 No Program Sept 30, Oct 14 & Nov 11	Drop In Crafts Noon – 3 p.m. Sept 10 – Dec 17 No Program Oct 1, Nov 5 & Dec 3	Carpet Bowling 1 – 3 p.m. Sept 4 – Dec 18 No program Nov 20	Active Living Social 1 – 3 p.m. Sept 5 – Dec 5 <i>1st Thu of the Month</i>	
	Euchre 1 – 4 p.m. Sept 3 – Dec 31	Mah Jong 1 – 4 p.m. Sept 4 – Dec 18 No Program Nov 20	Stamp Club 1 – 3 p.m. Oct 17 – Dec 19 <i>3rd Thu of the Month</i>	Bridge 1 – 4:30 p.m. Sept 6 – Dec 27
Fit and Social 1:30 – 3 p.m. Sept 9 – Dec 16 No Program Sept 30, Oct 14 & Nov 11	Bridge 1 – 4:30 p.m. Sept 3 – Dec 31	Duplicate Bridge 1 – 4:30 p.m. Sept 4 – Dec 18 No Program Nov 20	Fit and Social 1:30 – 3 p.m. Sept 5 – Dec 19	Duplicate Bridge 1 – 4:30 p.m. Sept 6 – Dec 27
Partnership Bridge 1 – 4 p.m. Sept 9 – Dec 30 No Program Sept 30, Oct 14 & Nov 11	Cribbage 7 – 10 p.m. Sept 3 – Dec 17	Euchre 6:30 – 9:30 p.m. Sept 4 – Dec 18		

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.

Beginner Tai Chi

16+ Years | \$40/10 Weeks | Registered Program

Tai Chi is an ancient practice that combines slow, deliberate movements, meditation, and breathwork. Join this relaxing beginners class to get your daily movement and improve blood circulation, alignment, balance, and restore energy levels. Start your journey to better health with this Tai Chi Beginner program.

Location: Community Centre

37855 Sept 5 – Nov 7 Thu 2 – 3 p.m.

Intermediate Tai Chi

16+ Years | \$4 Per Person | Drop In

Tai Chi offers a tranquil yet energizing workout, blending gentle movements, deep breathing, and mindfulness. Led by a knowledgeable instructor, participants learn graceful sequences of flowing motions that promote balance, flexibility, and inner calm. Previous Tai Chi experience is strongly encouraged for this class.

Location: Community Centre

37853 Sept 5 – Dec 12 Thu 1 – 2 p.m.



NEW PROGRAM

Beginner Bridge Lessons

16+ Years | \$100/13 Weeks | Registered Program

Learn to play this classic card game in a thirteen-session class. Using strategy and trickery, bridge is typically played by four players in two partnerships. Outsmart your opponents and work your way to victory or at least have a fun laugh trying.

Location: Community Centre

39378 Sept 6 - Nov 29 Fri 1 - 4:30 p.m.



Beginner Pickleball Lessons

16+ Years | \$65/5 Weeks | Registered Program

Are you interested in learning the fastest growing sport in North America? Pickleball is a cross between Badminton, Tennis and Table Tennis and can be played by just about anyone, just about anywhere! Our leader will teach you the basics of the sport including rules, moves, and strategies. No equipment required, we supply the paddles, nets and balls. Ages 12+ are welcome (those under 16 need to register with a family member 18+). Please ensure that you have appropriate indoor/ gym foot wear.

Location: Sportsplex

37965 Sept 7 - Oct 5 Sat 10 a.m. - Noon

NEW PROGRAM

Bachata Lessons

16+ Years | \$150/5 Weeks | Registered Program

Bachata is a social partnered dance that originates from the Dominican Republic. Danced to Bachata music, this fun, popular, and at times romantic Latin dance, will get your hips swinging and your face smiling. No experience required in this five week class. **Program fee covers two participants.**

Location: Sportsplex

39347 Sept 7 - Oct 5 Sat 1:45 - 2:45 p.m.

NEW PROGRAM

Merengue Lessons

16+ Years | \$150/5 Weeks | Registered Program

With origins in the Dominican Republic this up-tempo partnered dance is the life of any Latin party. With quick steps and fast moving hips the rhythm gets you moving and having a blast in seconds. No experience required in this five week class. **Program fee covers two participants.**

Location: Sportsplex

39350 Sept 7 - Oct 5 Sat 3 - 4 p.m.



NEW PROGRAM

Mindfulness and Meditation for Beginners – Workshop 1

16+ Years | \$20 Per Person | Registered Program

This class will introduce what mindfulness is, and the potential benefits to your mental and physical health. With detailed instruction on basic mindful meditation practice, covering posture, breathing and embodied awareness. We will also do gentle mindful movements, as well as a body scan meditation. No previous experience necessary. All practices can be done on the floor or on a chair provided. Please wear comfortable clothing.

Location: Community Centre

39320	Sept 12	Thu	6 – 8 p.m.
39323	Nov 13	Wed	1 – 3 p.m.

NEW PROGRAM

Improv Classes!

16+ Years | \$60/4 Weeks | Registered Program

Whether you are a newcomer to improv or a seasoned performer, these classes are tailored to establish or strengthen your foundation in the art form. Designed to foster skills in spontaneity, creativity, and collaboration, these classes invite you to engage in playful exploration. Delve into the fundamentals of improv, enhance your public speaking, and refine your storytelling techniques, all while sharing laughter in a supportive environment. This inclusive workshop caters to both introverts and extroverts, offering an enriching experience for participants at all levels.

Location: Sportsplex

37967	Sept 12 – Oct 3	Thu	7 – 8:30 p.m.
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Ready to Book Online?

NEW PROGRAM

More Mindfulness and Meditation – Workshop 2

16+ Years | \$20 Per Person | Registered Program

This class will review workshop one, the definition and benefits of mindfulness to your mental and physical health. With basic mindful meditation and introduction on how to bring mindfulness into your everyday life. Its not necessary to have attended workshop one to attend this one. We will also do gentle mindful movements, as well as a body scan meditation. No previous experience necessary. All practices can be done on the floor or in a chair (provided). Please wear comfortable clothes.

Location: Community Centre

39322	Oct 17	Thu	6 – 8 p.m.
39324	Dec 11	Wed	1 – 3 p.m.





NEW PROGRAM

AdventureSmart: Survive Outside

16+ Years | FREE | Registered Program

Survive Outside is an AdventureSmart program geared towards outdoor safety. Statistics show that each year across Canada there are approximately 5,000 ground Search and Rescue incidents. They involve all types of outdoor enthusiasts, from hikers and skiers to backcountry travelers and boaters. AdventureSmart encourages you to have fun and play, but always be informed and prepared before you set out. Time spent gaining this extra knowledge and skills can help reverse the Search and Rescue incident trend.

Location: Sportsplex

39338	Sept 25	Wed	6 - 7:30 p.m.
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NEW PROGRAM

Learn to Knit Socks

16+ Years | \$20/5 Weeks | Registered Program

Work your artistic flair and watch as a pair of socks develop in front of you stitch by stitch. With help from our instructors, each loop and twist of the needles brings you closer to a beautiful pair of socks you can wear with pride. Participants should be at an intermediate level in knitting and be able to knit and purl (increase or decrease stitches). Please make sure to bring 100 grams of whatever sock yarn you prefer to the class. Sock needles will be provided.

Location: Community Centre

38226	Oct 2 - 30	Wed	12:30 - 2 p.m.
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NEW PROGRAM

Intro to Dance - Swing

16+ Years | \$40 Per Pair | Registered Program

Learn how to swing dance with your favourite partner! West Coast swing is a modernized style of swing with adaptive, smooth movements to keep you having fun in an exciting and social environment. **Program fee covers two participants.**

Location: Sportsplex

38011	Oct 10	Thu	7:15 - 8:15 p.m.
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Ready to Book
Online?

NEW PROGRAM

Introduction to Ham Radio

16+ Years | \$15/4 Days | Registered Program

Amateur (“Ham”) radio brings people, electronics and communication together. People use ham radio to talk across town and around the world, all without the Internet or cell phones. It can be a lifeline during times of need. Some knowledge of electricity or electronics is helpful, but not essential. Certificates are awarded upon passing the basic exam and are good for life. Once you achieve your certification, you can learn more with the Campbell River Amateur Radio Society and the Strathcona Emergency Communications Team to develop your skillset further. For more information or questions about the course please contact SRD Manager of Emergency Services at skoopman@srd.ca or 250-830-6702.

***This is a 4-Day Course.**

Location: Community Centre

38107	Oct 24 (Day 1)	Thu	6 - 8 p.m.
	Oct 25 (Day 2)	Fri	9 a.m. - 5 p.m.
	Oct 26 (Day 3)	Sat	9 a.m. - 5 p.m.
	Oct 27 (Day 4)	Sun	9 a.m. - 4 p.m.



Neurographic Drawing Workshop

16+ Years | \$40 Per Person | Registered Program

Imagine learning an intriguing and fun style of drawing that requires no previous art or creative experience. Neurographic drawing is a simple practice that can enhance mindfulness, calm stressful emotions, help with problem-solving, and release more creativity in your life. Learn how to increase relaxation as you allow the drawing to flow from within and connect your subconscious to your conscious. We will complete one drawing in this workshop. All art supplies provided.

Location: Community Centre

38223	Oct 26	Sat	1 - 3:30 p.m.
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NEW PROGRAM

Historical Fencing

16+ Years | \$90/3 Weeks | Registered Program

This introductory mini-series will have you working with various fencing techniques. Sourced from medieval manuals, this three-session class will be dedicated to the Longsword (Day 1), Arming Sword/Messer (Day 2), and Rapier & Dagger (Day 3). Classes feature a warm-up and demonstration of fundamental concepts, followed by flow drills and work in pairs. Ages 16 and up, safety mindfulness is required.

Please Note: No program Nov 11

Location: Sportsplex

38067 Nov 4 - 25 Mon 6 - 8 p.m.



Make a Christmas Candle Arrangement

16+ Years | \$40 Per Person | Registered Program

Perfect for a holiday event, add your personal touch to a candle arrangement to share with family and friends. Let your creativity shine as you mix, match, and arrange to build a beautiful festive, single-candle centerpiece with this guided class. Supplies and fresh flowers are included.

Location: Sportsplex

38114 Dec 17 Tue 6:30 - 8:30 p.m.

NEW PROGRAM

Intro to Dance - Cha Cha

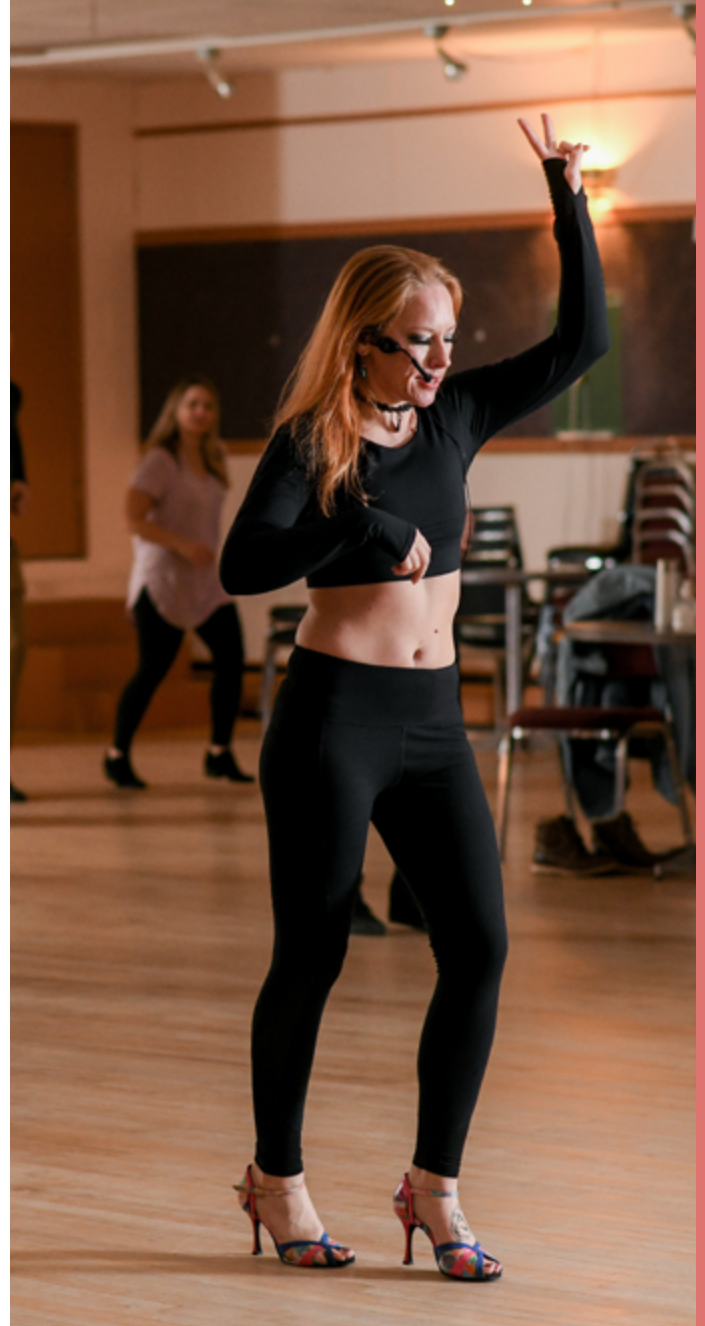
16+ Years | \$40 Per Pair | Registered Program

With a partner, experience the vibrant rhythms and infectious energy of the Cha Cha dance! In this lively class, learn the basic steps and techniques of this Cuban dance, characterized by its fancy footwork and playful hip movements. **Program fee covers two participants.**

Location: Sportsplex

38012 Nov 28 Thu 7:15 - 8:15 p.m.





FIRST AID COURSES

MB3 Training — Michelle Bernard primary care Paramedic and a Professional Responder Instructor. MB3 Training is an approved Red Cross and WorkSafe BC training partner. Courses meet legislation requirements for provincial/territorial worker safety and insurance boards, and includes the latest first aid and CPR guidelines.

NEW PROGRAM

Emergency First Aid – MB3 Training

12+ Years | \$115 Per Person | Registered Program

One-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. No prerequisites required, however must be mature to course content.

Certification: 3-year certification in Emergency First Aid and CPR Level C

Location: Sportsplex/Community Centre

38219	Sept 10	Tue	8:30 a.m. – 4:30 p.m.
39351*	Nov 30	Sat	8:30 a.m. – 4:30 p.m.

***Please note:** This program will be held at the Sportsplex on Sep 10 and the Community Centre on Nov 30.

NEW PROGRAM

Standard First Aid (Intermediate First Aid) – MB3 Training

12+ Years | \$195 Per Person | Registered Program

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. No prerequisites required, however must be mature to course content.

Certification: 3-year certification in Standard First Aid and CPR Level C

Location: Sportsplex

38221	Oct 26 & 27	Sat & Sun	9 a.m. – 5 p.m.
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NEW PROGRAM

Emergency Medical Responder – MB3 Training

16+ Years | \$2250/15 Days | Registered Program

Participants will learn and demonstrate all knowledge and skills needed to provide appropriate patient assessments, interventions, and on-going care, including the transportation of a patient to a healthcare facility. Course content may vary depending on jurisdictional requirements and, in addition, follows the National Occupational Competency Profiles (NOCP) as defined by the Paramedic Association of Canada. Participants will be engaged in dynamic training techniques including video, media presentations, skills demonstrations, practice sessions, discussions and scenarios based on real-life situations. The three week course includes the EMR Scope Expansion.

PREREQUISITES: Standard First Aid with CPR level C Certification. Plus mandatory pre-course assignment of at least 20 hours.

CERTIFICATION REQUIREMENTS: Participants must attend and actively participate in 100% of the course. Achieve a minimum score of 75% on the closed-book written knowledge evaluation. Demonstrate proficiency in skills and practical scenarios.

A hard copy of the Canadian Red Cross Emergency Care for Professional Responders Reference Text is available to purchase for an additional \$178.57 plus tax.

This course is 15 full days (120 hours). Oct 28 – Nov 1 (Mon – Fri), Nov 4–8 (Mon – Fri), and Nov 12–16 (Tue – Sat).

Location: Rotary Community Fieldhouse

39392	Oct 28 – Nov 1	Mon – Fri	8:30 a.m. – 4:30 p.m.
	Nov 4 – 8	Mon – Fri	8:30 a.m. – 4:30 p.m.
	Nov 12 – 16	Tue – Sat	8:30 a.m. – 4:30 p.m.

NEW PROGRAM

CPR- C- MB3 Training

12+ Years | \$80 Per Person | Registered Program

This course on cardiopulmonary resuscitation (CPR), provides the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children and babies.

Certification: 3-year certification in CPR C. Please note: No prerequisites required, however must be mature to course content.

Location: Community Centre

38222

Dec 7

Sat

9 a.m. - 2 p.m.



Canadian
Red Cross

Training Partner



Ready to Book
Online?



POTTERY PROGRAMS

Supervised Pottery Studio

14+ Years | \$25 Per Person | Drop In

Join us for a new pottery studio session on Saturdays. This drop in will be supervised by our knowledgeable instructor who will be available to answer questions. Participants must come with their own project ideas since no formal instruction will be provided. This is a great time to work on projects that you started in class, start a new project, and connect with other artists to discuss techniques and inspiration. Previous pottery experience is required.

Notes: Pottery Studio clay must be used; clay is available to purchase for \$25 per half bag. There may be an extra charge for firing some projects depending on the size of the projects. Glaze is provided, no outside glaze products allowed. Bisque and glaze firing available.

Children under the age of 14 are welcome but they must pay the drop in fee, and be accompanied by an adult.

Participants can sign up for a 1.5-hour timeslot to use the wheel upon arrival to ensure more participants get a chance to use the wheels.

Participants must also put away tools and clean up their area when they are finished.

Sessions can be booked online or in person at the Community Centre Monday to Friday. Cash is accepted onsite by volunteers.

Location: Community Centre

38032	Sept 14 - Oct 5	Sat	1 - 4 p.m
38251	Nov 23 - Dec 14	Sat	1 - 4 p.m

Pottery Studio

14+ Years | \$15 Per Person | Drop In

The Community Centre Pottery Studio is open on Thursday evenings. This is a great time to work on projects that you started in class or are creating on your own. Previous pottery experience is required, as there is no instruction provided. Join like-minded pottery enthusiasts as you practice your skills and work on your latest projects, or bring a friend or family member to learn a new skill together.

Notes: Pottery Studio clay must be used; clay is available to purchase for \$25 per half bag. There may be an extra charge for firing some projects depending on the size of the projects. Glaze is provided, no outside glazing products allowed. Bisque and glaze firing available.

Children under the age of 14 are welcome but they must pay the drop in fee, and be accompanied by an adult. We have a Pottery Membership fee - pay for 10 pottery drop ins for the price of 9. If registering online or using your Pottery Membership, please let the volunteer leader know. There are only 4 wheels available.

Drop in participants will be asked to sign up for a 1.5-hour wheel timeslot upon arrival to ensure more participants can access the wheels.

Participants must put away tools and clean up their area when they are finished.

Memberships can be purchased online or in person at the Community Centre Monday to Friday. Cash is accepted onsite by volunteers.

Location: Community Centre

38031	Sept 19 - Dec 19	Thu	6 - 9 p.m.
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Potter's Wheel: Level 2

14+ Years | \$190/6 Weeks | Registered Program

Have you taken our Introduction to the Wheel class? Looking for a refresher, or to further your throwing skills? Take your wheel-throwing to the next level with this semi-private class. You will create more pottery, learn new techniques, and gain further instruction. Bring a friend or family member to pottery class and share the joy of creating art together. The small class setting makes for a relaxed environment where you can take the time to focus on your projects. Some experience is needed, such as an Intro to the Wheel class.

Location: Community Centre

38040	Nov 6 - Dec 11	Wed	6 - 9 p.m.
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Intro to the Wheel

14+ Years | \$170/4 Weeks | Registered Program

Have you always wanted to try your hand at the pottery wheel? This class is designed for beginners to get started! This is a semi-private class, and you will learn how to wedge the clay, center the clay on the wheel, and practice throwing. The instructor will demonstrate trimming and glazing the finished pieces. Bring a friend or family member to learn a new skill together or meet like-minded artists. The small class setting makes for a relaxed environment where you can take the time to focus on your projects. Registration includes clay, glazing, and firing of your projects. Finished projects must be picked up within 4 weeks of firing.

Location: Community Centre

38030	Sept 25 - Oct 16	Wed	6 - 9 p.m.
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POTTERY FEES

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

Please Note: *Children under 14 must attend with an adult.

**The 10 visit pass cannot be used for the Supervised Pottery Studio program.



Ready to Book Online?

ADULT SPORTS DESCRIPTIONS

Adult Badminton | 16+ Years | Drop In

Join us for an easy to learn, dynamic racquet sport. Work on your agility while learning a sport and meeting new friends. Racquets are available to use. All levels are welcome.

Adult Basketball | 16+ Years | Drop In

Come out to the Sportsplex for a slam-dunk of a good time! Depending on the turnout, games will range from full court to 3 on 3. All abilities are welcome to join this lively volunteer-run basketball program.

Adult Pickleball | 16+ Years | Drop In

Have you always wanted to give pickleball a try? Sign up and give it a shot! Imagine a vibrant court buzzing with energy, players of all ages, and a ball that zips through the air with a satisfying pop. Space is limited so please register for each session online at campbellriver.ca/registration. Registration opens 5 days in advance.

Beginner Pickleball | 16+ Years | Drop In

Did you think that pickleball involved your pantry and a jar of vinegar? Join the team! If you are brand new to pickleball and always wanted to give it a shot, this is the perfect opportunity. This once a month, entry-level session will cover the basics and get you playing in no time.

Dodgeball | 16+ Years | Drop In NEW PROGRAM

Join an exhilarating game of dodging, diving, ducking, catching, and throwing ultra soft foam balls in this classic gymnasium game. Our volunteer-run session will get your cardio in while sharing a laugh with teammates in this captivating game.

Family Badminton | 6+ Years | Drop In

Bring the whole gang out and challenge your family or another group to a game of badminton! Equipment is available to borrow, and volunteer badminton leaders will help you learn a few tricks while having fun. Children must attend with a parent or guardian.

Soft Tennis | 16+ Years | Drop In

Get your daily exercise while enjoying a relaxing game of this popular court sport. Soft tennis is a sport that is similar to tennis but played indoors with a softer ball as opposed to a hard yellow ball. Beginners are welcome.

Table Tennis | 16+ Years | Drop In

Test your reflexes and hand-eye coordination with this thrilling sport. Also known as ping pong, table tennis is a sport in which two or four players hit a ball back and forth in this social game.

Registration for September to December programs is available online or in-person beginning at 10 a.m. Monday, August 19, 2024



ADULT SPORTS CALENDAR

September 3 – December 20, 2024

Program will be held in the Community Centre

Program will be held in the Sportsplex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Soft Tennis 10:30 a.m. – 12:15 p.m. Sept 3 – Dec 17 <i>No Program Sept 17, Oct 22, Dec 10</i>		Soft Tennis 10:30 a.m. – 12:15 p.m. Sept 5 – Dec 19 <i>No Program Sept 19, Dec 12</i>		
Adult Badminton 12:30 – 3 p.m. Sept 9 – Dec 16 <i>No Program Sept 30, Oct 14, Nov 11</i>		Adult Badminton 12:30 – 3 p.m. Sept 4 – Dec 18		Adult Pickleball 1:30 – 3:30 p.m. Sept 6 – Dec 19 <i>No Program Oct 25, Nov 1, 22, 29 & Dec 13</i>	Table Tennis 1 – 3 p.m. Sept 7 – Dec 17 <i>No Program Oct 12, 19, Nov 2 & 16</i>
	Table Tennis 1:15 – 3:15 p.m. Nov 10 – Dec 17 <i>No Program Sept 17, Oct 22, Dec 10</i>		Adult Pickleball 1:30 – 3:30 p.m. Sept 5 – Dec 19 <i>No Program Oct 31</i>	Adult Badminton 1:30 – 4:30 p.m. Sept 6 – Dec 20 <i>No Program Nov 1, 8, 29, Dec 6</i>	SUNDAY
Adult Pickleball 6 – 7:30 p.m. Sept 9 – Dec 16 <i>No Program Sept 30, Oct 14, Nov 11</i>	Family Badminton 5:30 – 7 p.m. Sept 3 – Dec 17		Beginner Pickleball 3 – 5 p.m. Sept 12 – Nov 14 <i>Second Thursday of every month</i>	Dodgeball 5:30 – 7:30 p.m. Sept 6 – Dec 20 <i>No Program Oct 4, 18, 25, Nov 1, 15, 22, Dec 6 & 13</i>	Adult Pickleball Noon – 2 p.m. Sept 8 – Dec 15 <i>No Program Nov 3, Dec 1, 8</i>
Adult Pickleball 7:45 – 9:15 p.m. Sept 9 – Dec 16 <i>No Program Sept 30, Oct 14, Nov 11</i>	Adult Badminton 7:30 – 9:30 p.m. Sept 3 – Dec 17	Adult Basketball 7:30 – 9:30 p.m. Sept 4 – Dec 18			Adult Pickleball 2:15 – 4:15 p.m. Sept 8 – Dec 15 <i>No Program Nov 3, Dec 1, 8</i>

Please Note: Space is limited so please register for each session online at campbellriver.ca/registration. Registration opens 5 days in advance.

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



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 your community. Join your neighbours and friends of all ages, stages, and abilities in workouts designed to improve your quality of life.

Baby and Me Yoga

NEW PROGRAM

16+ Years | \$90/6 Weeks | Registered Program

This class will focus on gentle yoga practices that accommodate the needs of both parent and baby while the two bond. Move through postures that will strengthen muscles, increase flexibility and improve balance. Your baby will be stimulated physically, emotionally, and socially. This class will be instructed by Andrea, a pre and post-natal Yoga specialist.

Register for the whole session or take a chance and drop in for \$15/week if space permits. Drop in is only available in person on the day of.

Location: Sportsplex

38099	Sept 10 - Oct 15	Tue	Noon - 1 p.m.
38157	Oct 22 - Nov 26	Tue	Noon - 1 p.m.

Adult Weight Room Orientation

16+ Years | \$10 Per Person | Registered Program

This orientation helps patrons use the Sportsplex weight room safely and effectively. Participants will learn basic strength training and proper use of strength and cardio machines. Please note, this is not a personal training session. The course lasts 60-90 minutes depending on attendance and equipment availability, and participants can leave as needed.

Location: Sportsplex

38184	Sept 11	Wed	1 - 2:30 p.m.
	Oct 9	Wed	11 a.m. - 12:30 p.m.
	Nov 4	Mon	1 - 2:30 p.m.
	Dec 4	Wed	11 a.m. - 12:30 p.m.

Youth Weight Room Orientation

13 to 15 Years | \$10 Per Person | Registered Program

This 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 both machines and spotting with a partner. This course 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. This course may run 60 - 90 minutes.

Location: Sportsplex

38181	Sept 11	Wed	3:15 - 4:45 p.m.
	Oct 9	Wed	3:15 - 4:45 p.m.
	Nov 4	Mon	3:15 - 4:45 p.m.
	Dec 4	Wed	3:15 - 4:45 p.m.



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+)		DODGEBALL (AGE 16+), 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.

Sportsplex Weight Room Hours

Mon - Fri | 6 a.m. - 9 p.m.
Sat and Sun | 9 a.m. - 4 p.m.

Supervised Weight Room Hours

Mon - Fri | 6 - 7:45 a.m.
Mon and Wed | 2 - 4:45 p.m.
Thu | 3 - 5 p.m.

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.



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.

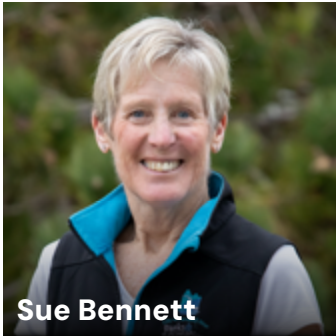
Why Try Personal Training?

- 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

Personal Training Fees

	PRIVATE (AGE 13+)	SEMI-PRIVATE (2 PEOPLE)	LENGTH
1 session	\$65	\$90	60 minutes
3 sessions	\$180	\$255	60 minutes
5 sessions	\$275	\$400	60 minutes

MEET YOUR FITNESS INSTRUCTORS



Sue Bennett



Jennifer Colongioli



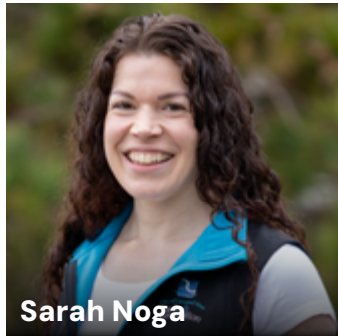
Mary Fast



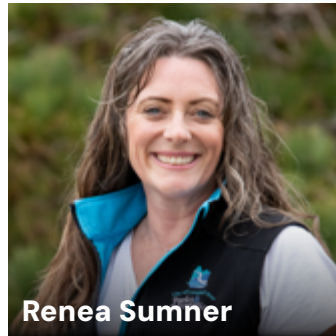
Cindy Leech



Steve Nagle



Sarah Noga



Renea Sumner



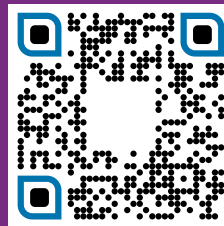
Denise Tomlinson



Ronna Lee Wright



Andrea Walker



**Ready to Book
Online?**

Fitness Classes

Intensity Level Legend

Level 1: Beginner / Low Intensity

Level 2: Intermediate / Medium Intensity

Level 3: Advanced / High Intensity

Balance, Core, and Stretch | Intensity Level: 1-2

Discover the perfect harmony of strength, stability, and flexibility in our Balance, Core, and Stretch Class. This class is designed to improve your overall physical well-being by focusing on core strength, balance exercises, and targeted stretching to enhance flexibility and mobility. This is a great class to for anyone wanting to increase their flexibility and improve posture and range of motion.

Boot Camp | Intensity Level: 2-3

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

Cardio Fit | Intensity Level: 2

This high energy fitness class incorporates a variety of fitness skills, focusing on cardio to get your heart rate pumping. Come prepared to sweat, smile, and push your limits in an energized group environment. All levels welcome, and all moves adaptable.

Chair Yoga | Intensity Level: 1

A chair yoga fitness class provides a safe and accessible way for individuals of all ages and fitness levels to experience the benefits of yoga. In chair yoga, participants perform modified yoga poses while sitting on a chair or using the chair for support. Participants leave feeling relaxed, rejuvenated, and with improved physical and mental well-being. ***Participants must be able to move independently.**

Core and Restore Yoga | Intensity Level: 1 **NEW PROGRAM**

This new all level evening Yoga class will focus on poses to facilitate core strength and ease tense and tired muscles.

Fit and Social | Intensity Level: 1

Fit & Social is a seated fitness class with exercises accessible to a wide range of individuals. Including older adults, those recovering from injury or surgery, and people with disabilities or chronic conditions. This fitness class offers a supportive environment where individuals can improve their overall fitness and have fun doing it. After the fitness class, stay for a social visit with coffee or tea.

Fit For Life | Intensity Level: 1

Fit for Life helps get your steps in by leading you through an fun physical obstacle course. Increase your independence and improve your sense of well-being as you walk, step, and maneuver your way around equipment while listening to fun music and socializing with your peers.

Gentle Morning Yoga | Intensity Level: 1-2 **NEW PROGRAM**

Gentle yoga provides a nurturing and supportive environment for individuals seeking a mindful approach to yoga practice. It encourages self-awareness, stress relief, and holistic health benefits that extend beyond the physical practice on the mat. Bring your own mat or borrow one of ours.

Kettle and Core | Intensity Level: 2-3

Use kettlebells in ways you never imagined! Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as “the swing,” “the clean” and “the press” that will work multiple muscle groups.

Let’s Go Circuit! | Intensity Level: 2

Start your week off with this fun social catchup, while getting your daily exercise working through this circuit class. Sweat your way through the gym in a combination of stations focusing on high-energy cardio and strength training.

Power Hour | Intensity Level: 2-3

Power Hour class can be a fantastic way to boost your fitness goals and energize your evenings. This class condenses a full-body strength workout into a one-hour session, making it efficient for busy schedules. Come check it out and bring a friend.

Power Spin | Intensity Level: 2-3

In this 60 spin class you can expect challenging, high-intensity training focused on endurance, strength, and recovery intervals. This is a great way to end your day, destress, and get that workout in.

Pump it Up | Intensity Level: 2

Whether you’re aiming to reshape your physique or maintain your strength, Pump It Up offers a rewarding workout experience. Join us to pump up your muscles, boost your strength, and achieve your fitness goals in a supportive and motivating environment!

Spin 45 | Intensity Level: 2

A challenging, high-intensity stationary bike class focused on endurance, strength, and recovery intervals. You’ll improve your fitness while protecting and strengthening your joints.

Spin and Core | Intensity Level: 2

Get your weekend sweat on! Enjoy this high-intensity workout with 45 on the spin bike, followed by concentrated core work, and a gratifying stretch.

Spin and Mobility | Intensity Level: 1-2

This spin class blends high-energy indoor cycling with exercises targeting mobility and balance. With 30 minutes of interval spin training, followed by a full body extended stretch for those hard working muscles on and off the bike. It's a great class to start your spin journey on.

Lunch Spin and Sculpt | Intensity Level: 1-2

This invigorating spin and sculpt class is designed for busy professionals and perfect for fitting into a lunch break. This class is a mix of exercises on and off the spin bike, providing a high-intensity cardiovascular workout in a short, efficient time frame. It helps improve fitness, reduce stress, and boost energy levels for the rest of your day.

Sportfit | Intensity Level: 2

Get ready to lace up your sneakers and hit the ground running in our Sportfit running Class! Whether you're a seasoned marathoner or a beginner looking to improve your endurance, this class is designed to elevate your running performance and overall fitness. Runners of all levels and abilities welcome.

Step 'n Sculpt | Intensity Level: 2

Try out this fun cardio step n' sculpt class! Move through simple choreography on the stepper with strength intervals to sculpt those muscles using a variety of equipment. This class can be adapted for all fitness levels.

Tabata | Intensity Level: 2

Get a profitable workout in a short amount of time with this Tabata HIIT workout. Get your heart rate up while building strength through quick sets of hard work followed by recovery. Suitable and adaptable for all fitness levels.

Yoga | Intensity Level: 1-2

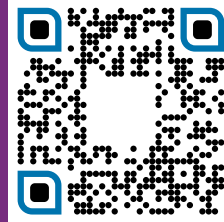
Whether you're new to yoga or have been practicing for years, each class provides an opportunity to deepen your connection to mind, body, and breath, fostering a sense of peace and vitality. Yoga, offers numerous benefits, including improved flexibility, strength, and balance. It promotes stress relief, relaxation, and mental clarity.

Zumba | Intensity Level: 1-2

Don't miss out on the chance to shimmy, shake, and sweat it out in our Zumba Fitness Class. Join us for an hour of pure energy where the workout feels like a party and every beat brings you closer to your fitness goals!

Zumba Gold | Intensity Level: 1 NEW PROGRAM

Zumba GOLD is a great way to get your body moving and get introduced to the steps and rhythms of Zumba. Dance off those calories with a mix of low and high-intensity moves with your friends, and enjoy the music.



Ready to Book Online?



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

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.

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.


FITNESS CALENDAR

September 3 – December 31, 2024

Program will be held in the Sportsplex

Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 6:45 a.m.		Spin 45 Mary		Spin 45 Jen		
6 – 7 a.m.	Bootcamp Sarah		Bootcamp Andrea		Bootcamp Sue	
7 – 7:45 a.m.		Spin 45 Mary		Spin 45 Jen		
8 – 9 a.m.						Spin & Core Sue/Renea
9 – 10 a.m.	Let's Go Circuit! Sue	 Tabata Sarah	 Step 'n Sculpt Sarah	 Cardio Fit Sarah	Pump It Up Ronna Lee	
					Gentle Morning Yoga Andrea	
10:15 – 11:15 a.m.		Zumba Gold Ronna Lee		Zumba Ronna Lee	Spin and Mobility Sarah	
10:30 – 11:30 a.m.		Balance, Core and Stretch Sarah	Fit for Life Mary	Balance, Core and Stretch Andrea	<p>Please Note:</p> <p><i>We are closed on Statutory Holidays.</i></p> <p><i>Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</i></p> <p>Spin Reservations:</p> <p><i>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!</i></p> <p><i>To reserve your bike online visit campbellriver.ca/registration, or take a chance and drop in.</i></p>	
		Chair Yoga Cindy		Chair Yoga Cindy		
Noon – 1 p.m.		Yoga Cindy		Yoga Cindy		
12:05 – 12:50 p.m.	Lunch Spin and Sculpt Ronna Lee		Lunch Spin and Sculpt Cindy			
1:30 – 3 p.m.	Fit and Social* Mary <i>Class 1:30 – 2:30</i> <i>Social 2:30 – 3</i>			Fit and Social* Ronna Lee <i>Class 1:30 – 2:30</i> <i>Social 2:30 – 3</i>		
5:30 – 6:30 p.m.	Sportfit Steve	Power Hour Sue	Kettle and Core Sarah	Sportfit Steve		
6 – 7 p.m.	Power Spin Cindy		Core and Restore Yoga Cindy			

 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.

Please Note: The fitness holiday schedule will be posted December 1, 2024.

Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be canceled 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.

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+)			DODGEBALL (AGE 16+), 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.

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.	Noon - 12:45 p.m.
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

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

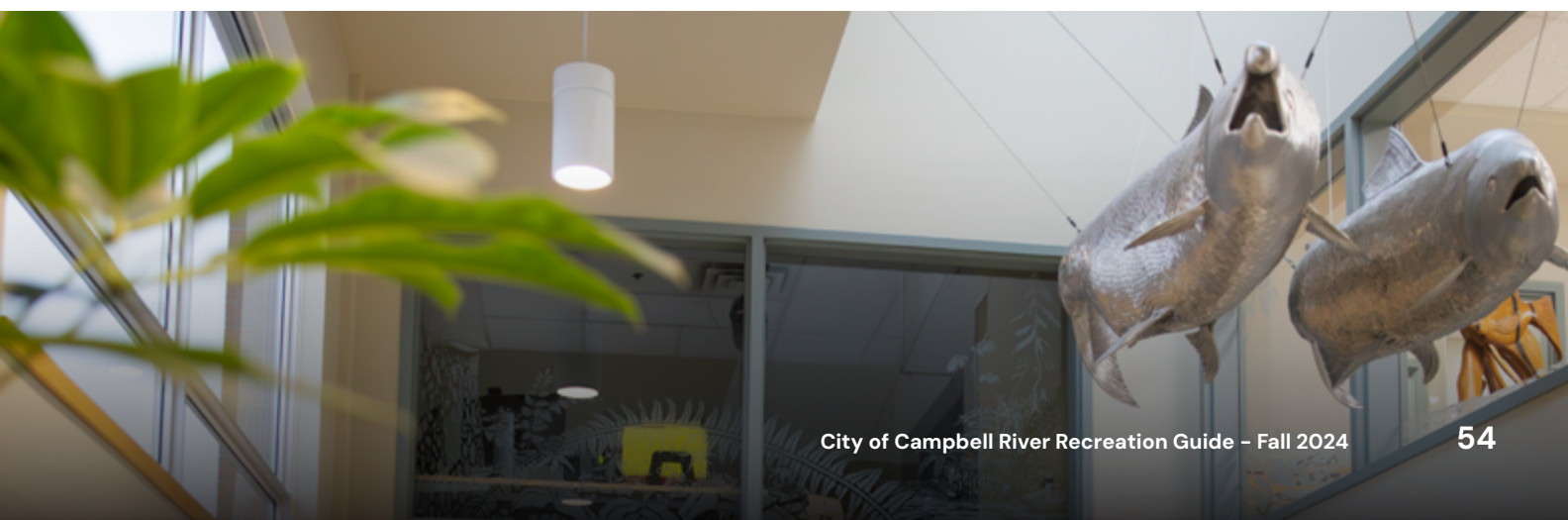
250-286-1161

Parks and Fields Bookings

outdoorbooking@campbellriver.ca

250-286-4034

Registration for September to December programs is available online or in-person beginning at 10 a.m. Monday, August 19, 2024



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.				•								•		•										
McIvor Lake	McIvor 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

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

raincoastsmt.com | 250-287-4536

Rivercity Players

info@rivercityplayers.ca

rivercityplayers.ca

Shoreline Musical Theatre Society

shorelinemt@gmail.com

shorelinemusicaltheatre.ca

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 HAVE AN IDEA FOR A PROGRAM?

Have an idea for a program? Do you or anyone you know of have unique skills, talent, or creative expertise you want to share with your community? Please reach out to us if you or a community group may be interested in a partnership with the City or would like to submit a proposal for programming in an upcoming recreation guide.

Please send your ideas or proposals to:
recandculture@campbellriver.ca