

Campbell River
RECREATION
GUIDE FALL
2025



City of
**Campbell
River**

Recreation Guide Fall 2025 | September to December
campbellriver.ca/recreation-guide

Hello, everyone and welcome to the Fall Recreation Guide!

As summer winds down and we ease into fall, you might find yourself wondering what exciting programs and events the City has in store—and how you can get involved!

Our incredible team—made up of dedicated staff from administration, facility services, and programming—is working hard to bring you a season full of memorable recreation experiences.

Reminder: A fitness membership gives you access to it all—fitness classes, the weight and cardio room, squash, racquetball, pickleball, badminton, soft tennis, and drop-in basketball.

No need to look anywhere else—your City of Campbell River Recreation, Parks and Culture teams have you covered.

– Robin Mitchell, Manager of Recreation and Culture

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.

- Don't miss returning favourites like:**
- National Child Day
 - The Toy & Craft Show
 - Breakfast with Santa
 - Monster Mash
 - The 3rd Annual Food Truck Festival

- Try something new this season!**
- Seniors Tea & Talk
 - Mushroom Picking for Beginners and Preparing & Cooking Mushrooms
 - Dance to the rhythm of Salsa or Bachata
 - Move with Healthy Hips Yoga, Zumba, and Pump
 - And for a playful twist—Adult Recess: relive your favourite schoolyard games!

Fee Increase Notice

From January 1, 2026, 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.

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?

Scan QR or click here: [campbellriver.ca/registration](#)

Register Now

- Online**
[campbellriver.ca/registration](#)
- By Phone**
Community Centre | 250.286.1161
Sportsplex | 250.923.7911

In Person
At the Community Centre or the Sportsplex

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Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025. A fee increase will take effect January 1, 2026. See page 1 for details.

Leisure Involvement For Everyone (L.I.F.E.)

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



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 12+)**		ADULT PICKLEBALL (AGE 16+)		
SQUASH, RACQUETBALL, WALLYBALL (AGE 8+)		DROP IN BASKETBALL (AGE 8+), ADULT BASKETBALL (AGE 16+), FAMILY BADMINTON (AGE 6+)		

A fee increase will take effect January 1, 2026. See page 1 for details.

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

**Age restrictions apply, please inquire.

Sportsplex

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

Community Centre

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

Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be cancelled by 4 p.m. 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

3rd Annual Vancouver Island Food Truck Festival

All Ages | Free To Attend | Licenced

A celebration of food, music, family and community taking place at Campbell River’s picturesque Robert Ostler Park, overlooking Discovery Passage. Have a feast from your favourite trucks from around Vancouver Island or try some new ones! Bring your own lawn games or join in on some provided by the City, visit with neighbours while the kids enjoy the playground and have a laid back family afternoon. Vote for your favourite truck to determine the People’s Choice winner, and find out who the panel of local foodies chooses as this year’s jury selection!

For more information, please email vifoodtruckfest@gmail.com.

Location: Robert Ostler Park

Sat	Sept 13	11 a.m. – 7 p.m.
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Repair Café And Garage Sale

All Ages | Free To Attend

Join us for a community-driven event that combines sustainability with shopping! Our Repair Café And Garage Sale have been blended to offer a unique opportunity to contribute to environmental conservation while discovering hidden treasures at bargain prices. If you have electrical appliances, household items, power tools, jewelry, clothes or other items that need to be fixed, seasoned volunteer fixers will attempt to repair them for free.

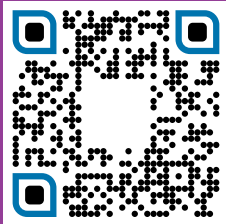
At the garage sale, showcase your gently used goods and connect with eager shoppers looking for unique finds. Don’t miss this opportunity to turn your clutter into cash, or keep your household items out of the landfill.

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

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

Location: Sportsplex

44388	Sat	Oct 25	9:30 a.m. – 1 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

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.



MONSTER MASH

GRADES
6-8

FRIDAY,
OCTOBER
24

PRICE
\$5

TIME
6-8:30 PM

LOCATION
SPORTSPLEX

Attention all party monsters in grade 6, 7 or 8! Join us for another **Monster Mash** Dance on Friday, October 24th. Dust off your costume and your dancing shoes, and get ready to BOOGIE. Snacks and drinks included. Party games and lots of amazing prizes. Tickets are available for purchase at the Sportsplex and Community Centre starting October 1, 2025. Purchase tickets early as tickets are limited. Don't miss out on this fun Halloween event - see you there!

BIA Downtown Trick Or Treat

All Ages | Free To Attend

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

Location: Shoppers Row

Fri	Oct 31	3 – 5:30 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

National Child Day

All Ages | Free To Attend

Come celebrate National Child Day with us at the Sportsplex! Enjoy a morning of fun with ride-on toys, a thrilling obstacle course, a creative cardboard city, and exciting parachute games in the gym. Stay tuned for more details to come.

Location: Sportsplex NEW LOCATION

Thu	Nov 20	9:30 a.m. – Noon
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Gingerbread House Competition

All Ages | Free To Attend

Showcase your awesome decorating skills at our seventh annual Gingerbread House Competition. This unique competition is not limited to a house-get as creative and wild as you can as long as it has gingerbread it counts. Come out to the Big Truck Festival to vote on all the creations. Categories include family, adult or child category. Entry forms are available at the Community Centre, Sportsplex, and online at campbellriver.ca/recreation.

Location: Tidemark Theatre Lobby

Fri	Nov 28	TBA
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Deck The Downtown

All Ages | Free To Attend

Get ready for a magical holiday weekend as we transform our annual BIA Big Truck Parade and Starlight Shopping into “Deck the Downtown”—a three-day festive celebration for all ages! From Friday to Sunday, we’re decking out Downtown Campbell River with holiday cheer, unique shopping, and activities for the whole family.

Visit downtowncampbellriver.com for more event details.

Friday, November 28: Kickoff and Big Truck Parade! (4:30PM to Late)

Saturday, November 29: Holiday Market and Downtown Festivities

Sunday, November 30: Pancake Breakfast and Craft Fair

Location: Various Locations Downtown

Fri	Nov 28	Various Event Times
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Toy And Craft Show 2025

All Ages | Free To Attend

Come explore one of the largest and longest running Craft Fairs on Vancouver Island! Featuring over 70 island and local crafters. Visitors can browse unique booths and purchase a wide variety of items.

Location: Sportsplex

Sat – Sun	Nov 29 – 30	10 a.m. – 4 p.m.
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Breakfast With Santa

All Ages | Free To Attend

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

Location: Community Centre

Sun	Dec 14	9 – 11 a.m.
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***Please Note:** Fee for breakfast TBA.



Family New Years Eve Celebration

All Ages | Free To Attend

Get ready to kick off the New Year in style with our annual FREE swim and skate event! A collaboration between the Strathcona Regional District and the City of Campbell River — join us for this family-friendly celebration filled with pond hockey, skating, ice games, swimming, water games, challenges, face painting and more. Don’t miss out on this great opportunity taking place at Strathcona Gardens Recreation Complex to dive into the new year alongside family and friends with a splash and glide into 2026! Sponsored by Grimace & Co.

Location: Strathcona Gardens Recreation Complex

Wed	Dec 31	TBA
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LEADERS IN TRAINING

Join The Waitlist Now

The Leaders in Training program is an opportunity for youth ages 13 to 18 to get involved in their community through recreation. 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, managing a schedule, and more.

Interested candidates can apply by enquiring at the Sportsplex or Community Centre. Applicants will be asked to complete an interview with the LIT Coordinator where they can share their experience and interests and hear more about the opportunities and commitments of the LIT program.

Successful candidates will volunteer in recreation programs like Summer and Spring break camps, after school programs, and special events with the City of Campbell River. The LIT’s will receive mentorship from the program Leaders and the LIT Coordinator throughout the program. This program requires time commitment throughout the year, with some volunteering in summer camps and various special events or after school programs throughout the school year. More details of the commitment requirements will be shared at the LIT interview.

LIT’s can build on their skills year to year and receive training opportunities like First Aid, HIGH FIVE, FOODSAFE, and more. There will also be fun social opportunities like golfing, bowling, holiday parties, and more! LITs who demonstrate a strong commitment to the program may be recommended to apply for a Junior Leader position, where they can take on more responsibility in programs, further develop their leadership skills, and receive an honorarium for their work.

For more information or to apply to the LIT program, drop by the Sportsplex or Community Centre, or email recandculture@campbellriver.ca.

Please note that the program is currently full, but applications are still being accepted for the waitlist.



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 to receive an application by email.

If a placement is made, payment for September is required to enroll your child for the 2026/2027 school year.

Program Details

Sept 2026 – June 2027

Tue/Thu 9 a.m. – 1:15 p.m.

Location: Community Centre

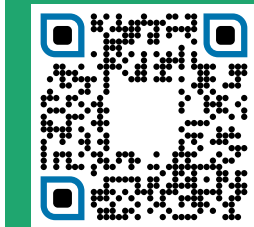
Family Badminton

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

44135	Tue	Sept 2 – Dec 23	5 – 7 p.m.
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**Ready to
Book Online?**

Scan QR or click here:
campbellriver.ca/registration

Youth Basketball (8 – 18)

8 – 18 Years | \$3/Child or \$5/Youth | Drop In

Drop in for some indoor basketball on Wednesday afternoons or Sunday mornings. Bring your friends or meet new ones at this weekly drop in! Capacity is limited.

Location: Sportsplex

41971	Wed	Sept 3 – Dec 17	4:30 – 6:30 p.m.
*42258	Sun	Sept 7 – Dec 21	11 a.m. – 12:30 p.m.

*Please Note: No Program Sept 28, Nov 30, Dec 14



Birthday Parties

12 Years 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. We require a minimum of two weeks’ notice.

Special Registration Note: Registration opens for Jan – May 2026 on August 25, 2025.

Location: Sportsplex

Sun	Sep 7 – Dec 28	11 a.m. – 12:30 p.m.
Sun	Sep 7 – Dec 28	2 – 3:30 p.m.

NEW PROGRAM

Historical Fencing For Kids

9 – 12 Years | \$77/7 Weeks | Registered Program

Step into the world of historical European martial arts with our swordplay programs! Whether you’re an absolute beginner, a dedicated student, or looking for an engaging activity for kids, we offer structured classes that balance safety, skill-building, and excitement. Classes run seasonally, resetting the fundamentals each season, with tournaments featuring rotating weapons. Let the kids experience historical swordplay in a fast-paced, game-driven environment! Using padded swords, they’ll play high-energy group games, learn basic skills, and end with duelling practice. This class is all about fun, movement, and friendly competition.

Location: Sportsplex

44174	Mon	Sept 8 – Oct 27	5:30 – 6:15 p.m.
*44177	Mon	Nov 3 – Dec 22	5:30 – 6:15 p.m.

*Please Note: \$88/8 Weeks



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

Kids Call — MB3 Training

4 – 9 Years | \$40/2 Days | Registered Program

Designed for ages 4 to 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

44036	Wed/Thu	Sept 10 – 11	3:15 – 4:30 p.m.
*44049	Mon/Tue	Nov 17 – 18	3:15 – 4:30 p.m.

*Please Note: Located at the Community Centre



NEW PROGRAM

CR Squash Junior Program (8 to 12)

8 – 12 Years | \$85/Person | Registered Program

New to the game of squash? Get ready for a fun and inclusive introduction to this growing sport! Our coaches will cover basic skills development; different shots; game rules and strategy; and fitness training with an emphasis on fun and participation. Plus, we’ve got you covered—racquets and mandatory eye protection are provided free of charge at the Sportsplex!

Location: Sportsplex

*43949	Mon/Wed	Sept 15 – Oct 20	3:45 – 4:45 p.m.
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*Please Note: No Program Oct 13



NEW PROGRAM

CR Squash Junior Program (13 to 16)

13 – 16 Years | \$85/Person | Registered Program

New to the game of squash? Get ready for a fun and inclusive introduction to this growing sport! Our coaches will cover basic skills development; different shots; game rules and strategy; and fitness training with an emphasis on fun and participation. Plus, we’ve got you covered—racquets and mandatory eye protection are provided free of charge at the Sportsplex!

Location: Sportsplex

*43950	Tue/Thu	Sept 16 – Oct 21	3:45 – 4:45 p.m.
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*Please Note: No Program Sept 30



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

Clay Creations

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

Unleash your creativity using your hands and hand tools! During these engaging sessions, you’ll learn essential safety tips and basic clay-making techniques while crafting your very own projects. Over 4 weeks together, you’ll work on multiple projects and learn how to use various tools to achieve different effects with clay.

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!

Please Note: No refunds will be given for withdrawal from the program within one week of program start date.

Location: Community Centre

44075	Fri	Oct 3 – 24	4 – 5:30 p.m.
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Pro-D Day Youth Basketball

8 – 18 Years | \$3/Child or \$5/Youth | Drop In

Spend your Pro-D Day playing indoor basketball at the Sportsplex. Bring your friends or meet new ones! Capacity is limited.

Please Note: This program is not supervised. We recommend that youth under 12 attend with a parent or guardian.

Location: Sportsplex

44133	Fri	Oct 24	10:30 a.m. – 12:30 p.m.
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Create With Clay

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

Get ready for a hands-on pottery adventure! During this 2-hour workshop we’ll start off with learning the basic safety tips and clay-making techniques before diving into making our own unique creations!

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!

Please Note: No refunds will be given for withdrawal from the program within one week of program start date.

Location: Community Centre

44076	Fri	Nov 7	5 – 7 p.m.
44077	Fri	Nov 21	5 – 7 p.m.



NEW PROGRAM

Holiday Extravaganza

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

School is out and you’re invited to join the festive fun as we celebrate the Holiday season. Tons of games, activities, and delicious snacks to keep you entertained all day. These all day camps highlight themes from our regular after-school programs, so get ready to unleash your creative, vibrant, and energetic energy.

Please Note: Grades K – 5 can attend.

Location: Sportsplex

44303	Mon	Dec 22	9 a.m. – 3 p.m.
44304	Tue	Dec 23	9 a.m. – 3 p.m.
44305	Wed	Dec 24	9 a.m. – 3 p.m.



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

44100	Mon	Dec 29	9 a.m. – 3 p.m.
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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

44101	Tue	Dec 30	9 a.m. – 4 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

AFTERSCHOOL PROGRAMS

Tween Club

Grades 4 – 6 | \$100/10 Weeks | Registered Program

Are you looking for somewhere to hang out after school? Well, we have the spot for you! Join us for the ultimate hang out session where you can meet new friends or hang-out with old ones. Whether you want to feed your creative soul through an art or cooking project, wacky science or just burn off energy in our gym or try out our racket sports and courts. Register for the whole session or take a chance and drop in for \$10/day if space permits. Drop in is available online or in person when space permits.

Location: Sportsplex

43219	Mon	Sept 15 – Nov 24	3 – 5 p.m.
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Forest Explorers

Grades K – 5 | \$20/2 Weeks | Registered Program

If you’re passionate about forests, trees, flowers, and exploring the forest floor for bugs, then this program is perfect for you! Each week, we’ll delve into a new theme packed with indoor and outdoor games, gym activities, and creating your own healthy snacks. Register for the whole session or take a chance and drop in for \$10/day if space permits. Drop in is available online or in person when space permits.

Location: Sportsplex

43221	Tue	Sept 16 – 23	3 – 5 p.m.
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Kids In The Kitchen

Grades K – 5 | \$110/11 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/day if space permits. Drop in is available online or in person when space permits.

Location: Sportsplex

43220	Wed	Sept 17 – Nov 26	3 – 5 p.m.
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AFTERSCHOOL PROGRAMS

Edible Science And Smoothies

Grades K – 5 | \$100/10 Weeks | Registered Program

Welcome to a room bursting with imagination and edible science! Slime is only one of the edible science that we will try, join us in the kitchen for explore edible science and devour healthy snacks. Register for the whole session or take a chance and drop in for \$10/day if space permits. Drop in is available online or person when space permits.

Location: Sportsplex

43222	Thu	Sept 18 – Nov 27	3 – 5 p.m.
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Art Attack

Grades K – 5 | \$70/7 Weeks | Registered Program

Art Attack offers a variety of hands-on activities using different mediums each week. Join us to create personal masterpieces. Each day will also include games, gym time and a healthy snack. Register for the whole session or take a chance and drop in for \$10/day if space permits. Drop in is available online or person when space permits.

Location: Sportsplex

43510	Tue	Oct 7 – Nov 25	3 – 5 p.m.
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Tweens Christmas Baking

Grades 4 – 6 | \$30/3 Weeks | Registered Program

Join us for a festive cookie baking extravaganza! Whip up a delicious assortment of Christmas cookies that we'll freeze and package for you to take home on the last day. Register for the whole session or drop in for just \$10/day. Be sure to check the day of drop in for space at this popular class. Pre-registration for drop in sessions is not available.

Location: Sportsplex

43501	Mon	Dec 1 – 15	3 – 5 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

Christmas Crafts

Grades K – 5 | \$30/3 Weeks | Registered Program

Get ready to spread holiday cheer with our festive Christmas crafts and ornaments program! Create masterpieces all set for gifting, and take your box full of creations home on the final day. Register for the whole session or drop in for just \$10/day. Be sure to check the day of drop in for space at this popular class. Pre-registration for drop in sessions is not available.

Location: Sportsplex

44426	Tue	Dec 2 – 16	3 – 5 p.m.
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Santa's Workshop

Grades K – 5 | \$30/3 Weeks | Registered Program

Join Santa's elves at his workshop for a fun program where you can build a toy, paint a present, decorate gingerbread and more! A magical time where creativity meets holiday spirit! Register for the whole session or drop in for just \$10/day. Be sure to check the day of drop in for space at this popular class. Pre-registration for drop in sessions is not available.

Location: Sportsplex

43502	Wed	Dec 3 – 17	3 – 5 p.m.
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Wrap It Up

Grades K – 5 | \$30/3 Weeks | Registered Program

Join us for this fun-filled wrapping and card making event where ribbons twirl, papers dazzle, and gift wrapping transforms into works of art! Register for the whole session or drop in for just \$10/day. Be sure to check the day of drop in for space at this popular class. Pre-registration for drop in sessions is not available.

Location: Sportsplex

43503	Thu	Dec 4 – 18	3 – 5 p.m.
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Baby Time | Newborn to Walking | FREE | Drop In

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 | Registered

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 | Drop In

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 September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025. A fee increase will take effect January 1, 2026. See page 1 for details.

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/Community Centre

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



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

September 2 – December 31, 2025

Program will be held in the Sportsplex

Program will be held in the Community Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baby Time 9:30 – 10:45 a.m. Sept 8 – Dec 15 No Program Oct 13	Busy Bees 8:45 – 10:45 a.m. Sept 16 – Dec 16 No Program Sept 30, Nov 11		Busy Bees 8:45 – 10:45 a.m. Sept 18 – Dec 18 No Program Nov 20	Family Place 8:45 – 10:45 a.m. Sept 5 – Dec 19
Play Gym 10:30 – 11:30 a.m. Sept 15 – Dec 15 No Program Oct 13		Family Place 8:45 – 10:45 a.m. Sept 10 – Dec 17		Play Gym 10:30 – 11:30 a.m. Sept 19 – Dec 19 No Program Sept 26, Oct 24 & Nov 28
Family Place 12:15 – 2:15 p.m. Sept 8 – Dec 15 No Program Oct 13		Family Place 12:15 – 2:15 p.m. Sept 10 – Dec 17		Family Place 12:15 – 2:15 p.m. Sept 5 – Dec 19
Tween Club 3 – 5 p.m. Sept 15 – Nov 24 No Program Oct 13	Forest Explorers 3 – 5 p.m. Sept 16– 23	Kids In The Kitchen 3 – 5 p.m. Sept 17 – Nov 26	Edible Science And Smoothies 3 – 5 p.m. Sept 18 – Nov 27 No Program Nov 20	SUNDAY
Tweens Christmas Baking 3 – 5 p.m. Dec 1 – Dec 15	Art Attack 3 – 5 p.m. Oct 7 – Nov 25 No Program Nov 11	Santa's Workshop 3 – 5 p.m. Dec 3 – 17	Wrap It Up 3 – 5 p.m. Dec 4 – Dec 18	Sunday Funday 9:30 – 10:30 a.m. Sept 14 – Nov 23 No Program Sept 28
	Christmas Crafts 3 – 5 p.m. Dec 2 – Dec 16			
	Family Badminton 5 – 7 p.m. Sept 2 – Dec 23 No Program Sept 30, Nov 11			

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.

Cancellation Policy

- When 72 hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
 - When less than 72 hours notice is given for registered programs, there will be no refund granted
 - Pre-registered drop in sessions must be cancelled by 4 p.m. the day prior in order to avoid a penalty
- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
 - If the cancellation occurs due to a medical condition please contact us directly for more information
 - To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca



Accessible Trails for All

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

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

Cost: FREE with deposit

SPECIALIZED RECREATION



Overview

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

Active Zone

All Ages | Free To Attend | 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: Sportsplex

42384	Tue	Sept 2 – Dec 30	10:45 – 11:45 a.m.
*44153	Thu	Sept 4 – Dec 18	1 – 2:15 p.m.

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



Singing For Fun

All Ages | Free To Attend | 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!

Location: Community Centre

44154	Wed	Sept 3 – Dec 17	10 – 11 a.m.
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Stepping Out

19+ Years | Free To Attend | Drop In

Everybody’s favourite evening social program! Different activities every week. Enjoy games, movie nights, BINGO, crafts, and so much more! You will receive a schedule of events at the first Stepping Out activity.

Location: Community Centre

44267	Mon	Sept 8 – Dec 22	6 – 8 p.m.
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NEW PROGRAM

On Stage
16+ Years | \$88/8 Weeks | Registered Program

Join Heather Gordan Murphy for a fun and creative program where participants explore drama and their artistic side, ending with a short performance on the final day.

Location: River City Players

44268	Tue	Sept 9 – Oct 28	Noon – 2 p.m.
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Drum It Up
All Ages | Free Admission | Drop In

Groove to the beat in this welcoming and inclusive program. Shake a maraca, bang on a drum, or hit a large exercise ball with drumsticks. Dancing is always welcome! This class is open to all ages, stages, and abilities.

Location: Sportsplex

43025	Mon	Oct 6 – Dec 15	10:30 – 11:30 a.m.
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Sewing For Fun
16+ Years | \$87/7 Weeks | Registered Program

In this Specialized Recreation program, detailed instruction makes sewing easy to learn. The emphasis is on fun! Projects will vary and be discussed in class.

Location: Community Centre

44073	TBA	TBA	TBA
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Freaky Friday — Specialized Dance
All Ages | \$3/Person | Drop In

Get ready for a night of music, costumes, and spooky-good fun! Join us for the Freaky Friday Dance—a festive Halloween celebration with dancing, snacks, and lots of laughs. Come dressed in your favorite costume (if you'd like!). Let's make it a night to boo-gie!

Location: Community Centre

44277	Fri	Oct 17	6:30 – 8:30 p.m.
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Christmas Dance — Specialized Dance
All Ages | \$3/Person | Drop In

Come one come all for a festive party complete with dancing, social time and refreshments.

Location: Community Centre

44280	Fri	Dec 12	6:30 – 8:30 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

SPECIALIZED RECREATION CALENDAR

September 2 – December 31, 2025 | 16+ Years | \$4 Drop In

Programs will be held in the Sportsplex

Program will be held in the Community Centre

Program will be held at the River City Players

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drum It Up 10:30 – 11:30 a.m. Oct 6 – Dec 15 No Program Oct 13	Sewing For Fun TBA TBA	Singing For Fun 10 – 11 a.m. Sept 3 – Dec 17			
	Active Zone 10:45 – 11:45 a.m. Sept 2 – Dec 30 No Program Sept 30, Nov 11		Active Zone 1 – 2:15 p.m. Sept 4 – Dec 18	Freaky Friday — Specialized Dance 6:30 – 8:30 p.m. Oct 17	
Stepping Out 6 – 8 p.m. Sept 8 – Dec 22 No Program Oct 13	On Stage Noon – 2 p.m. Sept 9 – Oct 28 No Program Sept 30			Christmas Dance — Specialized Dance 6:30 – 8:30 p.m. Dec 12	

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.





ACTIVE LIVING



Overview

Discover healthy and social activities waiting for you at the Community Centre. 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.

Backgammon

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

Bridge

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 Wednesday 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 Crafts

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

Drop In Painting

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!

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!

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 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.

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.

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

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 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.

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.

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

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

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

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 enthusiast. This group meets the 3rd Thursday of the Month. Newcomers welcome.

Please call the front desk at Strathcona Gardens at 250-830-6777 each week to register and find out where we're meeting.

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025. A fee increase will take effect January 1, 2026. See page 1 for details.

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).



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

44145	Thu	Sept 4 – Dec 18	1 – 2 p.m.
44180	Thu	Sept 4 – Dec 18	2 – 3 p.m.

Beginner Tai Chi

16+ Years | \$40/Person | 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. No experience necessary.

Location: Community Centre

44195	Mon	Sept 8 – Nov 17	9 – 10 a.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

Intro To Fly Fishing
16+ Years | \$300/6 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 the 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. Most 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

44221	Mon	Sept 8 – Oct 20	6 – 8:30 p.m.
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Historical Fencing — Intro: Longsword And Singlestick
12–55 Years | \$77/7 Weeks | Registered Program

Perfect for newcomers, this class focuses on foundational techniques in a safe, controlled environment with low intensity. Students will get hands-on experience with singlestick, longsword, messer, rapier and dagger; along with exposure to sword and shield, rondel dagger, grappling, and quarterstaff. Whether you're exploring a new hobby or aiming for serious study, this is the ideal starting point. Some padded sparring with helmets and gloves.

Location: Sportsplex

44175	Mon	Sept 8 – Oct 27	6:15 – 7:15 p.m.
*44178	Mon	Nov 3 – Dec 22	6:15 – 7:15 p.m.

***Please Note:** \$88/8 Weeks



Historical Fencing — Core
12–55 Years | \$98/7 Weeks | Registered Program

Build upon your fundamentals with higher-intensity warm-ups and sparring. Students will progress from padded to stick, synthetic, and eventually steel weapons at a personalized pace. Club gear is available, but we encourage collecting personal equipment with our guidance. Core students gain access to an additional coached sparring session during the week and our Discord community, where we organize tournaments and discuss all things swordplay.

Location: Sportsplex

44176	Mon	Sept 8 – Oct 27	7:15 – 9 p.m.
*44179	Mon	Nov 3 – Dec 22	7:15 – 9 p.m.

***Please Note:** \$112/8 Weeks



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

NEW PROGRAM

Cultivating A Peaceful Life Through Meditation
16+ Years | \$60/6 Weeks | Registered Program

Imagine living without stress and tension – a life free from worry, anxiety, and the many daily problems these negative states of mind create. In this series of 6 classes, we will look at how Buddhist meditation can eliminate stress and help us become more relaxed, peaceful and positive in our daily life. By understanding Buddha's teachings on the mind, we can learn to face life's adversities with a happy heart, deal with 'difficult people' without getting angry and transform hardships into opportunities for spiritual growth. **No classes Sept 30th and Oct 7th.** Register for the whole session or take a chance and drop in for \$12/day if space permits.

Location: Sportsplex

44109	Tue	Sept 9 – Oct 28	7 – 8 p.m.
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- Meditation Themes**
- Sept 9:** The benefits of meditation
 - Sept 16:** How anger harms both ourself and others
 - Sept 23:** Why we get angry
 - Oct 14:** Why we need to learn to be patient
 - Oct 21:** Deepening our experience of patience
 - Oct 28:** Learning not to retaliate – through compassion and understanding

NEW PROGRAM

Seniors Tea And Talk
19+ Years | Free Admission | Registered Program

Are you worried about falling as you move around? Come to a free interactive session to learn how to become stronger, prevent falls, and learn how to get up if you do fall. Local experts will provide information, instruction and help for those facing mobility and aging challenges.

Register: crseniorsnetwork@gmail.com or phone 250-703-6135.

Location: Community Centre

Thu	Sep 11	10 a.m. – Noon
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Learn To Crochet
16+ Years | \$40/4 Weeks | Registered Program

Have you always wanted to know how to crochet? Did you know at one point but "let it slip" and would like some direction? Then this is the class for you! Work through a basic granny square or a small crochet bag with our two excellent instructors.

Location: Community Centre

44276	Wed	Sept 17 – Oct 8	1:30 – 3 p.m.
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NEW PROGRAM

Mushroom Picking For Beginners — Identification And Foraging
16+ Years | \$50/Person | Registered Program

Have you always wanted to get into mushroom foraging but never had the confidence? Join a local guide and a mushroom fanatic of over 20 years and learn the tricks of the trade.

Please note: The first day is an in-class identification session, then the next day is in the field. Please dress appropriately.

Location: Sportsplex

44299	Fri – Sat	Sept 19 – 20	10:30 a.m. – Noon
44300	Fri – Sat	Sept 26 – 27	6 – 7:30 p.m.

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

44269	Thu	Sep 25	6 – 7:30 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

NEW PROGRAM

Foraging And Preparing Mushrooms
16+ Years | \$40/Person | Registered Program

Want to deepen your mushroom foraging and preparation knowledge? Join our instructor (and avid mushroom picker) in Beaver Lodge Lands for both foraging tips and mushroom cooking instruction.

Please note: This program is outside the entire time. Please dress appropriately.

Location: Offsite

44301	Sat	Oct 4	10:30 a.m. – 12:30 p.m.
44302	Fri	Oct 10	10:30 a.m. – 12:30 p.m.



NEW PROGRAM

Ayurvedic — 5 Workshop Series
16+ Years | \$85/5 Weeks or \$20/Week
Registered Program

Join us for a transformative journey into the ancient healing science of Ayurveda – the “Science of Life.” These immersive workshops are designed to introduce you to the foundational principles of Ayurveda and how they can be applied to achieve holistic health, harmony, and longevity in your daily life. These welcoming, informative workshops are open to everyone, no experience needed! Book the set of 5 workshops and save money.

Workshop 1 — Sacred Touch: Ayurvedic self-massage for face, scalp and neck.

Workshop 2 — Savoring Balance: A seasonal journey through the six tastes of Ayurveda.

Workshop 3 — Rest Deeply: Ayurvedic self-care rituals for restorative sleep.

Workshop 4 — Emotions in the Body: An ayurvedic approach to organ health and emotional balance.

Workshop 5 — Mouth and Mind: Ayurvedic oral care for mental clarity and emotional balance.

Location: Community Centre

44562	Thu	Oct 23	1:30 – 3:30 p.m.
44563	Thu	Oct 30	1:30 – 3:30 p.m.
44564	Thu	Nov 6	1:30 – 3:30 p.m.
44565	Thu	Nov 13	1:30 – 3:30 p.m.
44566	Thu	Nov 20	1:30 – 3:30 p.m.

NEW PROGRAM

Ayurvedic Workshop — Self Massage: Hands And Feet
16+ Years | \$20/Person | Registered Program

Experience the calming power of Ayurvedic self-massage (abhyanga) through focused care for your hands and feet—the energetic gateways of the body. In this hands-on workshop, you’ll learn traditional techniques to soothe the nervous system, support circulation, and restore a sense of balance from head to toe. Explore marma (energy) points, oil selection, and breath-connected touch to release tension, promote restful sleep, and enhance overall vitality. Ideal for anyone seeking grounding rituals in a fast-paced world, this practice invites deep nourishment, mindfulness, and healing through your own hands. This welcoming, informative workshop is open to everyone, no experience needed!

Location: Community Centre

44096	Thu	Oct 23	5 – 7 p.m.
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NEW PROGRAM

Ayurvedic Workshop — Clear Vision: Eye Care And Digital Detox
16+ Years | \$20/Person | Registered Program

In our screen-saturated world, the eyes—and mind—are often overstimulated and fatigued. This rejuvenating workshop draws on Ayurvedic wisdom to restore clarity, calm, and balance through intentional eye care and digital detox practices. Learn gentle, time-honored techniques and soothing rituals to relieve strain and support vision. We’ll also explore how excessive eye strain impacts your nervous system, and sleep, and offer simple Ayurvedic practices to reset your focus and energy. Leave feeling refreshed, grounded, and equipped with a personal toolkit to protect your eyes and reclaim your inner clarity! Join us for a fun, informative, experience open to all levels and physical abilities.

Location: Community Centre

44097	Thu	Oct 30	5 – 7 p.m.
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NEW PROGRAM

Experience The Culture & Rhythm Of Latin Dance — Salsa And Bachata

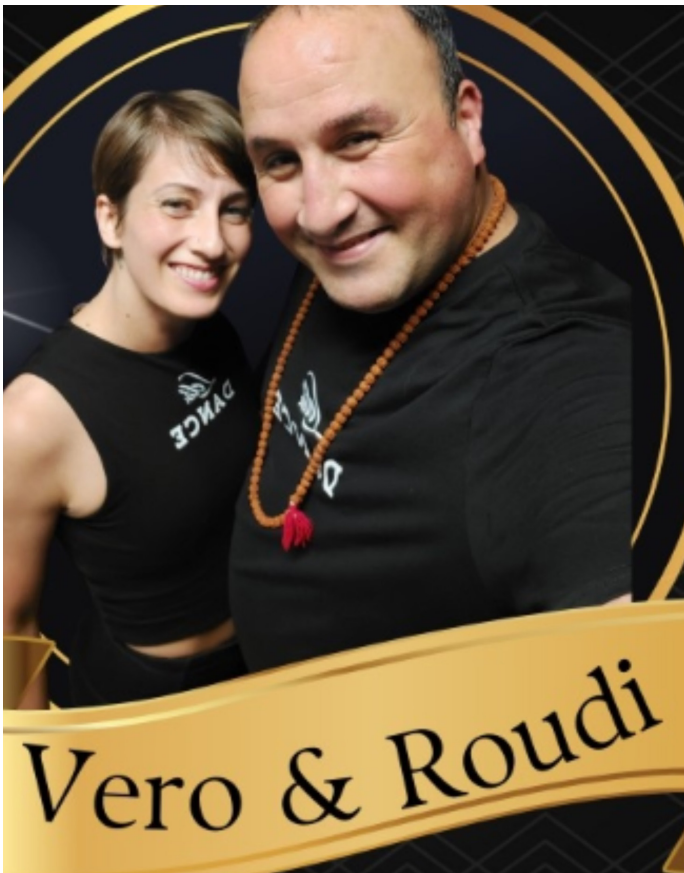
16+ Years | \$25/Person | Drop In | Salsa And Bachata
16+ Years | \$20/Person | Drop In | Salsa
16+ Years | \$20/Person | Drop In | Bachata

Join Roudi & Vero, for their dance classes that go beyond just teaching steps—they bring the culture, energy, and rhythm of Latin dance to life! This program is for beginners, new comers, or dancers that would like to refresh their knowledge in Salsa and Bachata. Along with learning how to dance, you will experience why dancing is essential for joy, health, and connection.

Location: Sportsplex

*44290	Fri	Oct 3 – Dec 12	6 – 8 p.m.
**44289	Fri	Oct 3 – Dec 12	6 – 7 p.m.
***44291	Fri	Oct 3 – Dec 12	7 – 8 p.m.

*Please Note: Salsa And Bachata
**Please Note: Salsa Only
***Please Note: Bachata Only



NEW PROGRAM

The Power To Change: A Meditation Class For Everyone

16+ Years | \$60/6 Weeks | Registered Program

Do habits like procrastination, discouragement or attachment interfere with your efforts to engage effectively in meaningful activities such as meditation? Join us for this series to learn practical methods and meditations that give us the power to change and overcome these limiting habits, so that we can start to find real inner peace and be free to live the life we want to live. Based on 9th century Buddhist master Shantideva’s Guide to the Bodhisattva’s Way of Life, we will learn how the powers of aspiration, confidence, joy and relaxation empower us to change our experience of life for the better. **No class Nov 11th.** Register for the whole session or take a chance and drop in for \$12/day if space permits.

Location: Sportsplex

44298	Tue	Nov 4 – Dec 16	7 – 8 p.m.
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Meditation Themes

- Nov 4: Becoming Free from Discouragement
- Nov 18: The Power of Aspiration
- Nov 25: Developing Spiritual Self–Confidence
- Dec 2: Inviting Joy into our Practice
- Dec 9: The Power of Relaxation
- Dec 16: The Practices of Mindfulness and Alertness



Christmas Single Candle Arrangement

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

Create the perfect Christmas-themed candle arrangement to share with family and friends! In this festive, guided class, you’ll add your personal touch as you mix, match, and arrange winter boughs and accessories to design a beautiful arrangement that captures the spirit of the holiday. All supplies are included—just bring your creativity!

Location: Sportsplex

44196	Sun	Dec 21	3:30 – 5:30 p.m.
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Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

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.

Basic 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

43350	Fri	Oct 3	8:30 a.m. – 4:30 p.m.
*43359	Fri	Nov 14	8:30 a.m. – 4:30 p.m.
*43361	Fri	Dec 5	8:30 a.m. – 4:30 p.m.

***Please Note:** Located at the Rotary Community Fieldhouse



Canadian
Red Cross

Training Partner



Ready to
Book Online?

Scan QR or click here:
campbellriver.ca/registration

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 OFA Transportation Endorsement Instructor Guide and Training Manual.

Location: Sportsplex

43351	Fri – Sat	Oct 3 – 4	8:30 a.m. – 4:30 p.m.
*43358	Fri – Sat	Nov 14 – 15	8:30 a.m. – 4:30 p.m.
*43362	Fri – Sat	Dec 5 – 6	8:30 a.m. – 4:30 p.m.

***Please Note:** Located at the Rotary Community Fieldhouse



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: Sportsplex

43352	Sun	Oct 5	8:30 a.m. – 4:30 p.m.
*43360	Sun	Nov 16	8:30 a.m. – 4:30 p.m.
*43363	Sun	Dec 7	8:30 a.m. – 4:30 p.m.

***Please Note:** Located at the Rotary Community Fieldhouse



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

43365	Sun	Nov 2	9 a.m. – 2 p.m.
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POTTERY PROGRAMS

Pottery: Hand Building

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

Get ready to unleash your creativity in this 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, 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

44078	Wed	Sept 10 – Oct 15	6 – 9 p.m.
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Pottery Studio

14+ Years | \$20/Person | Drop In

The Pottery Studio 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.

Please Note: Pottery Studio clay must be used; clay is available to purchase for \$25 per half bag and \$12.50 per quarter bag. Glaze is provided; no outside glazing products allowed. Bisque and glaze firing available. Purchase a Pottery Membership pass and get 10 pottery drop ins for the price of 8. Passes can be purchased online or in person at the Community Centre before 4pm. Tuesday evening cash is accepted onsite by the volunteers. If registering online or using your Pottery Membership, please let the volunteer leader know. Children under the age of 14 are welcome but they must pay the drop in fee and be accompanied by an adult.

Location: Community Centre

43900	Thu	Sept 11 – Dec 18	6 – 9 p.m.
43899	Tue	Sept 23 – Dec 16	6 – 9 p.m.



Pottery: 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

43963	Sat	Sept 27 – Oct 18	Noon – 3 p.m.
43964	Sat	Nov 15 – Dec 6	Noon – 3 p.m.



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

Pottery 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

44079	Wed	Oct 29 – Dec 3	6 – 9 p.m.
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Pottery: Holiday Gifts

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

Get ready to get festive with this new holiday pottery class! Join our knowledgeable instructor, Emma, as she guides you through handbuilding techniques to create your own mugs or bowls. Use stamps and paintable materials to bring your designs to life. Expect to complete two finished, functional objects in this class that you can gift to a loved one or keep for yourself! Emma will complete your pieces with a clear, food-safe glaze and you will be notified when they are ready for pickup after firing.

Location: Community Centre

44110	Sat	Nov 1	Noon – 3 p.m.
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Pottery: Christmas Ornaments

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

Join us for a new festive pottery class! Our knowledgeable instructor, Emma, will guide you through handbuilding techniques to create Christmas-themed ornaments and decorations. Emma will help you create a small clay house for a Christmas village, a 6–8 inch tall ornamental Christmas tree, or a variety of ornaments for hanging. Add a splash of colour with underglazes during the class, and Emma will complete the pieces with a final glaze and firing. You will be notified when your projects are ready for pickup.

Location: Community Centre

44111	Sun	Nov 9	Noon – 3 p.m.
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POTTERY FEES

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

Overview

The City of Campbell River offers an assortment of individual and team sports. All skill levels are welcome! There are friendly volunteers present at all adult sport slots to assist with scoring, game play and techniques.

Space in various adult sports is limited, so please register for each session online at campbellriver.ca/registration. There is a possibility participants can drop in, but priority admission will be given to those who have registered for any session that reaches capacity. Registration opens 5 days in advance.

Adult Recess | 16+ Years | Drop In NEW PROGRAM

Miss the good ol’ days of gym fun and recess? Get ready to relive some of your favourite childhood games! Here’s just a taste of the lineup: volleyball, dodgeball, kickball... need we say more?! Stay tuned for the schedule!

Badminton | 16+ Years | Drop In

All skill levels welcome – from beginners to seasoned players! Stay active and sharpen your game in a fun and friendly environment. Racquets available.

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.

Pickleball | 16+ Years | Drop In

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It is easy to learn, social and a great workout. Racquets available.

Soft Tennis | 16+ Years | Drop In

Soft Tennis is a great way to stay active. It is a fun and low-impact alternative to traditional tennis; and perfect for players of all skill levels. Racquets available.

Table Tennis | 16+ Years | Drop In

Table tennis is a wonderful way to sharpen and challenge your reflexes and coordination. Whether you’re a seasoned player or just picking up a paddle, all skill levels are welcome! All equipment provided.

Wednesday Night Basketball | 16+ Years | Drop In

Join us at the Sportsplex for a fun and energetic game of basketball. Depending on attendance, games may be full court or 3-on-3. This volunteer-run program welcomes players of all skill levels.

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025. A fee increase will take effect January 1, 2026. See page 1 for details.



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration



September 2 – December 31, 2025

Program will be held in the Sportsplex

Program will be held in the Community Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Soft Tennis 10:30 a.m. – 12:30 p.m. Sept 2 – Dec 23 No Program Sept 30, Oct 21, Nov 11		Soft Tennis 10:30 a.m. – 12:30p.m. Sept 4 – Dec 18	Badminton Noon – 2:30 p.m. Sept 5 – Dec 12 No Programs Nov 7, 28, Dec 5
Pickleball Noon – 2 p.m. Sept 14 – Dec 7 No program Nov 2, 23	Badminton 12:30 – 3:30 p.m. Sept 8 – Dec 15 No program Oct 13		Badminton 12:30 – 3:30 p.m. Sept 3 – Dec 17	Pickleball 12:30 – 3 p.m. Sept 4 – Dec 18 No Program Sept 25, Nov 20	Pickleball 12:30 – 2:15 p.m. Sept 5 – Dec 19 No Program Sept 26, Oct 17, 24, Nov 28
		Table Tennis 1:15 – 3:15 p.m. Sept 2 – Dec 23 No Program Sept 30, Oct 21, Nov 11			Pickleball 2:30 – 4:15 p.m. Sept 5 – Dec 19 No Program Sept 12, 26, Oct 10, 17, 24, Nov 28, Dec 12
Pickleball 2:15 – 4:15 p.m. Sept 14 – Dec 7 No program Nov 2, 23					Badminton 5 – 7 p.m. Nov 7 – Dec 19 No Program Nov 14, 21, 28, Dec 12
	Pickleball 6 – 7:30 p.m. Sept 8 – Dec 15 No program Oct 13, 20	Family Badminton 5 – 7 p.m. Sept 2 – Dec 23 No Program Sept 30, Nov 11			
	Pickleball 7:45 – 9:15 p.m. Sept 8 – Dec 15 No program Oct 13, 20	Badminton 7:30 – 9:30 p.m. Sept 2 – Dec 23 No program Sept 30, Nov 11	Wednesday Night Basketball 7 – 9 p.m. Sept 3 – Dec 17	Adult Recess 7:30 – 9 p.m. Oct 2 – Dec 18	

Please Note: Space in various adult sports is limited, so please register for each session online at campbellriver.ca/registration. Though there is a possibility participants can drop in, priority admission will be given to those who have registered for any session that reaches capacity. 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.

- 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



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 | \$15/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

44295	Mon	Sep 8	11 a.m. – 12:30 p.m.
44295	Mon	Oct 6	11 a.m. – 12:30 p.m.
44295	Mon	Nov 3	11 a.m. – 12:30 p.m.
44295	Mon	Dec 1	11 a.m. – 12:30 p.m.



Youth Weight Room Orientation

13 – 15 Years | \$15/Person | Registered Program

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

Location: Sportsplex

44227	Mon	Sep 8	3:30 – 5 p.m.
44227	Mon	Oct 6	3:30 – 5 p.m.
44227	Mon	Nov 3	3:30 – 5 p.m.
44227	Mon	Dec 1	3:30 – 5 p.m.



NEW PROGRAM

Healthy Hips Yoga Series

16+ Years | \$80/6 Weeks | Registered Program

This Yoga series is focused on understanding the different components of hip anatomy for yoga and to help you move and function in your everyday life. In this 6-week series we will dive into the different movements of the hip joints and learn ways to strengthen and soften them so you feel more balanced as you move through your day. Through a combination of pranayama, function movement, yoga, somatics and myofascial release we will explore different movements to help heal, support, soften and strengthen the body. We will focus on a different area each week.

Location: Sportsplex

44070	Mon	Sept 15 – Oct 27	4 – 5 p.m.
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Baby And Me Yoga

16+ Years | \$80/6 Weeks | Registered Program

Baby And Me Yoga is a playful, informative and supportive class for caregivers and their babies. This class is a wonderful and safe way to get back into a mindful healing movement practice while having your little one join you in the experience. During class you have the freedom to meet your babies’ needs with feeding and changing whenever it is needed. You will get to connect and bond with your baby amongst a supportive community. Baby And Me Yoga is a Yoga class for caregivers and their **pre-walking** infants. This class will be instructed by a pre and post-natal Yoga specialist.

Location: Sportsplex

44068	Tue	Sept 16 – Oct 28	Noon – 1 p.m.
44069	Tue	Nov 4 – Dec 16	Noon – 1 p.m.



Ready to Book Online?

Scan QR or click here:
campbellriver.ca/registration

NEW PROGRAM

Teen Strength Training Workshop

13 – 18 Years | \$60/4 Weeks | Registered Program

This dynamic, 4 week teen workshop is designed specifically for teens ready to improve their strength, boost their confidence, and learn proper fitness techniques in a safe and supportive environment. The teens will learn proper form and technique for strength training, develop functional strength and endurance, improve posture, coordination, and mobility, and build a positive relationship with fitness and body image. Teens from 13-18 years are welcome.

Location: Sportsplex

44296	Tue	Oct 7 – 28	4 – 5 p.m.
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NEW PROGRAM

Teen Yoga

12 – 18 Years | \$70/6 Weeks | Registered Program

This teen yoga class is designed especially to help you find calm and balance during stressful times. Open to everyone aged 12-18 years who is looking to learn new tools and practices to help calm and regulates your nervous system. This 6-week series focuses on gentle movements, mindful breathing, and relaxation techniques to ease feelings of anxiety to help you feel more grounded and centered. Together, we’ll create a safe and supportive space to unwind, release, reconnect and recharge. No yoga experience necessary.

Location: Sportsplex

44071	Mon	Nov 3 – Dec 8	4 – 5 p.m.
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FITNESS MEMBERSHIPS AND DROP IN FEES

What does my Fitness Membership include?

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

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

A fee increase will take effect January 1, 2026. See page 1 for details.
*Student memberships require valid post-secondary identification. All prices include GST.
**Age restrictions apply, please inquire.

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.

Supervised afternoon weight room hours are variable, please call ahead – 250-923-7911.

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	\$75	60 minutes
3 sessions	\$210	60 minutes
5 sessions	\$325	60 minutes

Please Note: Personal training sessions can be booked personally with your trainer once you’ve purchased your sessions. We encourage you to use up your sessions within one year of your purchase date.

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	Sarah F.	Sarah N.
Mary	Steve	Skylar

What can I expect from personal training?

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

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

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



Sue



Jennifer



Mary



Sarah F.



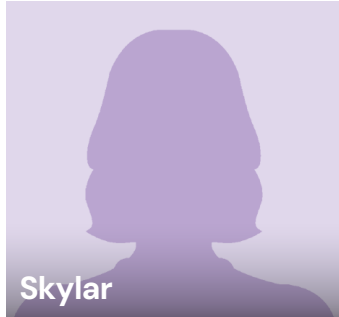
Cindy



Steve



Sarah N.



Skylar



Renea



Denise



Ronna Lee



Fitness Classes

Intensity Level Legend Level 1: Beginner / Low Intensity Level 2: Intermediate / Medium Intensity Level 3: Advanced / High Intensity

***Please Note:** Fresh new name, but same great class.

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.

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.

Please Note: Participants must be able to move independently.

Fit And Social | Intensity Level: 1

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.

Flow Yoga | Intensity Level: 1-2

Flow Yoga, a dynamic, breath-driven yoga class that builds strength, flexibility, and focus. Seamlessly transition from one pose to the next in a rhythmic, energizing sequence designed to challenge your body and calm your mind. Suitable for all levels, with modifications offered.

Forever Fit Circuit | Intensity Level: 1-2 NEW PROGRAM

Boost strength, balance, and mobility in this energizing circuit-style class designed for active older adults. Move through a series of low-impact stations using light weights, resistance bands, balls and more—all focused on everyday functional fitness. Go at your own pace in a supportive, fun environment that keeps you moving and motivated!

***Heart Smart ♥ | Intensity Level: 2**

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

Kettle And Core | Intensity Level: 2-3

Use kettlebells in ways you never imagined! This kettlebell and core 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.

***Pedal And Pump! | Intensity Level: 1-2**

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

***Pedal Power | Intensity Level: 2-3**

In this 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 feel good sweaty workout in.

Power Hour | Intensity Level: 2-3

Power Hour class is a fantastic way to boost your fitness goals and energize your evenings. This class condenses a full-body strength workout into a one-hour session, targeting every major muscle group to help you tone, tighten, and feel powerful. All levels welcome—lift at your own pace!

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 And Core | Intensity Level: 1-2

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

Spin And Mobility | Intensity Level: 1-2

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

Spin 45 | Intensity Level: 2-3

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.

Sportfit | Intensity Level: 1-2

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

Step 'N' Sculpt | Intensity Level: 2

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

Tabata | Intensity Level: 2

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

Yoga | Intensity Level: 1-2

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

Zumba | Intensity Level: 1-2

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

Zumba And Pump! | Intensity Level: 1-2

NEW PROGRAM

Get the best of both worlds with this high-energy fitness class! Start with the fun, Latin-inspired dance cardio of Zumba to get your heart pumping and your body moving. Then transition into a targeted strength-training segment using bodyweight, dumbbells, resistance bands, and more to sculpt and tone muscles. This class is perfect for all fitness levels

Take A Walk With Us

Tuesday's Sept 2 – 23 and Oct 7 – 28

Thursday's Sept 4 – 25 and Oct 2 – 30

Time: 4 – 5 p.m.

Free registered walking program in partnership with Strathcona Gardens

Join us for a free guided walk through our beautiful trails and walkways around our community. This program will have 2 staff members to support your trek. One at the front leading the group, and one at the end for those that need more support. You may use walking poles, and don't forget your water. Difficulty – each week this will be explained once you've registered.

Please call the front desk at Strathcona Gardens at 250-830-6777 each week to register and find out where we're meeting.

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025. A fee increase will take effect January 1, 2026. See page 1 for details.

Cancellation Policy

- When 72 hours cancellation notice is given for registered programs, a refund will be granted and no withdraw fee will be charged
- When less than 72 hours notice is given for registered programs, there will be no refund granted
- Pre-registered drop in sessions must be cancelled by **4 p.m.** the day prior in order to avoid a penalty
- Squash and Racquetball courts may be cancelled up to 1 hour in advance of your scheduled court time
- If the cancellation occurs due to a medical condition please contact us directly for more information
- To cancel, please call 250-923-7911, 250-286-1161 or email recandculture@campbellriver.ca

Spin Reservations

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

Please Note

- We are closed on Statutory Holidays.
- Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.

FITNESS CALENDAR

September 2 – December 31, 2025

Program will be held in the Sportsplex

📍 Program will be held in the Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 – 7 a.m.	Bootcamp Sarah	Spin 45 Jen	Bootcamp Sarah F.	Spin 45 Mary	Bootcamp Sue	
7 – 7:45 a.m.		Spin 45 Jen		Spin 45 Mary		
8 – 9 a.m.						Spin And Core Sue/Renea
9 – 10 a.m.	Let's Go Circuit! Sue	🐝 Tabata Sarah	Step 'N' Sculpt Sarah	🐝 Heart Smart ♥ Sarah F.	Pump It Up Ronna Lee	
10:15 – 11:15 a.m.		Zumba And Pump Ronna Lee		Zumba Ronna Lee	Spin And Mobility Sarah F.	
10:30 – 11:30 a.m.	Balance, Core And Stretch Sarah		Balance, Core And Stretch Sarah F.		Weight Room Hours 6 a.m. – 9 p.m. Office Hours 8 a.m. – 9 p.m. Early Morning Access Between 6 – 8 a.m., access is limited to members or cash drop-ins (no card payments available during this time).	
10:30 – 11:30 a.m.		📍 *Yoga Laurel	Forever Fit Circuit Mary	📍 *Yoga Lena		
Noon – 1 p.m.	Pedal And Pump Ronna Lee		Pedal And Pump TBA			
12:15 – 1:15 p.m.		📍 *Chair Yoga Laurel		📍 *Chair Yoga Lena		
2 – 3 p.m. C = Class S = Social	📍 *Fit And Social Skylar C: 2 – 3 p.m. S: 3 – 3:30 p.m.			📍 *Fit And Social Mary C: 2 – 3 p.m. S: 3 – 3:30 p.m.	Please Note: <i>We are closed on Statutory Holidays.</i> <i>Please ensure you are receiving our member emails for updates and class cancellations or call 250-923-7911 for more information.</i> Instructors for classes may change from to time due to availability.	
TBA Call Strathcona Gardens to register (250-830-6777)		Take A Walk With Us 4 – 5 p.m. Sept 2 – 23 and Oct 7 – 28 Location: Strathcona Gardens		Take A Walk With Us 4 – 5 p.m. Sept 4 – 25 and Oct 2 – 30 Location: Strathcona Gardens		
5:30 – 6:30 p.m.	SportFit Steve	Power Hour Sue	Kettle And Core Sarah	SportFit Steve	Spin Reservations: <i>You may pre-book space in any Spin class or Kettle and Spin to guarantee that you will have a bike when you are ready to workout!</i> <i>To reserve your bike online visit campbellriver.ca/registration, or take a chance and drop in.</i>	
6 – 7 p.m.	Pedal Power Mary		Flow Yoga TBA			

🐝 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. Yoga and Chair Yoga have a new time!

Need to cancel? No problem.

Registered drop in classes, such as spin and pickleball, must be canceled by 4 p.m. 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 12+)**		ADULT PICKLEBALL (AGE 16+)		
SQUASH, RACQUETBALL, WALLYBALL (AGE 8+)		DROP IN BASKETBALL (AGE 8+), ADULT BASKETBALL (AGE 16+), FAMILY BADMINTON (AGE 6+)		

A fee increase will take effect January 1, 2026. See page 1 for details.
*Student memberships require valid post-secondary identification. All prices include GST.
**Age restrictions apply, please inquire.

COURT RENTAL TIMES		
WEEKDAYS (NON-PRIME TIME)	WEEKDAYS (PRIME TIMES)	WEEKENDS (PRIME TIMES)
8 – 8:45 a.m.	4 – 4:45 p.m.	9 – 9:45 a.m.
9 – 9:45 a.m.	5 – 5:45 p.m.	10 – 10:45 a.m.
10 – 10:45 a.m.	6 – 6:45 p.m.	11 – 11:45 a.m.
11 – 11:45 a.m.	7 – 7:45 p.m.	Noon – 12:45 p.m.
Noon – 12:45 p.m.	8 – 8:45 p.m.	1 – 1:45 p.m.
1 – 1:45 p.m.		2 – 2:45 p.m.
2 – 2:45 p.m.		3 – 3:45 p.m.
3 – 3:45 p.m.		
1 COURT BOOKING = 45 MINUTES		

EQUIPMENT LOAN
RACQUETS, BALLS, WALLYBALL NET AND GOGGLES ARE AVAILABLE TO BORROW – NOW FREE!
GOGGLES ARE REQUIRED FOR YOUTH AGE 18 AND UNDER.
All rental courts are located at the Sportsplex 1800 South Alder Street
How to Book: Online: www.campbellriver.ca/registration Phone: Sportsplex at 250-923-7911 Email: recandculture@campbellriver.ca

Please Note:

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

Squash Private Lessons

Learn the ins and outs of the game from one of our local aces. Please inquire at the Sportslex or the Community Centre and you will be put in contact with the instructor to work out a mutually beneficial time. There can be 1–3 participants.

Please Note: 24 hours notice is required to cancel or reschedule a lesson.

SESSIONS	COST
1 Session	\$50
3 Sessions	\$135
5 Sessions	\$200



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 and 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 and Showers
Rotary Community Fieldhouse 425 Merecroft Road Best Access: South Birch St. parking lot Contact: Community Centre 250-286-1161	• Multi Purpose Room • Kitchen • Deck • Lift for Accessibility

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 18, 2025.

A fee increase will take effect January 1, 2026. See page 1 for details.

Three Ways to Register:

ONLINE
campbellriver.ca/registration

BY PHONE
Community Centre 250-286-1161
Sportsplex 250-923-7911
Call to register and pay by credit card.

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

Facility Bookings

indoorbooking@campbellriver.ca
250-286-1161

Parks and Fields Bookings

outdoorbooking@campbellriver.ca
250-286-4034



PARKS AND FIELDS

Book a Park or Field

For booking inquiries please contact the Parks department.

Mon to Fri | 8:30 a.m. – 4 p.m.

Tel: 250-286-4034

Email: outdoorbooking@campbellriver.ca

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



COMMUNITY AND SPORTS ORGANIZATIONS

Archery

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

Badminton

CR Badminton Club
250-287-9827 | crbadminton.ca
info@crbadminton.ca
Youth Badminton
geoff.lacasse@gmail.com

Baseball / Softball

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

Basketball

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

Bocce

CR Italian Cultural Society
778-418-4000

Bowling

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

Cadets – Air

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

Cadets – Army

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

Cadets – Sea

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

Climbing

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

CR Children’s Choir

admin@crchildrenschoir.ca

CR Dog Fanciers

campbellriverdogfanciers.com

CR Gun Club Society

crgunclub.bc.ca

CR Sea Wolves Football Club

crseawolvesfootball.com
778-300-1231

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

Dimitrova Training Academy

www.dimitrovatrainingacademycanada.com
Heart & Soul Muay Thai
heartandsoulmuaythai.com
250-830-1710

Northwest Shito-Kai

www.karatenwsk.com
Pure Martial Arts Fitness
250-286-6998
Shito-Ryu Karate Club
250-286-6416

Kayaking

CR Paddlers Association
crpaddlers.com

Lacrosse

CR Lacross
campbellriverlacrosse.ca

Performing Arts

Raincoast Creative Performing Arts
raincoastsmt.com | 250-287-4536
Rivercity Players
info@rivercityplayers.ca
rivercityplayers.ca
Shoreline Musical Theatre Society
shorelinemt@gmail.com
shorelinemusicaltheatre.ca

Pickleball

CR Pickleball Association
CR-Pickleball@outlook.com

Racquetball

CR Racquetball Association
mydebcam@me.com

Horseback Riding

Bear Creek Ranch
250-337-5524

Rugby

CR Athletic Association
campbellriverrugby@gmail.com

Sailing Club – Comox Bay

comoxbaysailingclub.ca

Skating (Ice)

Strathcona Gardens
250-830-6777
CR Skating Club
www.skatecampbellriver.ca

Skiing / Alpine

Mount Washington Ski Club
strathconanordics.com
Mount Washington Freestyle Club
www.mwfreestyle.com
Mount Washington Alpine Resort
www.mountwashington.ca

Skiing / Cross Country

Strathcona Nordics
strathconanordics.com

Slo-Pitch

CR Slo-pitch
crslopitch@hotmail.com
250-202-7256

Soccer

CR Mixed Soccer League
250-287-6671
CR Masters Soccer Association
crmasterssoccer@gmail.com
CR Youth Soccer Association
250-286-6660 | www.crysa.bc.ca
Mid-Isle Women’s Soccer
miwsoccer.weebly.com

Softball

CR Minor Softball Association
250-923-4380

Space and Field Bookings

Quinsam Crossing Ballfield Bookings
communications@wewaikai.com
250-914-1890

Special Olympics

mabrinson@shaw.ca
250-286-6453

Squash

CR Squash Club
fantillo@gmail.com
250-923-4521

Swimming

CR Killer Whales Swim Club
www.crkw.ca
CR Salmon Kings
info@campbellriversalmonkings.ca

Tennis

CR Tennis Club | crtenniscub.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 or call 250-286-1161.

A woman dressed as Mrs. Claus, wearing a red Santa suit with white trim and a white apron, is kissing Santa Claus on the cheek. Santa is seated in a large black chair with a white fur backrest. They are in a festive setting with a stone fireplace mantel in the background, decorated with red bows. To the right, a Christmas tree is visible, and to the left, there are wrapped gifts. The overall scene is warm and holiday-themed.

BREAKFAST WITH SANTA

All Ages | Free To Attend
Sunday, December 14
9 – 11 a.m.

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

Location: Community Centre

***Please Note:** Fee for breakfast TBA.