



Campbell River  
**RECREATION**  
**GUIDE** WINTER/SPRING  
2025



City of  
**Campbell  
River**

City of Campbell River | Recreation Guide Winter/Spring 2025  
(January – May 2025) | [campbellriver.ca/recreation-guide](http://campbellriver.ca/recreation-guide)

## Welcome Message

On behalf of the City of Campbell River's Recreation and Culture Department, I am excited to share the Winter/Spring 2025 Recreation Guide with you.

We have a line-up that's chockablock with programs, classes and activities to keep you busy from the new year into the spring. Learn something new. Dive back into an old favourite. Pursue your hobbies and interests. When it comes to recreation and culture activities, we've got you covered.

Did you know that a fitness membership allows you to access more than 40 group fitness classes; use the weight and cardio room; and play squash, racquetball, pickleball, badminton, soft tennis and drop-in basketball? Whether you're trying something new as a New Year's resolution or continuing along a path that is already working for you, we have programming to help support your fitness goals.

We look forward to welcoming 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

03 Affordable Recreation

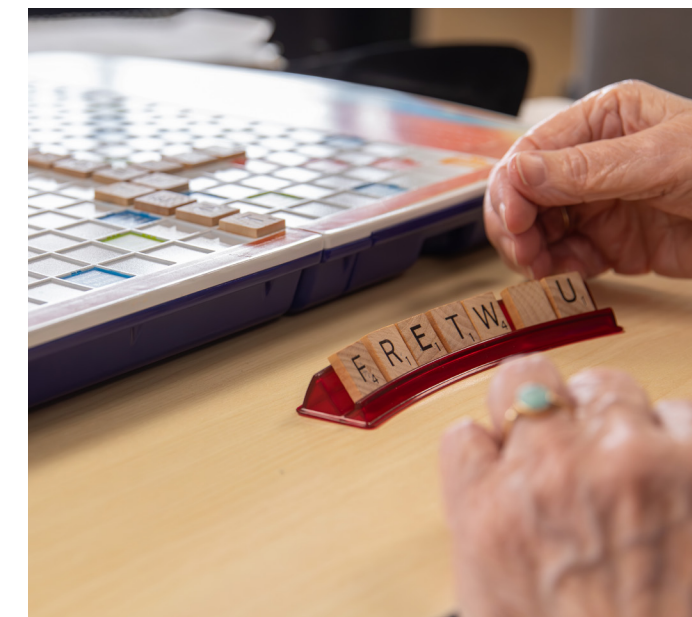
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Registration for January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.

## Leisure Involvement For Everyone (LIFE)

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

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

### City of Campbell River Recreation Programs

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

\*some exclusions may apply



## JumpStart

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

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



## KidSport – So All Kids Can Play!

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



**NEW!** Fitness Memberships now include access to even more healthy activities. Memberships give you access to fitness classes, the weight room, badminton, squash, racquetball, wallyball, table tennis, family badminton, soft tennis, drop in basketball, indoor ultimate frisbee 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+)			INDOOR ULTIMATE FRISBEE (AGE 16+), ADULT PICKLEBALL (AGE 16+),	
SQUASH, RACQUETBALL, WALLYBALL (AGE 8+)			DROP IN BASKETBALL (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](mailto:recandculture@campbellriver.ca)

## Community Centre

401-11th Ave  
250-286-1161  
[recandculture@campbellriver.ca](mailto: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	\$20
10 visit Pass	\$160

\*Exclusions may apply.

## ACTIVE LIVING PASS

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





# SPECIAL EVENTS

## Family Day

All Ages | Free Admission

Join us for an unforgettable Family Day at the Sportsplex! Enjoy FREE activities for all ages, including access to the P.L.A.Y. gym, court sports, disc golf, the weight room, and face painting. Kick off the fun with a delicious pancake breakfast hosted by the Kinsmen Club, and join us for an amazing FREE book giveaway with Don Pennell! Don't miss out on the excitement - there's something for everyone!

**Location:** Sportsplex

Feb 17	Mon	9 a.m. – 1 p.m.
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Ready to Book Online?



## Night Out Downtown

19+ Years

The City and the Downtown BIA bring you CR Live Streets: A Night Out Downtown! Multiple venues along a 500-metre stretch of downtown will host entertainment and special deals from 5 to 9 p.m. Attendees are encouraged to pick up a passport at their first stop and collect stamps at each location they visit to be entered into a draw to win prizes from local merchants. Enjoy complimentary entertainment, including music, art, laughs, theatre and more, at each venue.

**Location:** Multiple locations through downtown

Feb 6	Thu	TBA
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## 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.

## Seedy Saturday 2025

All Ages | Free Admission

Join us this spring at Seedy Saturday for more than just seeds! Meet seed vendors, buy plants, or make a craft with the kids in our lil' Sprouts corner. Whether you are a first-timer or an expert seed saver, there will be something for everyone.

Commercial vendors \$25/10x10 space and community groups can register for free.

For more vendor information, call 250-286-1161.

**Location:** Community Centre

Mar 22 Sat 9 a.m. – 1 p.m.



## BIA Easter Sunday

All Ages | Free Admission

Join us for a fun-filled Easter celebration featuring an exciting Easter egg hunt and the chance to meet the Easter Bunny—don't forget to snap a selfie! Enjoy coffee, snacks, and entertainment from Shoo Shoo the Clown, Bounce-a-rama, jugglers, and more. Bring your family and be part of this wonderful community event! The first 300 kids will receive a free basket!

**Location:** Spirit Square and Robert V. Ostler Park

Apr 19 Sat 11 a.m. – 2 p.m.

## Colourful Run

Child 7-12 Years | \$5/Person

Youth 13 – 18 Years | \$2/Person

19+ Years | \$10/Person

Get ready to unleash your energy at our vibrant Colourful Run as part of Youth Week! BC Youth Week celebrates youth ages 13 to 18 and aims to help them connect with their communities. This event is a part of Youth Week but registration is open to anyone over the age of 7. You can choose to walk, jog, or run through our 1K or 5K route. This is not a timed race—it's all about having fun, being active, and creating unforgettable memories! After the race, join us at the splash park for the colourful after-party full of refreshments, snacks, music, and more. We'll be splashing colour everywhere, so please come dressed to impress in a white T-shirt and your favourite sunglasses. The dye is non-toxic but may stain some clothing, so dress accordingly. We can't wait to see you for a morning filled with colour, laughter, joy, and community connection as we celebrate Youth Week!

**Location:** Willow Point Park

May 3 Sat 9 a.m. – Noon



# What You Do Matters

Do you enjoy playing outside, exploring the community, and working with kids? Help a child have a summer to remember.

## Get Paid to Play!

Join the City of Campbell River as an Instructor Leader or Recreation Aide

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

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

Work ranges from 5 – 8 weeks; you choose!

We provide on-the-job training and mentorship, and will help you become First Aid certified.

If you have questions or would like to apply, email [careers@campbellriver.ca](mailto:careers@campbellriver.ca)

# 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 ages 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](mailto: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 2025/2026 school year.

#### Program Details

Sept 2025 – June 2026

Tue/Thu 9 a.m. – 1:15 p.m.

**Location:** Community Centre

### Birthday Party

12 and Under | \$140 | Registered Program

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 goodbyes.

**Location:** Sportsplex

Jan 5 – May 25	Sun	11 a.m. – 12:30 p.m.
Jan 5 – May 25	Sun	2 – 3:30 p.m.

### Family Badminton

6+ Years | \$3 – \$7/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

40362	Jan 7 – May 27	Tue	5 – 7 p.m.
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## Leaders In Training

11 – 18 Years | \$60/Person | Registered Program

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. LIT's will receive various training, educational, and social opportunities throughout the year to gain valuable and transferable skills in areas like leadership, communication, teamwork, speaking in front of others, program planning, managing a schedule, and more.

LIT's will volunteer with recreation programs like Summer and Spring break camps, after school programs, and special events with the City of Campbell River. LIT's will receive mentorship from the program Leaders and the LIT Coordinator throughout the program.

LIT's can build upon their skills year to year and receive training opportunities like first aid, HIGH FIVE, FOODSAFE, and more. Join us for a memorable year of learning, meeting new people, and having fun! For more information or to apply, drop by the Sportsplex or Community Centre, or email:

[recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca)

## Want To Become A Lifeguard?

To apply, email: [careers@campbellriver.ca](mailto:careers@campbellriver.ca)



## Home Alone

9 – 12 Years | \$80/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!

**Location:** Sportsplex

40747	Jan 2	Thu	9 a.m. – 3 p.m.
40748	Feb 18	Tue	9 a.m. – 3 p.m.



Ready to Book Online?

## Babysitting Know How

11 – 18 Years | \$90/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

40749	Jan 3	Fri	9 a.m. – 4 p.m.
40750	Mar 31	Mon	9 a.m. – 4 p.m.



NEW PROGRAM

## Pro-D Day Camp

5 – 11 Years | \$40/Person | Registered Program

Looking for a fun way to make the most of your day off from school? Join us for an exciting Pro-D Day Camp! Running from 9 a.m. – 4 p.m., this camp is packed with a variety of creative activities and active play to keep you entertained all day long. Come unleash your imagination and enjoy a fantastic day filled with fun!

**Location:** Sportsplex

40876	Jan 17	Fri	9 a.m. – 4 p.m.
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## Disney Dance

3 – 5 Years | \$40/Week | Registered Program

Participants will learn the primary ballet positions in Disney Dance. This class creates a foundation of self-awareness, creative expression and teamwork. Bring your child dressed as their favourite Disney character or in clothing that allows them to move freely. Please wear ballet slippers or participate in bare feet.

**Location:** Community Centre

40677	Feb 4 – Feb 25	Tue	9:15 – 10 a.m.
40678	Apr 8 – Apr 29	Tue	9:15 – 10 a.m.



## Create With Clay

8 – 12 Years | \$90/Person | Registered Program

Unleash your creativity using your hands and hand tools! During this engaging session, you'll learn essential safety tips and basic clay-making techniques while crafting your very own project. Be sure to wear clothes that can get a little muddy and wet, and tie up any long hair to keep it out of the way. Short sleeves are a great choice too! Feel free to bring along an apron, a water bottle, and a snack to keep your energy up. All clay and hand tools will be provided. Your teacher for this creative journey is TaraLee Houston, a talented local artist and facilitator. With her extensive experience working with all ages in community-based art programs and her background in early childhood education, TaraLee is excited to help you bring your artistic vision to life!

**Location:** Community Centre

40886 Feb 7 Fri 3 – 6 p.m.



## Kids Call – MB3 Training

4 – 9 Years | \$40/Person | Registered Program

Designed for ages 4 – 9, this valuable program from MB3 Training teaches children how to recognize an emergency and call 911. Participants will practice making emergency calls and listen to successful audio examples from other young callers. The course also covers basic emergency skills. Join us for an afternoon of connecting with community members while learning important safety practices. Parents and guardians are encouraged to participate alongside their young ones; this is not a drop-off program. Please purchase one registration per child, and the supervising adult attends for free. MB3 Training owner Michelle Bernard is a primary care Paramedic and a Professional Responder Instructor. MB3 Training provides a range of first aid courses tailored to the diverse requirements of the general public, workplaces, schools, and organizations. These courses are designed to address specific needs and ensure participants are well-equipped with essential life-saving skills.

**Location:** Sportsplex

40772\* Feb 10 – Feb 11 Mon – Tue 3 – 4:15 p.m.  
40773 Apr 22 – Apr 23 Tue – Wed 3 – 4:15 p.m.

**\*Please Note:** Located at Community Centre



# AFTER SCHOOL PROGRAMS

## Tween Club

9 – 12 Years | \$40/4 Weeks | Registered Program

Are you looking for a place to hang out after school? We have the perfect spot for you! Join us for the ultimate hang-out session where you can meet new friends or catch up with old ones. Whether you want to unleash your creativity through art or cooking projects, burn off energy playing table tennis, foosball, or video games, enjoy music, or take advantage of open gym time, this is the club for you.

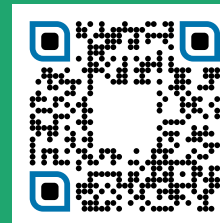
**Register for the whole session or take a chance and drop in for \$10/week if space permits. Drop in is only available in person on the day of.**

**Location:** Sportsplex

40565	Jan 6 – Jan 27	Mon	3 – 5 p.m.
40568**	Feb 3 – Feb 24	Mon	3 – 5 p.m.
40569*	Mar 3 – Mar 10	Mon	3 – 5 p.m.
40855**	Apr 7 – Apr 28	Mon	3 – 5 p.m.
40857**	May 5 – May 26	Mon	3 – 5 p.m.

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

**\*\*Please Note:** \$30/3 Weeks



Ready to Book Online?



## Kids In The Kitchen

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

Join us after school 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 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

40561	Jan 7 – Jan 28	Tue	3 – 5 p.m.
40612**	Feb 4 – Feb 25	Tue	3 – 5 p.m.
40613*	Mar 4 – Mar 11	Tue	3 – 5 p.m.
40615***	Apr 1 – Apr 29	Tue	3 – 5 p.m.
40616	May 6 – May 27	Tue	3 – 5 p.m.

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

**\*\*Please Note:** \$30/3 Weeks

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



## Imagination Station And Smoothies

5 – 11 Years | \$40/4 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

40618	Jan 8 – Jan 29	Wed	3 – 5 p.m.
40619	Feb 5 – Feb 26	Wed	3 – 5 p.m.
40620*	Mar 5 – Mar 12	Wed	3 – 5 p.m.
40621**	Apr 2 – Apr 30	Wed	3 – 5 p.m.
40622	May 7 – May 28	Wed	3 – 5 p.m.

\*Please Note: \$20/2 Weeks

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



## 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 drop in for just \$10/week. Be sure to check the day of drop in for space at this popular class. Pre-registration for drop in sessions is not available.

**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

40623	Jan 9 – Jan 30	Thu	3 – 5 p.m.
40624	Feb 6 – Feb 27	Thu	3 – 5 p.m.
40625*	Mar 6 – Mar 13	Thu	3 – 5 p.m.

\*Please Note: \$20/2 Weeks



NEW PROGRAM

## Teen Open Courts And Lounge

13 – 18 Years | \$10/Person | Drop In

Get ready for a blast at our open gym and lounge! This is your chance to unleash your skills on the court—whether you want to shoot some hoops in basketball, bump it up in volleyball, dive into badminton, or try your hand at pickleball. But that's not all! Our lounge area is the perfect hangout spot, featuring a ping pong table, foosball, and great music to keep the vibes going. Come join us for an afternoon of snacks, action, games, and good times!

**Location:** Community Centre

40803	Jan 24	Fri	4:30 – 7 p.m.
40803	Feb 21	Fri	4:30 – 7 p.m.



## Intro To Squash

11 – 15 Years | \$50/4 Weeks | Registered Program

New to the game of squash? Get ready for a fun and inclusive introduction to this growing sport! Our coaches will guide you through the physical, tactical, and technical skills of the game, all in a relaxed, enjoyable atmosphere that emphasizes fun and participation. Plus, we've got you covered—racquets and mandatory eye protection are provided free of charge at the Sportsplex!

**Location:** Sportsplex

40770	Feb 1 – Feb 22	Sat	2:30 – 4 p.m.
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Ready to Book Online?

NEW PROGRAM

## Clay Creations

8 – 12 Years | \$180/4 Weeks | Registered Program

Unleash your creativity using your hands and hand tools! During this engaging session, you'll learn essential safety tips and basic clay-making techniques while crafting your very own project. Be sure to wear clothes that can get a little muddy and wet, and tie up any long hair to keep it out of the way. Short sleeves are a great choice too! Feel free to bring along an apron, a water bottle, and a snack to keep your energy up. All clay and hand tools will be provided. Your teacher for this creative journey is TaraLee Houston, a talented local artist and facilitator. With her extensive experience working with all ages in community-based art programs and her background in early childhood education, TaraLee is excited to help you bring your artistic vision to life!

**Location:** Community Centre

40887	Mar 7 – Mar 28	Fri	3 – 4:30 p.m.
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## Spring Mix Camp

8 – 12 Years | \$200/1 Week | Registered Program

Swim, skate and sport camp. In a partnership between Strathcona Regional District and The City of Campbell River, Kids will be introduced to various physical activities at the Rotary Fieldhouse and Strathcona Gardens. Activities will include walking to Strathcona Gardens for swimming, skating, and indoor outdoor group activities.

**Location:** Rotary Community Fieldhouse

40628	Mar 17 – Mar 21	Mon – Fri	9 a.m. – 4 p.m.
40883	Mar 24 – Mar 28	Mon – Fri	9 a.m. – 4 p.m.



## Forest Explorers

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

If you're passionate about forests, trees, flowers, and exploring the forest floor for bugs, and playgrounds then this program is perfect for you! We'll pick a theme for indoor and outdoor games, playground, and gym activities each week, and you will create 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

40626	Apr 3 – Apr 24	Thu	3 – 5 p.m.
40627	May 1 – May 29	Thu	3 – 5 p.m.

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



NEW PROGRAM

## Free Youth Week Open Courts

13 – 18 Years | Free Admission

Get ready for epic days of fun at our open courts sport sessions as part of Youth Week! This free event is your chance to unleash your skills on the court. Whether you want to shoot some hoops in basketball, bump it up in volleyball, dive into badminton, or try your hand at pickleball, we've got you covered. Plus, enjoy wallyball and racquetball for even more excitement! Our friendly staff will be on hand to supervise and ensure everyone has a fantastic time. Join us for an afternoon filled with snacks, great music, action, games, and great company as we celebrate Youth Week together! Don't miss out!

**Location:** Sportsplex

40858	May 1 – May 7	Thu – Wed	3 – 5:30 p.m.
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Ready to Book Online?

## Baby Time | Newborn to 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/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

Registration for January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.

## PLAY Gym | Age 5 and Under | FREE

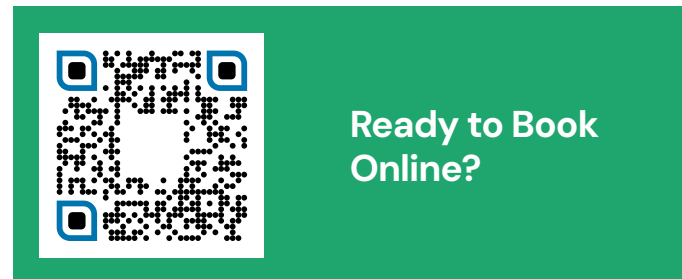
Motivated through PLAY (Physical Literacy & You) CR, this playful hour encourages movement and physical competence for you and your preschooler. Skip, jump, hop, and run through our giant obstacle course, balance and tumble on mats, or push, throw, and catch balls while dancing to fun tunes! Parents 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/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



## January to May 2025

Program will be held in the Sportsplex

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Busy Bees</b> 8:45 – 10:45 a.m. Jan 7 – May 27 No Program Feb 18, Mar 18, 25	<b>Busy Bees</b> 8:45 – 10:45 a.m. Jan 8 – May 28 No Program Mar 19, 26	<b>Busy Bees</b> 8:45 – 10:45 a.m. Jan 9 – May 29 No Program Mar 20, 27		
<b>Baby Time</b> 9:30 – 10:45 a.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19		<b>Family Place</b> 8:45 – 10:45 a.m. Jan 8 – May 28		<b>Family Place</b> 8:45 – 10:45 a.m. Jan 10 – May 30 No Program Apr 18	
<b>PLAY Gym</b> 10:30 – 11:30 a.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19				<b>PLAY Gym</b> 10:30 – 11:30 a.m. Jan 10 – May 30 No Program Apr 18	<b>SUNDAY</b>
<b>Family Place</b> 12:15 – 2:15 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19		<b>Family Place</b> 12:15 – 2:15 p.m. Jan 8 – May 28		<b>Family Place</b> 12:15 – 2:15 p.m. Jan 10 – May 30 No Program Apr 18	<b>Sunday Funday</b> 9:30 – 10:30 a.m. Jan 5 – May 25 No Program Jan 12, Feb 9, 16, Apr 20
<b>Tween Club</b> 3 – 5 p.m. Jan 6 – May 26 No Program Feb 17, Mar 17, 24, 31, Apr 21, May 19	<b>Kids In The Kitchen</b> 3 – 5 p.m. Jan 7 – May 27 No Program Feb 18, Mar 18, 25	<b>Imagination Station and Smoothies</b> 3 – 5 p.m. Jan 8 – May 28 No Program Mar 19, 26	<b>Make It And Take It</b> 3 – 5 p.m. Jan 9 – Mar 13		
	<b>Family Badminton</b> 5 – 7 p.m. Jan 7 – May 27		<b>Forest Explorers</b> 3 – 5 p.m. Apr 3 – May 29		

**Stay informed!** Drop in classes and program cancellations can happen. For the most current schedule, changes, and cancellations, please check out our Facebook page at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).

### 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](mailto:recandculture@campbellriver.ca)







# 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.*



## Drum It Up

All Ages | Free Admission | Drop In

Have fun grooving to the beat in this welcome 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 such as shaking a maraca, banging on a drum or hitting a large exercise ball with drumsticks. Dancing welcome! This class is open to all ages, stages and abilities.

**Location:** Sportsplex

40399	Jan 6 – May 26	Mon	10:30 – 11:30 a.m.
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## Stepping Out

19+ Years | Free Admission | Drop In

Get ready for everyone’s favorite evening social program—Stepping Out! Each week brings something new and exciting, from games and movie nights to BINGO, crafts, and so much more! There’s always something fun in store. Plus, you’ll get a full schedule of all the upcoming activities at the very first event. Don’t miss out on the fun!

**Location:** Community Centre

40446	Jan 6 – May 26	Mon	6 – 8 p.m.
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## 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

## Singing For Fun

All Ages | Free Admission | Drop In

All ages, stages, and abilities are welcome at this sing-a-long program. Join John Hollywood and our band volunteers and sing to your heart's content to oldies, fun songs, and familiar tunes! Pre-registration encouraged.

**Location:** Community Centre

40447 Jan 8 – May 28 Wed 10 – 11 a.m.




## Active Zone

All Ages | Free Admission | Drop In

Welcome to the Active Zone—an unsupervised Open Gym opportunity tailored for Specialized Recreation! There will be basketballs, badminton nets, hockey equipment and more to use. It is a great opportunity to get active and have fun.

**Location:** Community Centre

40440 Jan 9 – May 22 Thu 1 – 2:15 p.m.



Ready to Book Online?

## Sewing For Fun

16+ Years | \$62.50/5 Weeks | Registered Program

Join our Specialized Recreation sewing class where learning to sew is made fun and easy! With step-by-step guidance, you'll tackle exciting projects that spark your creativity. Classes will explore different projects that we'll choose together. Whether you're a beginner or looking to sharpen your skills, you're sure to have a great time stitching up something amazing!

**Location:** Community Centre

40769 Jan 14 – Feb 11 Tue 9:30 a.m. – 12:30 p.m.



## Spring Fling — Specialized Dance

All Ages | \$3/Person | Drop In

Put on your dancing shoes and join us for a fabulous Spring social to welcome the sunshine and flowers! Dress in your most colourful outfit to celebrate. Snacks and water are included with the price of admission.

**Location:** Community Centre

40775 Apr 26 Sat 6:30 – 8:30 p.m.

# SPECIAL RECREATION CALENDAR

## January to May 2025 | 16+ Years

Program will be held in the Sportsplex

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Drum It Up</b> 10:30 – 11:30 a.m. Jan 6 – May 26 No program Feb 17, Mar 17, 24, Apr 21, May 19	<b>Sewing For Fun</b> 9:30 a.m. – 12:30 p.m. Jan 14 – Feb 11	<b>Singing For Fun</b> 10 – 11 a.m. Jan 8 – May 28			
			<b>Active Zone</b> 1 – 2:15 p.m. Jan 9 – May 22 No program Mar 6		
<b>Stepping Out</b> 6 – 8 p.m. Jan 6 – May 26 No program Feb 17, Apr 21, May 19					<b>Spring Fling — Specialized Dance</b> 6:30 – 8:30 p.m. Apr 26

**Stay informed!** Drop in classes and program cancellations can happen. For the most current schedule, changes, and cancellations, please check out our Facebook page at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).





# 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 January to May 2025

### Active Living Social

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

Join the fun at our lively Bridge program! This classic card game is perfect for anyone who loves a mix of strategy and socializing. Play in teams of two and challenge your fellow members in friendly, four-person matchups. Whether you're a seasoned pro or just starting out, it's a great way to meet new people and enjoy some friendly competition!

### Calico Quilters

Calico Quilters: where creativity meets community! Each meeting is filled with lively discussions on all things quilting, from techniques to new ideas. Plus, don't miss the fun show-and-tell session where members share their latest creations and get inspired by each other's work. It's the perfect place to connect with fellow quilters, learn something new, and celebrate the art of quilting together!

### 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

Join our lovely Cribbage program - where every game is a mix of strategy, excitement, and great company! Whether you're a seasoned pro or new to the game, you'll love the challenge of grouping and playing cards to score points. It's the perfect way to sharpen your skills, meet new friends, and enjoy some friendly competition in a relaxed, social atmosphere!

### Crochet And Knitting

Come join our warm and welcoming group every Thursday morning for a perfect blend of knitting, crocheting, and great company! Whether you're a beginner or a seasoned crafter, you'll love sharing patterns, tips, and a cozy cup of coffee with friends. It's the perfect way to relax, create, and enjoy lively conversations with a fun, friendly crowd. Bring your yarn and your stories—there's always something to chat about!

### Drop In Painting

Kick-start your morning with a relaxing and creative painting session! Whether you're working on a masterpiece or just having fun with colors, this is the perfect time to dive into your project. No formal instruction, but plenty of friendly help is always available. Bring your current work and enjoy a laid-back, artistic morning with fellow painters!

### 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.

### Duplicate Bridge

Take your Bridge game to the next level with Duplicate Bridge! This exciting advanced version of the classic game focuses on skill, strategy, and friendly competition by minimizing the element of luck. It's a fun challenge that lets you put your Bridge expertise to the test. Get ready for a thrilling game where your sharp thinking and clever moves make all the difference!

### Euchre

Join our dynamic Euchre games, where every hand is packed with fun and friendly competition! This classic card game is easy to learn but full of clever strategies and subtle moves that keep things interesting. Whether you're a seasoned player or just learning the ropes, Euchre is the perfect way to enjoy a great time with friends and fellow card game lovers.

### Fit And Social

Fit And 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.

### 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.

### Mah Jong

Join the excitement of Mah Jong, a fast-paced and engaging tile-based game that's been sparking fun and strategy since the 19th century! Usually played with four players, this game is a perfect mix of skill and luck, offering endless opportunities for exciting moves and clever tactics. Whether you're a seasoned player or new to the game, Mah Jong is the ideal way to enjoy friendly competition and connect with others!

### 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

Are you looking for a group to share your art work with, come and enjoy this enthusiastic group of needle artists? 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 Ukes

Join our River City Ukes 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 January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.

# ACTIVE LIVING CALENDAR

## January to May 2025 | 16+ Years | \$4 Drop In

All Programs will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hand Quilting</b> 8:30 – 11:30 a.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Coffee With Friends</b> 9 – 11 a.m. Jan 7 – May 27	<b>Hand Quilting</b> 8:30 – 11:30 a.m. Jan 8 – May 21 No Program Mar 5	<b>Mexican Train</b> 9:30 – 11:30 a.m. Jan 2 – May 29	<b>Needle Arts</b> 9:30 a.m. – 1 p.m. Jan 3 – May 30 No Program Apr 18
	<b>Quilter's Gab</b> 9 a.m. – 3 p.m. Jan 7 – May 27 1st Tue of the Month	<b>Drop In Painting</b> 9:30 a.m. – 12:30 p.m. Jan 8 – May 28	<b>Calico Quilters</b> 9:30 – 11:30 a.m. Jan 16 – May 15 3rd Thu of the Month	
	<b>Scrabble</b> 10 a.m. – Noon Jan 7 – May 27	<b>Crochet And Knitting</b> 9:30 – 11:30 a.m. Jan 8 – May 28		
	<b>Backgammon</b> 11 a.m. – Noon Jan 7 – May 27	<b>Cribbage</b> 1 – 3:30 p.m. Jan 8 – May 28	<b>River City Ukes</b> 12:45 – 2:15 p.m. Jan 9 – May 22 2nd and 4th Thu of the month	
<b>Floor Curling</b> 12:30 – 2:30 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Drop In Crafts</b> Noon – 3 p.m. Jan 14 – May 27 No Program 1st Tue of the month	<b>Carpet Bowling</b> 1 – 3 p.m. Jan 8 – May 28	<b>Active Living Social</b> 1 – 3 p.m. Feb 6 – May 1 1st Thu of the Month	
	<b>Euchre</b> 1 – 4 p.m. Jan 7 – May 27	<b>Mah Jong</b> 1 – 4 p.m. Jan 8 – May 28	<b>Stamp Club</b> 1 – 3 p.m. Feb 20 – May 15 3rd Thu of the Month	<b>Bridge</b> 1 – 4:30 p.m. Jan 10 – May 30 No Program Apr 18
<b>Fit And Social</b> 1:30 – 3 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Bridge</b> 1 – 4:30 p.m. Jan 7 – May 27	<b>Duplicate Bridge</b> 1 – 4:30 p.m. Jan 8 – May 28	<b>Fit And Social</b> 1:30 – 3 p.m. Jan 2 – May 29	<b>Duplicate Bridge</b> 1 – 4:30 p.m. Jan 3 – May 30 No Program Apr 18
<b>Partnership Bridge</b> 1 – 4 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Cribbage</b> 6 – 9 p.m. Jan 7 – May 27	<b>Euchre</b> 6:30 – 9:30 p.m. Jan 8 – May 28		

**Stay informed!** Drop in classes and program cancellations can happen. For the most current schedule, changes, and cancellations, please check out our Facebook page at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).

## 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.

## Intermediate Tai Chi

16+ Years | \$4/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

40718	Jan 2 – May 29	Thu	1 – 2 p.m.
40719	Jan 2 – May 29	Thu	2 – 3 p.m.

## 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

40717	Jan 6 – Mar 17	Mon	9 – 10 a.m.
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## Beginner Pickleball Lessons

16+ Years | \$85/5 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. Please ensure that you have appropriate indoor/gym foot wear.

**Location:** Sportsplex

40382	Jan 18 – Feb 15	Sat	9:30 – 11:30 a.m.
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NEW PROGRAM

## Learn To Knit Wrist Warmers

16+ Years | \$35/4 Weeks | Registered Program

Work your artistic flair and watch as a pair of wrist warmers 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 wrist warmers you can wear with pride. Participants should be at an intermediate level in knitting. Please make sure to bring 100 grams of whatever wool-yarn you prefer to the class as well as either 3.5mm or 4mm double-pointed needles.

Please bring two or three balls of different coloured yarn for the colour work.

**Location:** Community Centre

40897	Jan 29 – Feb 19	Wed	12:30 – 2 p.m.
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## Historical Fencing – Intro: Longsword and Singlestick

16–55 Years | \$115/9 Weeks | Registered Program

Drawing from medieval manuals, this 8-week series will introduce you to a variety of fencing techniques focused on the Longsword and Singlestick. Each class includes a warm-up and demonstration of key concepts, followed by flow drills and paired practice. A focus on safety is essential throughout the course.

**Location:** Sportsplex

40712	Feb 3 – Mar 31	Mon	6 – 7 p.m.
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Ready to Book Online?

## Mindfulness And Meditation For Beginners – Workshop 1

16+ Years | \$19/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 include a very gentle mindful movement and 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

40894	Feb 4	Tue	10:30 a.m. – 12:30 p.m.
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## 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

40739	Feb 4 – 25	Tue	6:30 – 8:00 p.m.
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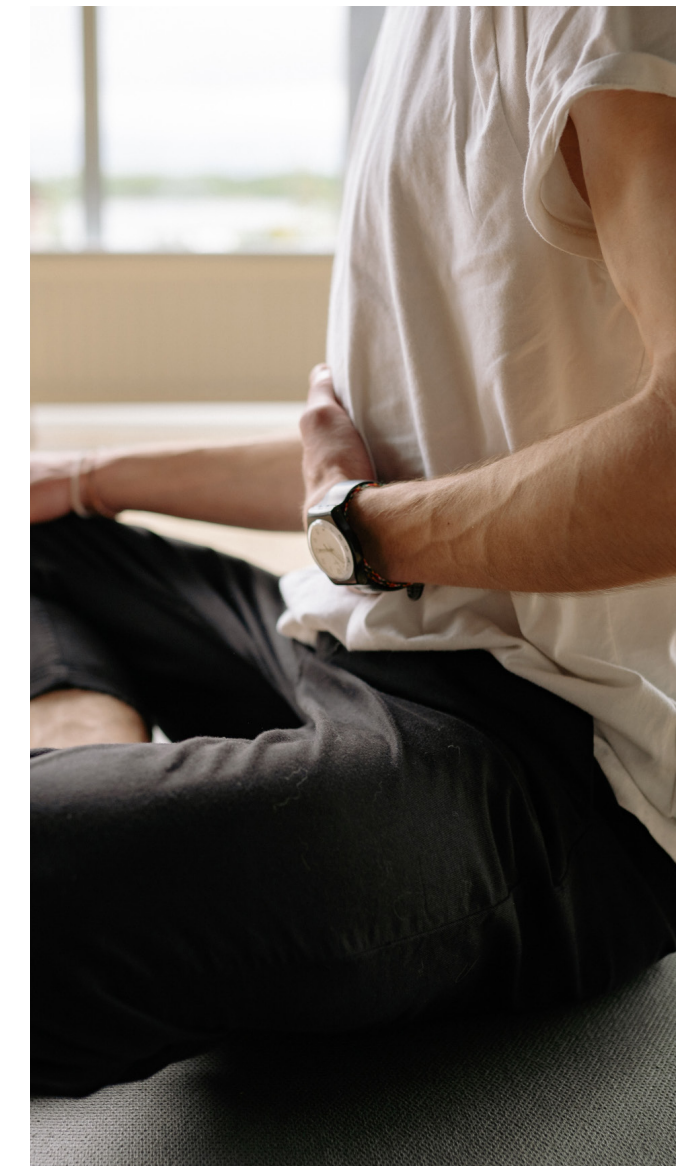
## Mindfulness And Meditation For Beginners – Workshop 2

16+ Years | \$19/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 an introduction on how to bring mindfulness into your everyday life. It's not necessary to have attended workshop one to attend this one. We will also do a gentle mindful movement as well as a body scan . No previous experience necessary. All practices can be done on the floor or in a chair (provided). Please wear comfortable clothes.

**Location:** Community Centre

40895	Feb 18	Tue	10:30 a.m. – 12:30 p.m.
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## Bachata Lessons

16+ Years | \$75/5 Weeks | Registered Program

Step into the rhythm of bachata, a smooth and sensual dance from the Dominican Republic! Over 5 weeks, you'll learn the basics, focus on musicality, and enjoy fun, playful moves that will get your hips swaying. Our instructor will rotate partners, but you're welcome to sign up with a partner and groove the night away!

**Location:** Sportsplex

40485 Feb 27 – Mar 27 Thu 7:30 – 8:20 p.m.



## Salsa Lessons

16+ Years | \$75/5 Weeks | Registered Program

Join us for a fun and energetic salsa class, where we'll explore the exciting moves of this vibrant dance! Over 5 weeks, you'll learn the basic steps, musicality, and some playful combinations to spice up your dancing. Our instructor will rotate dancers throughout the class, but feel free to sign up with a partner and dance the night away together!

**Location:** Sportsplex

40486 Feb 27 – Mar 27 Thu 8:30 – 9:20 p.m.



## Intro To Fly Fishing

16+ Years | \$250/5 Weeks | Registered Program

Curious about fly fishing? Join instructor Nicolas Pisterzi for an introductory course perfect for beginners! Nicolas, creator of the popular Carihi Fly Fishing program and former coach of a Canadian National Youth Fly Fishing team, will cover all the basics. You'll learn casting, fly tying, knots, rod setup, water safety, conservation, fishing etiquette, and more. Target both trout and salmon with unique fly patterns. Classes are held indoors, and while you're welcome to bring a fly tying kit or rod, it's not required!

**Location:** Rotary Community Fieldhouse

40768 Mar 10 – Apr 7 Mon 6 – 8:30 p.m.



NEW PROGRAM

## Car Care 101

16+ Years | \$45/Person | Registered Program

This one-day course will have you join NIC Automotive instructor Jaylene van der Merwe for an overview of vehicle systems, maintenance, and emergency procedures. Learn what the lights on your dash are indicating as well as how the systems in your vehicle operate including engines, transmission, brake systems, steering and suspension, cooling and lubrication. Practice checking fluids and tire pressures, deal with common maintenance items, and learn how to communicate with your local mechanic. Finally, discover what to do in emergencies such as a flat tire, and what to do when your vehicle breaks down or goes into "limp mode". This hour and a half session will begin with information acquired over 15 years in the Automotive industry, and then provide time for some hands-on experience and finish with a question-and-answer period.

**Location:** Sportsplex

40408 Mar 17 Mon 5:30 – 7 p.m.

40409 Mar 31 Mon 5:30 – 7 p.m.



NEW PROGRAM

## Make An Easter Basket Arrangement

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

Create the perfect Easter-themed arrangement to share with family and friends! In this festive, guided class, you'll add your personal touch as you mix, match, and arrange spring flowers and decor to design a beautiful, cheerful basket that captures the spirit of the holiday. All supplies and fresh flowers are included—just bring your creativity!

**Location:** Sportsplex

40510 Apr 14 Mon 6 – 8 p.m.



Ready to Book Online?

# 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.

## Red Cross — CPR-C

16+ Years | \$80/Person | Registered Program

This is a Cardio Pulmonary Resuscitation course (CPR) level C. This course 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

40774	Jan 18	Sat	9 a.m. – 2 p.m.
40777	Feb 22	Sat	9 a.m. – 2 p.m.

## Beginner First Aid (OFA 1)

16+ Years | \$110/Person | Registered Program

The WorkSafeBC Basic FA (formally OFA 1) course is designed to teach you how to respond to common, and the most life-threatening workplace first aid emergencies. Including CPR, bleeding, shock, and sudden medical emergencies. This is a hands-on course with knowledgeable and friendly instructors and is an excellent addition to anyone's resume.

**Certification:** Valid for 3 years.

**Location:** Sportsplex

40795	Feb 16	Sat	8:30 a.m. – 4:30 p.m.
40796	Mar 29	Sat	8:30 a.m. – 4:30 p.m.
40797	Apr 12	Sat	8:30 a.m. – 4:30 p.m.
40798	May 10	Sat	8:30 a.m. – 4:30 p.m.

## Intermediate First Aid (OFA 2)

16+ Years | \$195/Person | Registered Program

This Intermediate First Aid course is the new CSA-aligned intermediate workplace first aid curriculum replacing the 5 day Occupational First Aid Level 2 program. This course meets the new amendments to Part 3 of the Occupational Health and Safety Regulations relating to occupational first aid (OFA). Certification: Valid for 3 years The add on course the next day is the WorkSafeBC Transportation Endorsement. THIS MUST BE BOOKED SEPERATELY. This one-day course is designed for those who hold a beginner first aid certification or an intermediate first aid certification and provides participants with the skills and knowledge needed to transport injured or ill workers to medical aid. Participants are required to perform spinal immobilization and patient transport skills as outlined in the WorkSafeBC Training Manual.

**Location:** Rotary Community Fieldhouse

40800	Mar 14 – Mar 15	Fri – Sat	8:30 a.m. – 4:30 p.m.
40890	May 16 – May 17	Fri – Sat	8:30 a.m. – 4:30 p.m.



## Transportation Endorsement

16+ Years | \$125/Person | Registered Program

This one-day course is designed for those who hold a beginner first aid certification or an intermediate first aid certification and provides participants with the skills and knowledge needed to transport injured or ill workers to medical aid. Participants are required to perform spinal immobilization and patient transport skills as outlined in the WorkSafeBC OFA Transportation Endorsement Instructor Guide and Training Manual.

**Certification:** Valid for 3 years

**Location:** Rotary Community Fieldhouse

40891	Mar 16	Sun	8:30 a.m. – 4:30 p.m.
40892	May 18	Sun	8:30 a.m. – 4:30 p.m.



Ready to Book Online?



Canadian Red Cross

Training Partner

## Red Cross CPR — Basic Life Support

16+ Years | \$85/Person | Registered Program

Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills in a team environment for professionals with a duty to respond. Teaches the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation including use of an Automated External Defibrillator (AED). Airway Management and Oxygen Therapy can also be added as additional certifications to this course.

**Certification:** Valid for 3 years.

**Location:** Sportsplex

40805	Apr 26	Sat	9 a.m. – 2 p.m.
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## Intro To The Wheel

14+ Years | \$180/4 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

40314	Jan 8 – Jan 29	Wed	6 – 9 p.m.
40317	Mar 1 – Mar 22	Sat	Noon – 3 p.m.
40321	May 24 – June 14	Sat	Noon – 3 p.m.

## Potter's Wheel: Level 2

14+ Years | \$205/6 Weeks | Registered Program

Have you taken our Introduction to the Wheel class? Are you 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

40315	Jan 11 – Feb 15	Sat	Noon – 3 p.m.
40318	Mar 26 – Apr 30	Wed	6 – 9 p.m.

## Pottery Studio

14+ Years | \$20/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 or \$12.50 per quarter bag, cash only. 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. Participants must put away tools and clean up their area when they are finished. Children under the age of 14 are welcome but they must pay the drop-in fee, and be accompanied by an adult. Thursday evening cash is accepted onsite by the volunteers. 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. **No class Feb 20 and 27.**

**Location:** Community Centre

40140	Jan 9 – May 29	Thu	6 – 9 p.m.
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Ready to Book Online?

## Supervised Pottery Studio

14+ Years | \$25/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. Participants must also put away tools and clean up their area when they are finished.

**Notes:** Children under 14 must attend with an adult. The 10 visit pass cannot be used for the Supervised Pottery Studio program.

Pottery Studio clay must be used; clay is available to purchase for \$25 per half bag or \$12.50 per quarter bag, cash only. 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 can use the wheels.

**Location:** Community Centre

40316	Feb 12 – Mar 5	Wed	6 – 9 p.m.
40319	Apr 5 – May 3	Sat	Noon – 3 p.m.

POTTERY FEES	
DURATION	AGE 14+
Drop In	\$20
10 Visit Pass	\$160

## Pottery (Hand Building)

14+ Years | \$205/6 Weeks | Registered Program

Get ready to unleash your creativity in our hands-on pottery class! Whether you're a total newbie or a seasoned pro, this is the perfect place to dive into the fun of hand building. You'll have the freedom to explore a variety of projects – think unique mugs, charming jugs, beautiful bowls, and even cozy casseroles! Join us for a playful journey where you can try something new, sharpen your skills, and connect with fellow pottery lovers. Plus, you'll get half a bag of clay included with your registration, so you're all set to get your hands dirty!

**Location:** Community Centre

40320	May 7 – Jun 11	Wed	6 – 9 p.m.
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## 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? Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong. It is easy to learn, social and a great workout. No wonder it is such a fast growing sport that is fun for players of all ages and skill levels. Space is limited so please register for each session online at [campbellriver.ca/registration](http://campbellriver.ca/registration). Registration opens 5 days advance.

## Beginner Pickleball | 16+ Years | Drop In

If you are brand new to pickleball and always wanted to give it a shot, this is the perfect opportunity. These entry-level sessions will cover the basics and get you playing in no time. Space is limited so please register for each session online at [campbellriver.ca/registration](http://campbellriver.ca/registration). Registration opens 5 days in advance.

## 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.

## Indoor Ultimate Frisbee | 16+ Years | Drop In NEW PROGRAM

Dash, cut, throw, catch, and leap into the endzone in our indoor ultimate frisbee games. Throw the frisbee with high arcs or low drives in this game that blends physics and finesse.


## 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 January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.



Ready to Book Online?



## January to May 2025

Program will be held in the Sportsplex

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	📍 <b>Soft Tennis</b> 10:30 a.m. – 12:30 p.m. Jan 7 – May 20 No Program Mar 4, May 27		📍 <b>Soft Tennis</b> 10:30 a.m. – 12:30 p.m. Jan 2 – May 22 No Program Mar 6, May 29		<b>Beginner Pickleball Lessons (Registered)</b> 9:30 – 11:30 a.m. Jan 18 – Feb 15
				<b>Adult Pickleball</b> 12:15 – 1:45 p.m. Jan 3 – May 30 No Program Apr 18	<b>Beginner Pickleball</b> 9:30 – 11:30 a.m. Feb 22 – Apr 19 No Program Apr 5
<b>Adult Badminton</b> 12:30 – 3 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19		<b>Adult Badminton</b> 12:30 – 3 p.m. Jan 8 – May 28		<b>Adult Pickleball</b> 2 – 3:30 p.m. Jan 3 – May 30 No Program Jan 10, Mar 28, Apr 18	<b>SUNDAY</b> 📍 <b>Adult Pickleball</b> Noon – 2:00 p.m. Jan 5 – May 25 No Program Feb 16, Mar 9
	📍 <b>Table Tennis</b> 1:15 – 3:15 p.m. Jan 7 – May 20 No Program Mar 4, May 27		<b>Adult Pickleball</b> 12:30 – 2:30 p.m. Jan 2 – May 29	📍 <b>Adult Badminton</b> 1:30 – 4 p.m. Jan 3 – May 23 No Program Mar 7, 14, Apr 18	📍 <b>Adult Pickleball</b> 2:15 – 4:15 p.m. Jan 5 – May 25 No Program Feb 16
📍 <b>Adult Pickleball</b> 6 – 7:30 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Family Badminton</b> 5 – 7 p.m. Jan 7 – May 27				
📍 <b>Adult Pickleball</b> 7:45 – 9:15 p.m. Jan 6 – May 26 No Program Feb 17, Apr 21, May 19	<b>Adult Badminton</b> 7:30 – 9:30 p.m. Jan 7 – May 27	<b>Adult Basketball</b> 7:30 – 9:30 p.m. Jan 8 – May 28	<b>Indoor Ultimate Frisbee</b> 7:30 – 9 p.m. Jan 30 – Feb 20 and Apr 24 – May 15		

**Please Note:** Space in Pickleball is limited so please register for each session online at [campbellriver.ca/registration](http://campbellriver.ca/registration). Registration opens 5 days in advance.

**Stay informed!** Drop in classes and program cancellations can happen. For the most current schedule, changes, and cancellations, please check out our Facebook page at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).

### 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](mailto: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.

### Adult Weight Room Orientation

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

This orientation is available for patrons who want to ensure safety, comfort and appropriate use of equipment when using the Sportsplex weight room. Participants will learn basic strength training principles and the proper use of both strength and cardio machines. Please note, this is not a personal training session. Based on the number of participants, availability of equipment, etc., the course may run for 60–90 mins.

**Location:** Sportsplex

40936	Jan 15	Wed	11 a.m. – 12:30 p.m.
40936	Feb 5	Wed	11 a.m. – 12:30 p.m.
40936	Mar 10	Mon	1 – 2:30 p.m.
40936	Apr 9	Wed	1 – 2:30 p.m.
40936	May 5	Mon	11 a.m. – 12:30 p.m.

### Youth Weight Room Orientation

13 – 15 Years | \$10/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 or older at the time of the course to enroll.

**Location:** Sportsplex

40937	Jan 15	Wed	3:15 – 4:45 p.m.
40937	Feb 5	Wed	3:15 – 4:45 p.m.
40937	Mar 10	Mon	3:15 – 4:45 p.m.
40937	Apr 9	Wed	3:15 – 4:45 p.m.
40937	May 5	Mon	3:15 – 4:45 p.m.



Ready to Book Online?

### Baby And Me Yoga

16+ Years | \$90/Person | Registered Program

This YOGA class will focus on gentle yoga practices that accommodate the needs of both the parent and the baby while the 2 bond and move through postures to strengthen muscles, increase flexibility and balance. Your baby will be stimulated physically, emotionally, and socially. Meet other growing families, and build skills for calming your centre. Baby & Me Yoga is a Yoga class for caregivers and their pre-mobile infants. This class will be instructed a pre and post-natal Yoga specialist.

**Location:** Sportsplex

40806	Feb 4 – Mar 11	Tue	12:30 – 1:30 p.m.
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## 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+)		INDOOR ULTIMATE FRISBEE (AGE 16+), ADULT PICKLEBALL (AGE 16+),		
SQUASH, RACQUETBALL, WALLYBALL (AGE 8+)		DROP IN BASKETBALL (AGE 8+), ADULT BASKETBALL (AGE 16+), 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.**  
**Tue and 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.



### Personal Training Fees

	PRIVATE (AGE 13+)	LENGTH
1 session	\$65	60 minutes
3 sessions	\$180	60 minutes
5 sessions	\$275	60 minutes

### Why Try Personal Training?

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

### All City Personal Trainers are Provincially Certified and Registered

#### Personal Trainers:

Sue Bennett      Cindy Leech      Sarah Noga  
Mary Fast      Steve Nagle

### What can I expect from personal training?

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

To get started with personal training, please fill out a personal training package at the Sportsplex or online at [www.campbellriver.ca](http://www.campbellriver.ca)

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





**Sue Bennett**



**Jennifer Colongioli**



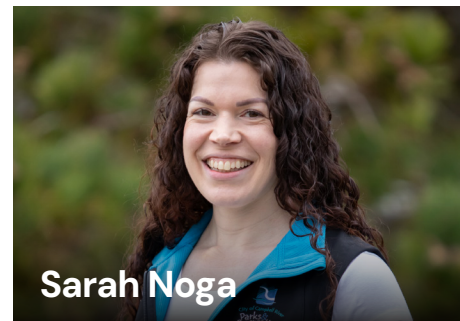
**Mary Fast**



**Cindy Leech**



**Steve Nagle**



**Sarah Noga**



**Renea Sumner**



**Denise Tomlinson**



**Ronna Lee Wright**

## 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

This new all level Yoga class will focus on poses to facilitate core strength and ease tense and tired muscles. Come unwind, connect with your breath, and embrace the calming energy of the evening.

### 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 a 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.

### 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 Power Hour 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, our Pump It Up Fitness Class 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**

Spin 45 is 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. This can be a great place to start when recovering from an injury.

**Spin And Core | Intensity Level: 2**

Get your weekend sweat on! Enjoy this high-intensity workout with 45 minutes 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.

**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 an outstanding 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. Get ready to push yourself!

**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 joy and fitness - where the workout feels like a party and every beat brings you closer to your fitness goals!

**Zumba Gold | Intensity Level: 1**

Zumba GOLD is a great way to get your body moving and have an intro 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 fun tunes.

Registration for January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.

**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](mailto:recandculture@campbellriver.ca)

**Spin Reservations**

- You may pre-book space in any Spin class to guarantee that you will have a bike when you are ready to workout!
- To reserve your bike online visit [campbellriver.ca/registration](http://campbellriver.ca/registration), or take a chance and drop in.

**Please Note**

- We are closed on Statutory Holidays.
- No Programs Jan 1, Feb 17, Mar 17, Apr 18, 21, May 19
- Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.

**FITNESS CALENDAR**

**January to May 2025**

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.		<b>Spin 45</b> Mary		<b>Spin 45</b> Jen				
6 – 7 a.m.	<b>Bootcamp</b> Sarah		<b>Bootcamp</b> Mary		<b>Bootcamp</b> Sue			
7 – 7:45 a.m.		<b>Spin 45</b> Mary		<b>Spin 45</b> Jen				
8 – 9 a.m.						<b>Spin And Core</b> Sue/Renea		
9 – 10 a.m.	<b>Let's Go Circuit!</b> Sue	<b>Tabata</b> Sarah	<b>Step 'N' Sculpt</b> Sarah	<b>Cardio Fit</b> Sue	<b>Pump It Up</b> Ronna Lee			
10:15 – 11:15 a.m.		<b>Zumba Gold</b> Ronna Lee		<b>Zumba</b> Ronna Lee	<b>Spin And Mobility</b> Mary			
10:30 – 11:30 a.m.		<b>Balance, Core And Stretch</b> Sarah	<b>Fit For Life</b> Mary	<b>Balance, Core And Stretch</b> Sue	<p><b>Please Note:</b></p> <p>We are closed on Statutory Holidays. No Programs Jan 1, Feb 17, Mar 17, Apr 18, 21, May 19</p> <p>Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</p>			
		<b>Chair Yoga</b> Cindy		<b>Chair Yoga</b> Cindy				
Noon – 1 p.m.		<b>Yoga</b> Cindy		<b>Yoga</b> Cindy				
Noon – 12:45 p.m.	<b>Spin And Sculpt</b> Ronna Lee		<b>Spin And Sculpt</b> Cindy					
1:30 – 3 p.m.	<b>Fit And Social*</b> Mary Class 1:30 – 2:30 p.m. Social 2:30 – 3 p.m.			<b>Fit And Social*</b> Ronna Lee Class 1:30 – 2:30 p.m. Social 2:30 – 3 p.m.			<p><b>Spin Reservations:</b></p> <p>You may pre-book space in any Spin class to guarantee that you will have a bike when you are ready to workout!</p> <p>To reserve your bike online visit <a href="http://campbellriver.ca/registration">campbellriver.ca/registration</a>, or take a chance and drop in.</p>	
5:30 – 6:30 p.m.	<b>Sportfit</b> Steve	<b>Power Hour</b> Sue	<b>Kettle And Core</b> Sarah	<b>Sportfit</b> Steve				
6 – 7 p.m.	<b>Power Spin</b> Cindy		<b>Core And Restore Yoga</b> 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!

\*Please Note: Fit And Social is included with a fitness membership or with an Active Living Membership.

**Stay informed!** Drop in classes and program cancellations can happen. For the most current schedule, changes, and cancellations, please check out our Facebook page at [facebook.com/Campbellriverrec](https://facebook.com/Campbellriverrec).

**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+)	INDOOR ULTIMATE FRISBEE (AGE 16+), ADULT PICKLEBALL (AGE 16+),
SQUASH, RACQUETBALL, WALLYBALL (AGE 8+)	DROP IN BASKETBALL (AGE 8+), ADULT BASKETBALL (AGE 16+), 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](http://www.campbellriver.ca/registration)  
Phone: Sportsplex at 250-923-7911  
Email: [recandculture@campbellriver.ca](mailto: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. – 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. – 9 p.m.

Saturday and Sunday: 9 a.m. – 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](http://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

[indoorbooking@campbellriver.ca](mailto:indoorbooking@campbellriver.ca)

250-286-1161

## Parks and Fields Bookings

[outdoorbooking@campbellriver.ca](mailto:outdoorbooking@campbellriver.ca)

250-286-4034



Registration for January to May programs is available online or in-person beginning at 10 a.m. Monday, December 16, 2024.



# PARKS AND FIELDS

## Book a Park or Field

For booking inquiries please contact the Parks department.

**Mon to Fri** | 8:30 a.m. – 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.																								
Jaycee Park	2527 S. Island Hwy.				*							*	*												
Ken Forde Park	2701 S. Island Hwy.				*	*				*		*	*											*	
Larwood Park	2377 S. Island Hwy.				*							*	*												
Mclvor Lake	Mclvor Lake Rd.				*	*			*															*	*
Nunns Creek Park	1465 16th Ave.	*												*									*		
Penfield West Park	2090 College Dr.							*				*	*									*			
Pinecrest Park	360 Birch St.	*																	*						
Raven Trail	2131 Island Hwy.																					*			
Robert Ostler Park	945 Island Hwy.											*	*	*									*		
Robron Athletic Park	425 Merecroft Rd.	*										*	*						*	*			*		
Rotary Beach Park	551 S. Island Hwy.				*							*	*										*		
Sequoia Park	471/501 Island Hwy.														*										
Splash Park (in Willow Point Park)	Corner of Penfield & Parkway Roads											*	*					*					*		
Willow Point Park	1800 South Alder St.	*	*	*		*	*	*				*	*	*	*	*	*	*	*	*	*	*	*	*	*



# COMMUNITY AND SPORTS ORGANIZATIONS

## Archery

**CR Fish and Wildlife Club**  
250-203-7140  
www.crfishandwildlifeclub.ca

## Badminton

**CR Badminton Club**  
250-287-9827 | crbadminton.ca  
info@crbadminton.ca

## Youth Badminton

geoff.lacasse@gmail.com

## Baseball / Softball

**CR Minor Baseball Association**  
leagues.teamlinkt.com/crmba  
**North Island Cubs**  
www.northislandcubs.com

## Basketball

**CR Youth Basketball Association**  
Andrew Smith | 250-203-8563  
**Dime Valley Basketball**  
www.dimevalleybasketball.com

## Bocce

**CR Italian Cultural Society**  
778-418-4000

## Bowling

**10-Pin Bowling**  
250-923-5760  
**CR Bowling**  
250-286-1177

## Cadets - Air

363air@cadets.gc.ca  
250-923-1001

## Cadets - Army

2943army@cadets.gc.ca  
250-203-4126

## Cadets - Sea

54sea@cadets.gc.ca  
250-204-0224

## Climbing

**On the Rocks Climbing Gym**  
rockgym.ca | 250-287-7625

## CR Dog Fanciers

campbellriverdogfanciers.com

## CR Gun Club Society

crgunclub.bc.ca

## Cricket

**CR Cricket Club**  
aaronoshannessy@hotmail.com

## Curling

**CR Curling Club** | 250-287-4200

## Cycling

**River City Cycling Club**  
rivercitycycle.ca

## Dance

**CR DanceXtreme** | 250-286-3376  
www.crdancextreme.com  
**Studio North Dance Academy**  
studionorthdance@gmail.com

## Solstice Studio

www.solsticestudio.ca

## Tara School of Irish Dancing

treblejoy@taraschoolofirishdancing.ca

## Urban Dance Connections

urbandanceconnection@gmail.com

## Kathy Macia School of Dance

250-287-9342 | maxmist@shaw.ca

## 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  
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**  
crrmasterssoccer@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** | crttennisclub.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**  
h20waterski@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](mailto:recandculture@campbellriver.ca) or call 250-286-1161.

# COLOURFUL RUN

**\$5 CHILD**  
7-12 YEARS

**\$10 ADULT**  
19+ YEARS

**\$2 YOUTH**  
13-18 YEARS

**SATURDAY, MAY 3**

LOCATED AT WILLOW POINT PARK

**GET READY TO UNLEASH YOUR ENERGY AT OUR VIBRANT COLOURFUL RUN AS PART OF YOUTH WEEK!**

BC Youth Week celebrates youth ages 13 to 18 and aims to help them connect with their communities. This event is a part of Youth Week but registration is open to anyone over the age of 7.

**CHOOSE TO WALK, JOG, OR RUN THROUGH OUR 1K OR 5K ROUTE.**

This is not a timed race—it's all about having fun, being active, and creating unforgettable memories! After the race, join us at the splash park for the colourful after-party full of refreshments, snacks, music, and more.

We'll be splashing colour everywhere, so please come dressed to impress in a white T-shirt and your favourite sunglasses. The dye is non-toxic but may stain some clothing, so dress accordingly.

**WE CAN'T WAIT TO SEE YOU FOR A MORNING FILLED WITH COLOUR, LAUGHTER, JOY, AND COMMUNITY CONNECTION AS WE CELEBRATE YOUTH WEEK!**

