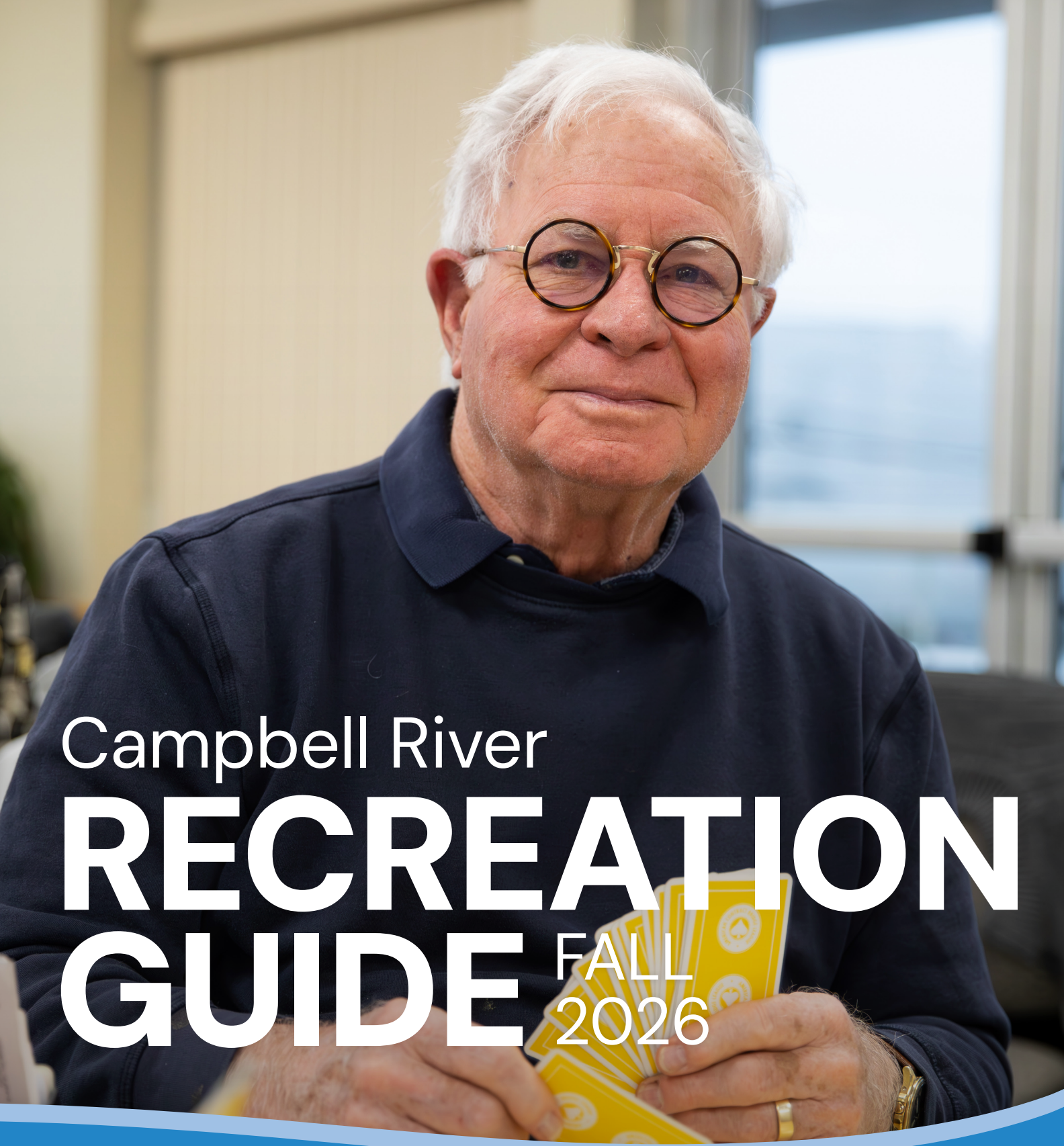


Campbell River

RECREATION GUIDE

FALL 2026

City of Campbell River

Recreation Guide Fall 2026 | September to December 2026

campbellriver.ca/recreation-guide

Welcome

Wow, time flies—it's hard to believe that, as I write this, summer is winding down, and fall is just around the corner. As the seasons change, now is the perfect time to think about the activities and programs you want to jump into. The Recreation and Culture team has been busy planning, and we're excited to share a great mix of new and returning programs designed with you in mind.

The Active Living community is full of energy and connection. Enjoy games like Mexican Train, bridge, crib, Scrabble, and mah jong, and get creative with crafts such as quilting. There's also carpet bowling, floor curling, and table tennis in the mix. There's plenty of room to join the fun, so bring a friend and come be part of it.

There's lots happening for youth too, with opportunities to drop in for basketball, learn how to play squash, take a registered course and build confidence in the kitchen—baking, cooking, and creating something delicious along the way.

The season also brings back some much-loved favourites. It wouldn't be Christmas without Breakfast with Santa. Don't forget your camera for a festive photo! You can also check off your holiday shopping at The Toy and Craft Show, one of the longest-running craft fairs on Vancouver Island, featuring more than 70 vendors. In November, National Child Day brings a morning packed with fun, including ride-on toys, an obstacle course, Cardboard City, and exciting parachute games for the little ones.

Ever wanted to try pottery? This is your chance. Start with the basics, then build your skills on the pottery wheel and work your way up to creating your own mugs, bowls, and more.

After-school registered programming has something for every young explorer, with opportunities to get creative through crafts and games, try baking, discover the outdoors, and dive into hands-on science activities.

And don't forget—a fitness membership gives you access to a variety of activities, at a great value: fitness classes, the weight and cardio room, squash, racquetball, pickleball, badminton, soft tennis, and drop-in basketball.

There truly is something for everyone. We can't wait to welcome some new faces this season.

- Robin Mitchell, *Manager of Recreation and Culture*

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.

Find Us Online

campbellriverrec | CityofCampbellRiver | campbellriver.ca/recreationguide

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.

Land Acknowledgement

The City acknowledges we are on the territory of the Liǧʷiłdaxʷ people of the Wei Wai Kum and We Wai Kai First Nations.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

Register Now

Online
campbellriver.ca/registration

On the Recreation App
(see page 9 for details)

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 17, 2026.

Affordable Recreation

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*

City of Campbell River

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

Jumpstart

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

KidSport



Memberships and Fees

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

Fitness Memberships and Drop In Fees (All prices include GST.)

	Child (6–12)	Youth (13–18)	Adult (19–59)	Senior/Student (60+ or 19–24*)
Drop in	$3	$5	$7	$5
10 Visit	$29	$37	$58	$48
1 Month	$32	$42	$64	$53
3 Month	x	$102	$153	$127
1 Year	x	$280	$420	$350

Fitness Classes (Age 12+)	**Badminton, Soft Tennis, Table Tennis (Age 16+)**
Weight Room (Age 12+)**	**Pickleball (Age 16+)**
Squash, Racquetball, Wallyball (Age 6+) (Children under 12 must be accompanied by a parent or guardian in the courts)	**Youth Drop In Basketball (Age 8+), Adult basketball (Age 16+), Family Badminton (Age 6+)**

Please Note: Each activity counts as one visit. Multiple activites attended on the same day will result in multiple visit deductions from 10 - Visit passes, or require multiple drop in fees to be paid.

***Student memberships require valid post-secondary identification | **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

Plan Today, Recreate Tomorrow

Want to guarantee your spot in tomorrow's class? All drop-in programs now open for sign-up the day before the session starts. Register online or on the App.

Pottery Fees

Duration	Age 14+
Drop In	$20
10 Visit Pass	$180

Active Living Pass

Duration	Age 16+
Annual (Jan to Dec)	$32.50



Special Events

Latin Rhythm at the Square

All Ages | Free to Attend

Join Roudi and Vee at Spirit Square for an evening of Latin dance, music, fun, dancing to lively Latin rhythms. No experience or partner is required—everyone is welcome. Come learn some new steps, meet new people, and enjoy the energy of Latin dance in the heart of downtown.

Footwork Session: 4:30 – 6 p.m.
Partner Session: 6:30 – 8 p.m.
Dance Session: 8 – 9 p.m.

Location: Spirit Square

Sun	**Sept 13**	**4:30 – 9 p.m.**



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.

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 combined 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

48654	**Sat**	**Oct 24**	**9:30 a.m. – 1 p.m.**

Monster Mash

Grades 6 – 8 | $5/Person

Attention all party monsters in grades 6, 7, and 8! Join us for another Monster Mash Dance on Friday, October 30. Dust off your costume and your dancing shoes and get ready to BOOGIE. Snacks and drinks included. Costume contest and lots of amazing prizes. Tickets are available for purchase at the Sportsplex and Community Centre starting October 1, 2026. Purchase tickets early as tickets are limited. Don't miss out on this fun Halloween event — see you there.

Location: Sportsplex

Fri	**Oct 30**	**6 - 8:30 p.m.**

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

Fri	**Nov 20**	**9:30 a.m. – Noon**



Toy and Craft Show 2026

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 purchase a wide varity of items.

Location: Sportsplex

Sat/Sun	**Nov 28 – Nov 29**	**10 a.m. – 4 p.m.**

Breakfast with Santa

All Ages | Family Gym Free | Breakfast Fees Apply

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! Pancake breakfast fees to be determined.

Location: Community Centre

Sat	**Dec 12**	**9 - 11 a.m.**



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 the family-friendly celebration filled with pond hockey, skating, ice games, swimming, water games, challenges, 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 2027!

Location: Strathcona Gardens Recreation Complex

Thu	**Dec 31**	**5 – 8:30 p.m.**

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

MONSTER MASH

Attention all party monsters in grades 6, 7, and 8! Join us for another Monster Mash Dance on Friday, October 30. Dust off your costume and your dancing shoes and get ready to **BOOGIE**. Snacks and drinks included. Costume contest and lots of amazing prizes.

Tickets are available for purchase at the Sportsplex and Community Centre starting October 1, 2026. Purchase tickets early as tickets are limited. Don't miss out on this fun Halloween event — see you there!



City of Campbell River

When: Friday, Oct 30
Time: 6 – 8:30 p.m.

Ages: Grades 6 – 8
Price: $5/Person

Location:
Sportsplex

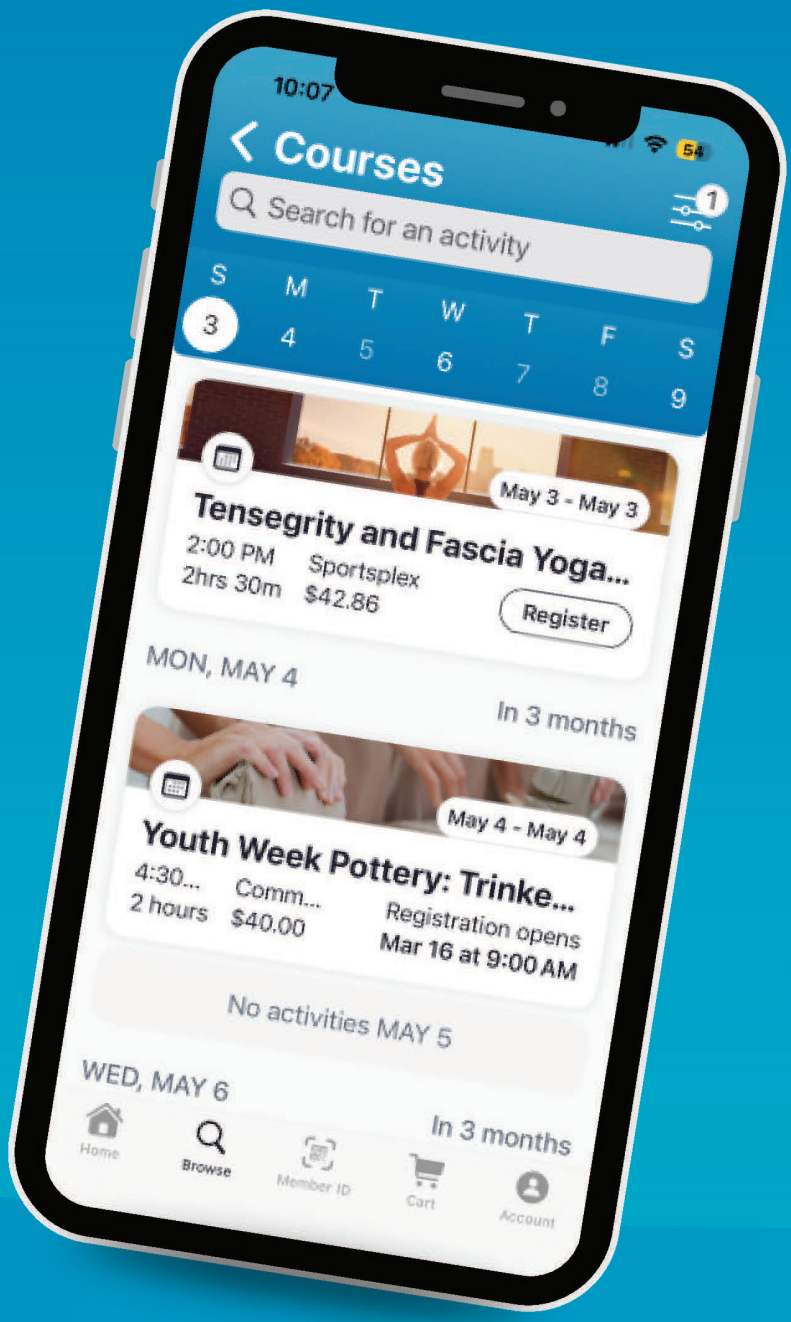
Download our New Recreation App!

Easy to use, anywhere, anytime.
Access memberships and
program details all in one place.

SCAN ME!

GET IT ON Google Play

Download on the App Store



City of Campbell River

Visit **campbellriver.ca/recreation-app** for more information.



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.

- Youth ages 13 to 18 are welcome to apply.
- Volunteer in recreation programs working with children.
- Gain valuable job skills like communication, teamwork, leadership, and speaking in front of others.
- Receive training like first aid, Food Safe, resume writing, and more.

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.

Busy Bees

Walking to 5 Years | $24–$60/Person | Registered

Your little ones will be buzzing around in our Busy Bees program! Kids play games, explore, and make new friends — indoors and out — while you enjoy some well-earned "you time", join one of our fitness classes or just enjoy some quiet. Don't forget to dress your little one for the weather and pack a snack and water!

Location: Sportsplex

September Programs

47772	Tue	Sept 15 – Sept 29	8:15 – 10:15 a.m.
47778	Wed	Sept 16 – Sept 23	8:15 – 10:15 a.m.
47775	Thur	Sept 17 – Sept 24	8:15 – 10:15 a.m.

October Programs

47776	Thur	Oct 1 – Oct 29	8:15 – 10:15 a.m.
47773	Tue	Oct 6 – Oct 27	8:15 – 10:15 a.m.
47779	Wed	Oct 14 – Oct 28	8:15 – 10:15 a.m.

November Programs

47774	Tue	Nov 3 – Nov 24	8:15 – 10:15 a.m.
47780	Wed	Nov 4 – Nov 25	8:15 – 10:15 a.m.
47777	Thur	Nov 5 – Nov 26	8:15 – 10:15 a.m.

December Programs

47599	Tue	Dec 1 – Dec 15	8:15 – 10:15 a.m.
47598	Wed	Dec 2 – Dec 16	8:15 – 10:15 a.m.
47600	Thur	Dec 3 – Dec 17	8:15 – 10:15 a.m.

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

Home Alone

9–12 Years | $80/Person | Registered

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

48316	Tue	Sept 8	9 a.m. – 3 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

New Program

Youth Beginner Karate

5–11 Years | $180/Person | Registered

Are you looking to try Karate or improve your self defense skills? Join the Youth Beginner Karate program to learn the basics of self defense in a safe environment. This program is located at the Campbell River Wado Karate Club at 450 Merecroft Road.

Location: Campbell River Wado Karate Club

48566	Tue/Thu	Sept 10 – Oct 22	6 – 7 p.m.
48567	Tue/Thu	Nov 5 – Dec 17	6 – 7 p.m.



Birthday Parties

12 Years and Under | $140 | Registered

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.

Location: Sportsplex

Sun	Sept 13 – Dec 20	11 a.m. – 12:30 p.m.
Sun	Sept 13 – Dec 20	2 – 3:30 p.m.

Historical Fencing for Kids

9–12 Years | $77/7 Weeks | Registered

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 dueling practice. This class is all about fun, movement, and friendly competition.

Location: Sportsplex

48512	Mon	Sept 14 – Nov 2	5:30 – 6:15 p.m.
*48513	Mon	Nov 9 – Dec 14	5:30 – 6:15 p.m.

***Please Note:** $66/6 Weeks



CR Squash Junior Program (8 to 12)

8–12 Years | $85/Person | Registered

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

48036	Mon/Wed	Oct 19 – Nov 23	3:45 – 4:45 p.m.



CR Squash Junior Program (13 to 15)

13–15 Years | $85/Person | Registered

New to the game of Squash? This program is designed for teens to get started in the world 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

48037	Tue/Thu	Oct 20 – Nov 19	3:45 – 4:45 p.m.

Babysitting Know How

11–18 Years | $90/Person | Registered

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

48318	Fri	Oct 23	9 – 4 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration



Holiday Extravaganza

5–11 Years | $40/Person | Registered

Get ready to spread festive cheer! Play holiday games, bake festive treats, and make cheerful crafts as we start the winter break and the final countdown to Christmas!

Location: Sportsplex

47782	Mon	Dec 21	9 a.m. – 3 p.m.
47831	Tue	Dec 22	9 a.m. – 3 p.m.
47832	Wed	Dec 23	9 a.m. – 3 p.m.
*47833	Thu	Dec 24	9 a.m. – Noon

***Please Note:** $20/3 Hours

After School Programs

After School Tweens in the Kitchen

12–14 Years | $12/Week | Registered or Drop In

Sharpen your kitchen skills as we spend the afternoon in our Commercial Kitchen. Make new recipes, practice new skills, and try some tasty snacks. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47736	Mon	Sept 14 – Sept 28	3 – 5 p.m.
47738	Mon	Oct 5 – Oct 26	3 – 5 p.m.
47741	Mon	Nov 2 – Nov 30	3 – 5 p.m.





After School in the Kitchen

8–11 Years | $12/Week | Registered or Drop In

Dust off your chef's hats as we test out new recipes. Practice kitchen safety while we bake sweet treats and salty snacks. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47613	Tue	Sept 15 – Sept 29	3 – 5 p.m.
47614	Tue	Oct 6 – Oct 27	3 – 5 p.m.
47615	Tue	Nov 3 – Nov 24	3 – 5 p.m.

After School Programs

After School Science

5–7 Years | $12/Week | Registered or Drop In

Bring your thinking caps as we boil, bubble, melt and mix experiments. Learn new things, make new friends, and take home some new facts to tell your parents! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47610	Tue	Sept 15 – Sept 29	3 – 5 p.m.
47612	Tue	Oct 6 – Oct 27	3 – 5 p.m.
47611	Tue	Nov 3 – Nov 24	3 – 5 p.m.



After School Gym Games

8–11 Years | $12/Week | Registered or Drop In

Try out new games with us as we burn off some after school energy! Bring some friends or make some new ones as we kick, jump, run, throw and dodge our way through the afternoon! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47622	Wed	Sept 16 – Sept 23	3 – 5 p.m.
47623	Wed	Oct 7 – Oct 28	3 – 5 p.m.
47653	Wed	Nov 4 – Nov 25	3 – 5 p.m.

After School Outdoors

5–7 Years | $12/Week | Registered or Drop In

Pack your boots and coats and join us outside to adventure around Willow Point Park. The wet coast fall won't get in our way as we jump through puddles, turn rocks, and soak in the fresh air. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47617	Wed	Sept 16 – Sept 23	3 – 5 p.m.
47618	Wed	Oct 7 – Oct 28	3 – 5 p.m.
47621	Wed	Nov 4 – Nov 25	3 – 5 p.m.



After School Arts and Crafts (5 to 7)

5–7 Years | $12/Week | Registered or Drop In

Get crafty after school as we make, create, and design masterpieces. Each week, we will make a new project as we practice our art skills. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47655	Thu	Sept 17 – Sept 24	3 – 5 p.m.
47732	Thu	Oct 1 – Oct 29	3 – 5 p.m.
47733	Thu	Nov 5 – Nov 26	3 – 5 p.m.





After School Arts and Crafts (8 to 11)

8–11 Years | $12/Week | Registered or Drop In

Get crafty after school as we make, create, and design masterpieces. Each week, we will make a new project as we practice our art skills. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47654	Thu	Sept 17 – Sept 24	3 – 5 p.m.
47734	Thu	Oct 1 – Oct 29	3 – 5 p.m.
47735	Thu	Nov 5 – Nov 26	3 – 5 p.m.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

After School Programs

After School Elf Workshop

5–7 Years | $12/Week | Registered or Drop In

Join our busy Leader Elves in spreading holiday magic. Get ready to craft, paint, and create festive memories! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47815	Tue	Dec 1 – Dec 15	3 – 5 p.m.



After School Baking Through the Snow

8–11 Years | $12/Week | Registered or Drop In

Leave smelling like the holiday season with festive treats. Bring your friends and get ready to bake the day away! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47814	Tue	Dec 1 – Dec 15	3 – 5 p.m.

After School Festive Factory

8–11 Years | $12/Week | Registered or Drop In

Roll up your sleeves and join our festive factory. Make some new friends or bring some old ones as we make our own holiday decorations! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47817	Wed	Dec 2 – Dec 16	3 – 5 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

After School Winter Wonderland

5–7 Years | $12/Week | Registered or Drop In

Pack your coats and boots, rain or shine, or hopefully snow, we will be out enjoying the outdoors! Explore how the forest changes in the cold months and then come inside to warm up with some hot cocoa. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47816	**Wed**	**Dec 2 – Dec 16**	**3 – 5 p.m.**



After School Santa's Cooking

5–7 Years | $12/Week | Registered or Drop In

Make sure you can fill Santa's cookies by learning all his favourites with us! Practice your safe kitchen and cookie rolling skills. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47818	**Thu**	**Dec 3 – Dec 17**	**3 – 5 p.m.**

After School Reindeer Games

8–11 Years | $12/Week | Registered or Drop In

Try your hand at some old-fashioned favourites and new holiday themed gym games to get in the holiday spirit! Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47819	**Thu**	**Dec 3 – Dec 17**	**3 – 5 p.m.**



After School Holiday Appy's

12–14 Years | $12/Week | Registered or Drop In

Sharpen your kitchen skills as we spend the afternoon in our Commercial Kitchen. Make new recipes, practice new skills, and try some tasty snacks. Reserve your spots for the entire month, or drop in for a single day. Drop in registration opens 25 hours in advance, online or in person, if space allows.

Location: Sportsplex

47812	**Mon**	**Dec 7 – Dec 14**	**3 – 5 p.m.**

Child, Youth and Families Programs

After School Sports | 12-14 Years | $12/Week | Drop In

It's game on at the Sportsplex. Join us for weekly sports in the gym, try out something new, practice your skills, and burn off energy.

Location: Sportsplex

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

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

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

Play Gym | Age 5 and Under | Free | Drop In

Motivated through PLAY (Physical Literacy And You) CR, this playful program 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: Community Centre / Sportsplex

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 17, 2026.

Pro-D Day Youth Basketball | 8–18 Years | $3/Child or $5/Youth | Drop In

Drop in for some indoor basketball this Pro-D day. Capacity is limited.

Please Note: Pro-D Day Basketball is not always supervised. We recommend that youth under 12 attend with a parent or guardian.

Location: Sportsplex

Sing Together CR | 3+ Years | $2/Person | Drop In

Join Sarah Gaudreault of Discovery Singers to experience the joy of group singing, one afternoon at a time. Drop in and bring a friend or the whole family. No experience necessary and everyone is welcome. Each session will feature a couple of new songs and some fun exercises you can take home with you. Program runs monthly on the following Saturdays: Sept 19, Oct 17, Nov 14 and Dec 19.

Location: Sportsplex

Sunday Funday | Age 5 and Under | $3/Child or $5/Family Drop In

It's playtime for preschoolers (walking to 5 years old) 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

Teen Drop In | 14–18 Years | $12/Week | Drop In

Shoot hoops, score goals, and make saves at our teen after-school sports. With full gym access at the Community Center, bring some friends to test your skills or take on one of our leaders!

Location: Community Centre

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

Bring your friends or meet new ones at this weekly basketball drop-in! Capacity is limited.

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

Location: Sportsplex

Child, Youth and Families Drop In Calendar

September 1 – December 31, 2026

Program will be held in the Sportsplex | Program will be held in the Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby Time 9:30 – 10:45 a.m. Sept 14 – Dec 14 *No program Oct 12*		**Family Place** 8:45 – 10:45 a.m. Sept 9 – Dec 16 *No program Sept 30, Nov 11*		**Family Place** 8:45 – 10:45 a.m. Sept 4 – Dec 18	**Sing Together CR** 2 - 4:30 p.m. Program Dates: Sept 19, Oct 17, Nov 14, Dec 19
Play Gym 10:00 – 11:30 a.m. Sept 14 – Dec 14 *No program Oct 12*				**Play Gym** 10:30 – Noon Sept 18 – Dec 18 No program Sept 25, Oct 16, Nov 20, 27	**Sunday**
Family Place 12:15 – 2:15 p.m. Sept 14 – Dec 14 *No program Oct 12*		**Family Place** 12:15 – 2:15 p.m. Sept 9 – Dec 16 *No program Sept 30, Nov 11*		**Family Place** 12:15 – 2:15 p.m. Sept 4 – Dec 18	**Sunday Funday** 9:30 – 10:30 a.m. Sept 13 – Dec 20 No program Sept 27, Nov 8, 29, Dec 6, 13
After School Sports 3 – 5 p.m. Sept – Dec *No program Oct 12*	**After School Programs** 3 – 5 p.m. Sept – Dec Registration Recommended	**After School Programs** 3 – 5 p.m. Sept – Dec Registration Recommended	**After School Programs** 3 – 5 p.m. Sept – Dec Registration Recommended	**Teen Drop In** 3:30 – 5:30 p.m. Sept 18 – Dec 18 *No program Oct 16, 30, Nov 6, 13, 27, Dec 4, 11*	**Youth Basketball** 11 a.m. – 1 p.m. Sept 13 – Dec 20 No program Sept 27, Nov 8, 29, Dec 6, 13
	Family Badminton 5 – 7 p.m. Sept 8 – Dec 29 *No program Oct 13*	**Youth Basketball** 4:30 – 6:30 p.m. Sept 9 – Dec 16 *No program Sept 30, Oct 14, Nov 11*	**Youth Basketball** 3:15 - 5 p.m. Sept 10 – Dec 17 *No program Sept 24, Oct 15*	**Pro-D Day Youth Basketball** 4 – 6 p.m. Oct 23	

Busy Bees is now a registered program! Registration for September – December programs opens August 17. More information can be found on page 12. Register online, through the app, or in person at the front desk to reserve your spot.

Cancellation Policy

- **Drop In:**
  - Once you book a program or class within the 25-hour booking window, cancellations are not permitted. If you were unable to attend due to illness, please contact us.
  - No-Show Policy: Participants using 10-Visit passes or LIFE memberships will have one visit deducted. Participants with monthly or annual memberships will have a no-show fee applied to their account.
- **Registered Programs:**
  - When 72 hours' cancellation notice is given for registered programs, a refund will be granted and no withdrawal fee will be charged.
  - When less than 72 hours' notice is given for registered programs, there will be no refund granted.
  - You can self-withdraw from a registered program online, or in the Recreation in Campbell River App.
- If the cancellation occurs due to a medical condition or illness, please contact us directly for more information.
- For assistance with cancelling your reservation, please email **recandculture@campbellriver.ca** or call **250-923-7911** or **250-286-1161.**

Drop In Classes and Programs – Plan Today, Recreate Tomorrow

- Fitness, sports, and some drop-in programs (i.e., After School Programs) are now available to book 25 hours in advance of the program start time. For our most popular programs, book early to guarantee your spot in class, or take a chance and drop-in.
- Book online or through the Recreation in Campbell River app.



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.

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 **250-923-7911**.
Cost: Free with deposit.



Sewing for Fun

16+ Years | $75/6 Weeks | Registered

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

Location: Community Centre

48385	Tue	Oct 20 – Dec 1	9:30 a.m. – 12:30 p.m.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

Specialized Recreation Programs

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: Community Centre

Drum It Up | 16+ Years | Free to Attend | Drop In

Shake off the Monday morning blues with this musically inclusive program! Drum along on an exercise ball, jingle a maraca, or hit the dance floor! Open to all ages, stages, and abilities!

Location: Sportsplex

Karaoke | All Ages | Free to Attend | Drop In

Welcome to the Specialized Rec Karaoke— a fun and welcoming monthly karaoke session! Sing your favorite songs, discover new music, and enjoy a great time with friends in a relaxed and supportive atmosphere. Whether you love performing or simply enjoy listening and cheering others on, everyone is encouraged to participate and have fun.

Location: Sportsplex

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

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

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 17, 2026.

Christmas Dance — Specialized Dance | $3/Person | Drop In

Come one come all for a festive party complete with dancing, social time and refreshments. Caregivers are free to attend.

Location: Community Centre

Freaky Friday — Specialized Dance | $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! Caregivers are free to attend.

Location: Community Centre

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration



Specialized Recreation Calendar

September 1 – December 31, 2026

Program will be held in the Sportsplex | Program will be held in the Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Drum It Up 10 – 11 a.m. Sept 14 – Dec 14 *No program Oct 12*	**Sewing For Fun (Registered Program)** 9:30 a.m. – 12:30 p.m. Oct 20 – Dec 1 *No program Nov 17*	**Singing For Fun** 10 – 11 a.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*		**Freaky Friday Specialized Dance** 6 – 8 p.m. Oct 30
	Karaoke 10:45 – 11:45 a.m. Sept 29 – Dec 29 Last Tuesday of the Month		**Active Zone** 1 – 2:15 p.m. Sept 3 – Dec 17 *No program Oct 15*	**Christmas Dance Specialized Dance** 6 – 8 p.m. Dec 18
Stepping Out 6 – 8 p.m. Sept 14 – Dec 21 *No program Oct 12*				

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- For assistance with cancelling your reservation, please email **recandculture@campbellriver.ca** or call **250-923-7911** or **250-286-1161.**

Drop In Classes and Programs – Plan Today, Recreate Tomorrow

- Fitness, sports, and some drop-in programs (i.e., After School Programs) are now available to book 25 hours in advance of the program start time. For our most popular programs, book early to guarantee your spot in class, or take a chance and drop-in.
- Book online or through the Recreation in Campbell River app.





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 $32.50**, 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!

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

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

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

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

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

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

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

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 17, 2026.

Needle Arts
Are you looking for a group to share your artwork with? Come and enjoy this enthusiastic group of needle artists. Bring your current project and enjoy stitching in a relaxed, friendly atmosphere. Whether you're into cross-stitch, embroidery, knitting, or crochet, all skill levels are welcome. Connect with fellow crafters, share ideas, and unwind with your favorite needlework.

Partnership Bridge
Come with your partner and play other twosomes.

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

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

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

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



Drop In Classes and Programs – Plan Today, Recreate Tomorrow

- Fitness, sports, and some drop-in programs (i.e., After School Programs) are now available to book 25 hours in advance of the program start time. For our most popular programs, book early to guarantee your spot in class, or take a chance and drop-in.
- Book online or through the Recreation in Campbell River app.

Active Living Drop In Calendar

August 31 – December 31, 2026 | 16+ Years | $4 Drop In | $32.50 Annual Membership

Program will be held in the Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Hand Quilting 8:30 – 11:30 a.m. Sept 14 – Dec 28 *No program Oct 12*	**Coffee with Friends** 9 – 11 a.m. Sept 1 – Dec 29	**Hand Quilting** 8:30 – 11:30 a.m. Sept 9 – Dec 23 *No program Sept 30, Oct 7, Oct 14, Nov 11*	**Mexican Train** 9 – 11 a.m. Sept 3 – Dec 17	**Needle Arts** 9:30 a.m. – 1 p.m. Sept 4 – Dec 18
	Quilter's Gab 9 a.m. – 3 p.m. Sept 1 – Dec 1 1st Tue of the Month	**Drop In Painting** 9 – Noon Sept 2 – Dec 30 *No program Sept 30, Nov 11*	**Calico Quilters** 9:30 – 11:30 a.m. Sept 17 – Dec 17 3rd Thu of the Month	
	Scrabble 10 a.m. – Noon Sept 1 – Dec 29	**Crochet and Knitting** 9:30 – 11:30 a.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*		
	Backgammon 11 a.m. – Noon Sept 1 – Dec 29	**Cribbage** 1 – 3:30 p.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*	**River City Ukes** 12:45 – 2:15 p.m. Sept 10 – Dec 10 2nd & 4th Thu of the month	
Floor Curling 12:30 – 2:30 p.m. Sept 14 – Dec 21 *No program Oct 12*	**Drop In Crafts** 1 – 3:30 p.m. Sept 22 – Dec 15 *No program 1st Tues of the Month*	**Carpet Bowling** 1 – 3 p.m. Sept 2 – Dec 16 *No program Sept 30, Nov 11*	**Stamp Club** 1 – 3 p.m. Sept 17 – Nov 19 3rd Thu of the Month	
Fit & Social Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Aug 31 – Dec 14 *No program Sept 7, Oct 12*	**Euchre** 1 – 4 p.m. Sept 1 – Dec 29	**Mah Jong** 1 – 4 p.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*	**Fit & Social** Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Sept 3 – Dec 17	**Bridge** 1 – 4:30 p.m. Sept 4 – Dec 18
Partnership Bridge 1 – 4 p.m. Sept 14 – Dec 28 *No program Oct 12*	**Bridge** 1 – 4:30 p.m. Sept 1 – Dec 29	**Duplicate Bridge** 1 – 4:30 p.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*		**Duplicate Bridge** 1 – 4:30 p.m. Sept 4 – Dec 18
	Cribbage 6 – 9 p.m. Sept 1 – Dec 29	**Euchre** 6:30 – 9:30 p.m. Sept 2 – Dec 30 *No program Sept 30, Nov 11*		

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Activities for Older Adults



Overview

The Campbell River Seniors Network is offering free workshops, information sessions, and social opportunities for older adults. For more information about these sessions, please email **crseniorsnetwork@gmail.com.**

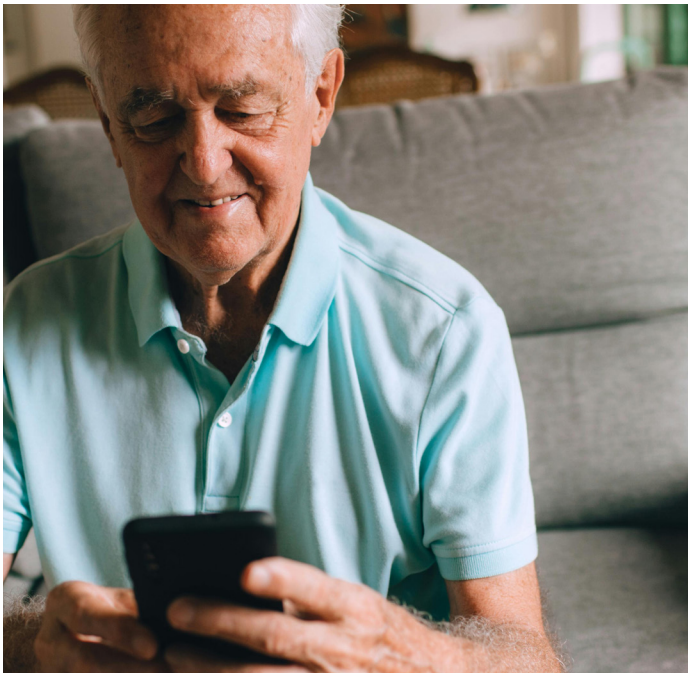
Dementia Support Group Weekly Drop In Sessions

50+ Years | Free to Attend | Drop In

A welcoming weekly drop-in for people living with dementia and their caregivers to connect over coffee, conversation, board games and community support.

Location: Community Centre

Fri	**Sept 11 – Dec 18**	**10 – 11 a.m.**



Digital Access to Government Services

50+ Years | Free to Attend | Drop In

Learn how to access online government services, including CRA accounts, health records, BC Services Card services, and emergency alerts. Includes tips for staying safe online.

Location: Community Centre

Mon	**Sept 14**	**1:30 – 3 p.m.**

Artificial Intelligence and Social Media

50+ Years | Free to Attend | Drop In

Explore AI, social media algorithms, and how technology influences the information we see online.

Location: Community Centre

Mon	**Nov 9**	**1:30 – 3 p.m.**

Cell Phone Skills

50+ Years | Free to Attend | Drop In

Bring your Apple or Android phone and learn practical skills to help you get more from your device.

Location: Community Centre

Mon	**Dec 14**	**1:30 – 3 p.m.**

Digital Literacy Weekly Drop In Sessions

50+ Years | Free to Attend | Drop In

Get help with your phone, tablet, or computer. Learn about email, photos, passwords, online safety, and more in a welcoming, volunteer-supported environment.

Location: Community Centre

Tues	**Sept 15 – Dec 15**	**10 a.m. – Noon**



City of Campbell River

For more information about these sessions, please email crseniorsnetwork@gmail.com.

Roadmap for Living: Planning for Aging Well

50+ Years | Free to Attend | Drop In

Explore future planning, healthy aging, housing options, support needs, and resources for the years ahead.

Location: Community Centre

Wed	**Sept 23**	**9:30 – 11:30 a.m.**

It's Not Right: Recognize Abuse and Neglect

50+ Years | Free to Attend | Drop In

Learn to identify warning signs of abuse and neglect of older adults and how to respond safely and supportively.

Location: Community Centre

Wed	**Oct 28**	**9:30 – 11:30 a.m.**

Age-Friendly Communities

50+ Years | Free to Attend | Drop In

Discuss what makes a community age-friendly and share ideas to help improve supports for older adults in Campbell River.

Location: Community Centre

Wed	**Nov 25**	**9:30 – 11:30 a.m.**











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.

Cancelled

Beginner/Intermediate Mountain Bike Skills Series

16+ Years | $105/4 Weeks | Registered

Hone up on the skills required to take your bike off road and enjoy the trails around Campbell River. Instructor Tanya Allen is a GSMBC certified instructor and NCCP cycling coach. Tanya instructs for Gravity Mt Bike in Cumberland and also for Campbell River Recreation programs.

Session 1: This class focuses on gear selection, balance and position, as well as braking and descending with control.

Session 2: You will learn climbing while seated, standing, crouching, and with obstacles, as well as front wheel lifts, pedaling front wheel lifts, and how to get over obstacles.

Session 3: This class focuses on line selection, tight turns, slow-speed and high-speed cornering, as well as switch backs.

Session 4: In this final session, put all of your new skills to the test on the trails in the Beaver Lodge Lands.

Location: Willow Point Bike Park

48475	Mon	Aug 31	5:30 – 7:30 p.m.
48475	Mon	Sept 14	5:30 – 7:30 p.m.
48475	Mon	Sept 21	5:30 – 7:30 p.m.
48475	Sun	Sept 27	9:30 – 11:30 a.m.

Historical Fencing — Intro: Longsword and Singlestick

12–55 Years | $77/7 Weeks | Registered

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

48514	Mon	Sept 14 – Nov 2	6:15 – 7:15 p.m.
*48515	Mon	Nov 9 – Dec 14	6:15 – 7:15 p.m.

***Please Note:** $66/6 Weeks



Historical Fencing — Core

12–55 Years | $98/7 Weeks | Registered

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

48516	Mon	Sept 14 – Nov 2	7:15 – 9 p.m.
*48518	Mon	Nov 9 – Dec 14	7:15 – 9 p.m.

***Please Note:** $84/6 Weeks



Intermediate Tai Chi

16+ Years | $4/Person | Drop In

Tai Chi (Taoist) 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

48519	Thu	Sept 17 – Dec 17	1 – 2 p.m.

Salsa and Bachata: Experience the Culture And Rhythm of Latin Dance

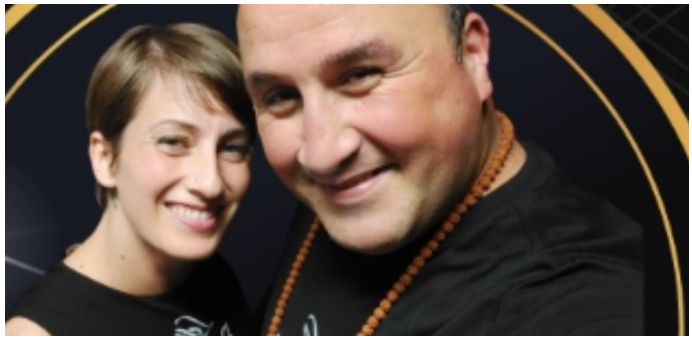
16+ Years | $25/Person | Drop In

Join Roudi and Vero, for their dance classes that go beyond just teaching step — 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

48521	Fri	Sept 18 – Dec 18	6 – 8 p.m.
*48522	Fri	Sept 18 – Dec 18	6 – 7 p.m.
**48523	Fri	Sept 18 – Dec 18	7 – 8 p.m.

***Please Note:** Salsa Only ($20/Person)
****Please Note:** Bachata Only ($20/Person)



Mushroom Picking for Beginners — Identification And Foraging

16+ Years | $50/Person | Registered

Have you always wanted to get into mushroom foraging but never had the confidence? Then this is the program for you! 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: Community Centre and Offsite

48491	Fri/Sat	Sept 18 – Sept 19	6 – 7:30 p.m.
48496	Fri/Sat	Sept 25 – Sept 26	6 – 7:30 p.m.
48499	Fri/Sat	Oct 16 – Oct 17	6 – 7:30 p.m.

***Please Note:** Saturdays 1 – 2:30 p.m.

Beginner Pickleball Lessons

16+ Years | $90/4 Weeks | Registered

Are you interested in trying one of the fastest growing sports in North America? You will learn the basics of the sport including rules, moves, and strategies. No equipment required, we supply the paddles, nets and balls. Please ensure that you have appropriate indoor/gym foot wear.

Location: Community Centre

48525	Sat	Sept 19 – Oct 10	12:45 – 2:45 p.m.
*48526	Thu	Nov 12 – Dec 3	10:15 a.m. – 12:15 p.m.

***Please Note:** Sportsplex



Beginner Tai Chi

16+ Years | $40/Person | Registered

Tai chi is an ancient practice that combines slow, deliberate movements, meditation, and breathwork. Join this relaxing beginners Taoist 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

48520	Mon	Sept 28 – Dec 7	10 – 11 a.m.

Foraging and Preparing Mushrooms

16+ Years | $30/Person | Registered

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

48501	Fri	Oct 2	1 – 3 p.m.
48500	Sun	Oct 11	1 – 3 p.m.
48502	Sat	Oct 24	1 – 3 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:

Build a Gnome Fall Workshop

16+ Years | $55/Person | Registered

Get creative at our Gnome Making Workshop at the Sportsplex! In this hands-on, fun-filled class, you'll design and build your very own indoor gnome from start to finish. All materials and supplies are provided—just bring your imagination. Whether you're crafting solo, with friends, or as a family, you'll enjoy a relaxed, welcoming environment and leave with a one-of-a-kind gnome to take home and display proudly in your home. These gnomes are over a foot long from head to hat when completed. No experience necessary! Plus, if you enjoy making your Gnome, there'll be Gnome packs to purchase after the workshop for $40 each - cash or e-transfer only. Kits can be any color or theme we have in stock!!

Location: Sportsplex

47263	Wed	Oct 7	7 – 9 p.m.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:

Cancelled

Aging with Ease: Ayurvedic Practices for Resilience And Vitality

16+ Years | $20/Person | Registered

As we age, we may notice changes in energy, sleep, mobility, and mood. Ayurveda offers a gentle, holistic approach to supporting the body and mind through these important transitions. In this fun and informative workshop, you'll discover simple daily practices to nourish joint health, radiant skin and cultivate resilience in immunity and our mind. Learn how rhythm, rest, nourishment, and mindful habits can help you stay grounded, flexible, and vibrant over time. Perfect for those looking to age with greater ease, balance, and a sense of well-being!

Location: Community Centre

48506	Thu	Nov 5	1:30 – 3:30 p.m.

Cancelled

Calm the Mind: Ayurvedic Tools for Stress And Overwhelm

16+ Years | $20/Person | Registered

Feeling scattered, restless, or mentally overloaded? Ayurveda offers simple, grounding ways to calm the nervous system and bring the mind back into balance. In this gentle, practical workshop, you'll learn everyday tools to ease stress and reduce overwhelm using breath, daily rhythm, and soothing lifestyle practices. Discover how small, consistent choices can support better sleep, improve focus, and create a greater sense of calm and steadiness. Ideal for anyone over 16 years old, this session offers accessible ways to feel more relaxed, centred, and resilient in daily life!

Location: Community Centre

48508	Thu	Nov 5	5 – 7 p.m.





New Program

Steady Energy: Ayurvedic Approaches to Support Digestion and Metabolism!

16+ Years | $20/Person | Registered

Low energy, sluggish digestion, or feeling "heavy" after meals? In Ayurveda, a strong, balanced digestive fire is key to feeling vibrant at any age. In this practical and engaging workshop, you'll learn simple ways to support digestion and metabolism using everyday practices. Explore how meal timing, food choices, gentle spices, and daily rhythm can help improve energy, reduce bloating, and support a healthy weight — without strict diets. This session offers easy, sustainable tools to help you feel lighter, more energized, and in tune with your body!

Location: Community Centre

48509	Thu	Nov 26	5 – 7 p.m.



New Program

Ayurvedic Approaches to Reduce Inflammation!

16+ Years | $20/Person | Registered

Feeling the effects of inflammation — aching joints, hot flashes, or a busy, overheated mind? Discover how Ayurveda offers gentle, natural ways to cool and rebalance the body. In this relaxed, practical workshop, you'll learn the top 10 home-based strategies to help ease inflammation and support overall well-being. Designed with midlife and older adults in mind, this session focuses on small, sustainable changes that can make a meaningful difference. Come away feeling grounded, refreshed, and empowered with tools you can use every day!

Location: Community Centre

48510	Thu	Nov 26	1:30 – 3:30 p.m.

Build a Gnome Christmas Workshop

16+ Years | $55/Person | Registered

Get into the festive spirit at our Christmas Gnome Making Workshop at the Sportsplex! In this cozy, hands-on session, you'll design and build a whimsical, winter-themed indoor gnome from start to finish. We provide all the plush materials and supplies needed to create your new favorite holiday decoration — just bring your imagination. No experience necessary! Plus, if you enjoy making your Gnome, there'll be Gnome packs to purchase after the workshop for $40 each — cash or e-transfer only. Kits can be any color or theme we have in stock!

Location: Sportsplex

47273	Tue	Nov 24	7 – 9 p.m.

First Aid Courses

Basic First Aid (BFA) – Red Cross

14+ Years | $115/Person | Registered

A one-day Red Cross course for individuals requiring basic first aid knowledge for home or workplace emergencies. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

What's Included: CPR/AED (adult/child/infant), choking management, life-threatening emergency response, and basic wound care.

Certification: Valid for 3 years

Location: Rotary Community Fieldhouse

49769	Sat	Oct 24	8:30 a.m. – 4:30 p.m.





Intermediate First Aid (IFA) – Red Cross

14+ Years | $195/Person | Registered

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

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

Location: Rotary Community Fieldhouse

49770	Sat/Sun	Oct 24 – Oct 25	8:30 a.m. - 4:30 p.m.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:

Pottery Programs

Pottery Studio

14+ Years | $20/Person | Drop In

The Pottery Studio is a great place 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; there are no pre-made pieces to purchase, but 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. There are 4 pottery wheels available plus tools for hand building. Purchase a Pottery Membership pass and get 10 pottery drop-ins for the price of 9. Passes can be purchased online or in person at the Community Centre before 4pm. Register online ahead of time, or bring cash to pay the drop-in fee (no debit/credit option available onsite). 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

48266	Tue	Sept 22 – Dec 15	6 - 9 p.m.
48267	Thu	Sept 17 – Dec 17	6 – 9 p.m.





Pottery: Intro to the Wheel

14+ Years | $190/4 Weeks | Registered

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

48143	Wed	Sept 16 – Oct 14	6 – 9 p.m.
48145	Sat	Sept 19 – Oct 17	12:15 – 3:15 p.m.
48147	Sat	Nov 7 – Dec 5	12:15 – 3:15 p.m.

Pottery Programs

Pottery: Drop-In with Instruction

14+ Years | $20/Person | Drop In

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

Please Note: Pottery Studio clay must be used; there are no pre-made pieces to purchase, but 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. There are 4 pottery wheels available plus tools for hand building. Register online ahead of time, use your 10-pass pottery membership, or bring cash to pay the drop-in fee (no debit/credit option available onsite). If registering online or using your membership, please let the instructor 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

48148	**Sat**	**Sept 19 – Dec 12**	**9:15 – 11:15 a.m.**





Pottery: Mugs and Bowls

14+ Years | $90/Person | Registered

Dive into Fall pottery with this fun new class! Join our knowledgeable instructor, Emma, as she guides you through the techniques to make your own mugs and bowls. Use stamps and paintable materials to bring your designs to life. 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

48354	**Sat**	**Oct 24**	**Noon – 3 p.m.**

City of Campbell River

Ready to Book Online?

Scan QR code or visit:

Pottery Wheel: Level 2

14+ Years | $215/6 Weeks | Registered

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

48146	**Wed**	**Oct 28 – Dec 9**	**6 – 9 p.m.**





Pottery: Holiday Gifts

14+ Years | $90/Person | Registered

Get festive with this holiday pottery class! Join our knowledgeable instructor, Emma, as she guides you through hand building techniques to create your own holiday themed projects. Use stamps and paintable materials to bring your designs to life. Expect to complete two finished projects 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

48353	**Sun**	**Nov 22**	**Noon – 3 p.m.**

Pottery Fees	
Duration	**Age 14+**
Drop In	$20
10 Visit Pass	$180

Adults Sports Descriptions



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 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 registered for any session that reaches capacity.

Please Note: Starting on Sunday August 30, all drop-in program sign-ups will open one day prior, exactly 25 hours in advance, on the Recreation in Campbell River app.

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. Registration opens 25 hours in advance.

Family Badminton | 6+ Years | Drop In

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

Indoor Ultimate Frisbee | 16+ Years | Drop In

Looking for a sport that welcomes all skill levels while delivering a great workout? Ultimate Frisbee combines movement, teamwork, and friendly competition. Players of all experience levels are welcome to come out and learn, play, and enjoy the spirit of community that Ultimate is known for. Registration opens 25 hours in advance.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

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. Registration opens 25 hours in advance.

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. Registration opens 25 hours in advance.

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. Registration opens 25 hours in advance.

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 opens 25 hours in advance.

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, Aug 17, 2026.

Adult Sports Drop In Calendar

Plan Today, Recreate Tomorrow
New this fall — registration opens 25 hours in advance.

August 31 – December 31, 2026

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 1 – Dec 29 *No program Oct 13, Oct 27*		**Soft Tennis** 10:30 a.m. – 12:30 p.m. Sept 3 – Dec 31 *No program Oct 15*	**Badminton** 12:30 – 2:30 p.m. Sept 4 – Oct 30 *No program Oct 16*
		Pickleball 10:15 a.m. – 12:15 p.m. Sept 1 – Dec 22 *No program Sept 29, Oct 27, Nov 24*		**Pickleball** 10:15 a.m. – 12:15 p.m. Sept 10 – Dec 17 *No program Sept 24, Oct 15, Nov 12, 19, 26, Dec 3*	
Pickleball Noon – 2 p.m. Sept 13 – Dec 27 *No program Oct 4, 18, Nov 8, 15, 29*	**Badminton** Noon – 2 p.m. Sept 14 – Dec 28 *No program Oct 12*	**Table Tennis** 1:15 – 3:15 p.m. Sept 1 – Dec 29 *No program Oct 13, Oct 27*	**Badminton** Noon – 2 p.m. Sept 2 – Dec 30 *No program Sept 30, Oct 14, Nov 11*	**Pickleball** 12:30 – 2:30 p.m. Sept 3 – Dec 24 *No program Sept 24, Oct 15*	**Pickleball** 1 – 3 p.m. Sept 4 – Dec 18 *No program Sept 11, 25 Oct 9, 16, 30, Nov 6, 20, 27*
Pickleball 2:15 – 4:15 p.m. Sept 13 – Dec 27 *No program Oct 4, 18, Nov 8, 15, 29*					
	Pickleball 6:15 – 8:15 p.m. Sept 14 – Dec 28 *No program Oct 12, Oct 26*	**Family Badminton** 5 – 7 p.m. Sept 8 – Dec 29 *No program Oct 13*			
		Badminton 7:30 – 9:30 p.m. Sept 8 – Dec 29 *No program Oct 13*	**Wednesday Night Basketball** 7 – 9 p.m. Sept 2 – Dec 30 *No program Sept 30, Oct 14, Nov 11*	**Indoor Ultimate Frisbee** 7:30 – 9 p.m. Oct 1 – Dec 17 *No program Oct 15*	

Cancellation Policy

- **Drop In:**
  - Once you book a program or class within the 25-hour booking window, cancellations are not permitted. If you were unable to attend due to illness, please contact us.
  - No-Show Policy: Participants using 10-Visit passes or LIFE memberships will have one visit deducted. Participants with monthly or annual memberships will have a no-show fee applied to their account.
- **Registered Programs:**
  - When 72 hours' cancellation notice is given for registered programs, a refund will be granted and no withdrawal fee will be charged.
  - When less than 72 hours' notice is given for registered programs, there will be no refund granted.
  - You can self-withdraw from a registered program online, or in the Recreation in Campbell River App.
- If the cancellation occurs due to a medical condition or illness, please contact us directly for more information.
- For assistance with cancelling your reservation, please email **recandculture@campbellriver.ca** or call **250-923-7911** or **250-286-1161.**

Drop In Classes and Programs – Plan Today, Recreate Tomorrow

- Fitness, sports, and some drop-in programs (i.e., After School Programs) are now available to book 25 hours in advance of the program start time. For our most popular programs, book early to guarantee your spot in class, or take a chance and drop-in.
- Book online or through the Recreation in Campbell River app.



Fitness



Overview

Get moving with the City of Campbell River! Whether you are stepping into the weight room or joining a fitness class, we are here to help you improve your physical health and mental well-being. Come alongside neighbours of all ages, skill levels, and backgrounds for fun, energizing workouts that truly elevate your quality of life.

New Program

Root And Restore: Yoga and Ayurveda For Fall Wellness — Workshop 1 of 2

16+ Years | $50/Person | Registered

As we transition into Fall and Vata season, you may notice changes in your energy, digestion, sleep, mood, and nervous system. According to Ayurveda, these shifts are natural and offer an invitation to slow down, ground, nourish, and reconnect with yourself. Join Lena for an introduction to Ayurveda, the ancient sister science of yoga, and discover simple, practical ways to support your health and well-being throughout the autumn season. Together, we will explore how to work with the qualities of Fall rather than against them, creating more balance, stability, and ease in everyday life. During your workshop, we will share a warm cup of Ayurvedic tea and learn about the herbs, roots, and spices within the blend, along with simple ways to incorporate them into your daily routines. Each participant will receive a tea sample to take home and enjoy. This workshop includes 2 hrs of Ayurveda learning followed by 60 minutes of Yoga and breathwork practice. Please come in comfortable clothes to move in.

Location: Community Centre

48574	Sun	Sept 13	10:30 a.m. – 1:30 p.m.

New Program

Journey Through the Chakras Series

16+ Years | $91/7 Weeks | Registered

This practice can help you heal, transform and create a deeper connection to the Self. In this series you will be introduced to all 7 major chakras as a system for self-healing and overall wellbeing. Each week we will focus on one chakra, starting with the heart, as the journey begins with the heart, connecting us deeper to ourselves, our souls and the abundant energy all around us. This series is part lecture and primarily practice, to really feel the energy in your body. We will explore a variety of asana postures, movement, mudras, breathing, and seed sounds to connect with the energy of each chakra. Each practice will end with chanting and meditation on the focused Chakra. Everyone is welcome.

Location: Sportsplex

48451	Mon	Sept 14 – Nov 2	4 – 5 p.m.

City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

Baby and Me Yoga

16+ Years | $78/6 Weeks | Registered

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

48449	Tue	Sept 15 – Oct 20	Noon – 1 p.m.
48450	Tue	Nov 3 – Dec 8	Noon – 1 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

Cancelled

Strength Without Strain Workshop — Understanding Your Body in Yoga

16+ Years | $42/Person | Registered

Discover a kinder, more intelligent way to build strength. Strength Without Strain is a 2.5 hour, anatomy informed workshop designed to help you understand how your unique body moves, which muscles support common yoga poses, and how to enter and exit shapes with confidence and ease. This is not a "work harder" kind of strength class. It's a space to slow down, get curious, and learn what stability actually feels like in your body. Through guided exploration, simple movement experiments, and clear, accessible education, you'll learn:

- Which muscles activate in foundational yoga poses
- How your individual structure influences alignment and sensation
- How to move safely into and out of shapes without strain
- When a pose is helpful — and when it might not be the right choice
- How to build strength through awareness, not force.

You'll leave with a deeper understanding of your body, practical tools you can use in any class, and a more compassionate relationship with strength and movement. This workshop is suitable for all bodies, all levels, and anyone who wants to feel more supported, informed, and empowered in their practice.

Location: Sportsplex

48498	Sun	Sept 20	10:30 a.m. – 1 p.m.



Adult Weight Room Orientation

16+ Years | $15/Person | Registered

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

48642	Mon	Sept 21	2 – 3:30 p.m.
48643	Wed	Oct 14	2 – 3:30 p.m.
48644	Mon	Nov 16	2 – 3:30 p.m.
48645	Mon	Dec 14	2 – 3:30 p.m.



Youth Weight Room Orientation

13–15 Years | $15/Person | Registered

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

48646	Mon	Sept 21	4 – 5:30 p.m.
48649	Wed	Oct 14	4 – 5:30 p.m.
48651	Mon	Nov 16	4 – 5:30 p.m.
48653	Mon	Dec 14	4 – 5:30 p.m.

New Program

Flow and Flourish: Yoga and Ayurveda For Hormonal Health and Cyclical Living — Workshop 2 of 2

16+ Years | $50/Person | Registered

Our hormones influence nearly every aspect of physical, emotional, mental, and energetic well-being. Yet true hormonal health is about more than hormones alone — it is deeply connected to digestion, stress, sleep, nourishment, and our relationship with the natural cycles that shape our lives. In this workshop, we will explore hormonal wellness through the lens of Ayurveda and cyclical living, learning how to support balance through food, lifestyle, herbs, movement, and awareness of our body's innate rhythms. Together we will explore how stress, digestion, the nervous system, and daily habits influence hormonal balance while reconnecting to the wisdom of seasonal rhythms, lunar cycles, and the natural ebb and flow of life. This workshop includes 2 hrs of Ayurveda learning followed by 60 minutes of Yoga and breathwork practice. Please wear comfortable clothing you can move in.

Location: Community Centre

48576	Sun	Sept 27	1 – 4 p.m.



Cancelled

Partner Yoga Workshop

16+ Years | $52/Couple | Registered

A 2 Hour Hatha + Somatic Connection Experience. Discover the power of shared movement in this unique Partner Yoga workshop led by Cheryl Minkoff and Jana Hope. Designed through a Hatha and somatic lens, this experience blends steady, grounded partner postures with attuned, relational practices that help you move with more ease, awareness, and connection. Over two spacious hours, you'll explore how supportive touch, co created shapes, and mindful communication can transform your practice. Whether you join with a friend or a loved one, this workshop offers a meaningful way to deepen your relationship with your body — and with another. What to Expect:

- A grounding Hatha warm up to settle your system and prepare your body
- Somatic connection practices that build presence, trust, and attunement
- Partner assisted stretches that enhance mobility and release tension
- Co created balance and strength shapes approached with breath, stability, and curiosity
- A restorative closing practice to leave you feeling centred and connected.

Location: Sportsplex

48352	**Tue**	**Oct 6**	**6 – 8 p.m.**



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration



Cancelled

Four-Week Yoga Exploration Program

16+ Years | $52/4 Weeks | Registered

A progressive journey through four distinct styles of yoga, guided by Cheryl. Have you ever wondered what the difference is between the many yoga modalities you hear about — Hatha, Yin, Vinyasa, Somatics, Yoga Nidra? Maybe you've tried a few classes and sensed they each feel different in your body, but you're not quite sure why. Or perhaps you're brand new to yoga and curious about where to begin. This four week program offers a grounded, experiential way to explore these practices and understand how each one supports your body, your breath, and your overall well being. With a focus on accessibility, curiosity, and embodied learning, Cheryl will guide you through practices that support strength, mobility, rest, and deeper self connection.

- **Week 1:** Hatha Yoga — Foundations and Steadiness
- **Week 2:** Yin Yoga and Myofascial Release — Depth and Unwinding
- **Week 3:** Vinyasa Yoga — Flow and Connection
- **Week 4:** Somatics and Yoga Nidra — Repatterning and Deep Rest

Location: Sportsplex

48558	**Tue**	**Oct 13 – Nov 3**	**7 – 8:15 p.m.**

New Program

Yoga to Calm Stress and Anxiety Series

16+ Years | $78/6 Weeks | Registered

Feeling anxious, stressed or overwhelmed? The benefits of yoga for mental and physical health are quite well known. This 6-week series is specifically for the Fall season to help find grounding and balance during times of change and uncertainty. This class has been designed it to help calm the nervous system and tap deeper into our parasympathetic nervous system where the body can rest, digest and repair itself. We will move through the practice slowly and mindfully to really focus on our breathing and allow the breath to be our guide. We will learn different breathing techniques, mindfulness, meditation and play with movement as medicine to help feel more balanced and rooted. Each class will combine a mixture of grounding and mindfulness practice, balancing, twisting, back bending and strengthening asana postures, pranayama, and end with a small meditation.

- Find freedom, balance, stability and ease in the body
- Explore different breathing practices to help de-stress and calm your body and mind
- Learn mindfulness techniques to help calm your nervous system
- Reduce stress and anxiety to find more peace and calm
- Dive into Rest, Digest and Repair mode
- Develop more body awareness and interoception
- Connect deeper to the earth element and different ways to ground yourself
- Learn new tools and strategies to help you understand your body and what you need.

Location: Sportsplex

48452	**Mon**	**Nov 9 – Dec 14**	**4 – 5 p.m.**





New Program

Feet First — Yoga for Balance and Fall Prevention for Healthy Aging Workshop

16+ Years | $50/ Person | Registered

Movement is one of the most powerful tools we have for maintaining strength, balance, mobility, and independence as we age. Join Lena Watt for this educational and experiential workshop focused on building strong foundations from the ground up. Together, we will explore how healthy feet, stable ankles, strong hips, a resilient core, and a well-regulated nervous system work together to support balance, confidence, and lifelong movement. Through yoga, breathwork, balance training, and functional movement practices, you will learn practical tools to improve stability, reduce the risk of falls, and maintain mobility and independence for years to come. Leave With:

- Greater confidence in your balance and mobility
- Practical exercises to continue at home
- Tools to strengthen your feet, ankles, hips, core, and back
- Strategies for safer movement and fall prevention
- Breathwork practices to support focus and nervous system regulation
- A deeper understanding of how movement supports healthy aging.

Location: Sportsplex

48585	**Sun**	**Nov 15**	**1 – 4 p.m.**

Cancelled

Four-Week Yin Somatic Yoga Series

16+ Years | $52/4 Weeks | Registered

Across this four week Yoga series, you'll be guided through accessible Yin shapes, somatic explorations, and myofascial release techniques designed to:

- Release chronic muscular and fascial tension
- Support joint mobility and functional range
- Encourage nervous system down regulation
- Cultivate interoception and embodied awareness
- Foster a compassionate, non striving relationship with your body.

Each week gently highlights a different area of the body — such as the hips, spine, shoulders, or legs — offering a focused opportunity to soften, unwind, and reconnect. Postures are supported with props, and you're encouraged to adjust, pause, or rest whenever needed. No previous yoga experience is required. All bodies and abilities are welcome.

Location: Sportsplex

48559	Tue	Nov 17 – Dec 8	7 – 8:15 p.m.



City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration



Cancelled

Gentle Somatic Yoga Workshop

16+ Years | $50/Person | Registered

Join Cheryl Minkoff for a spacious and restorative 3-hour introduction to Gentle Somatic Yoga® — a science-informed, body-honoring approach to movement that invites deep release, nervous system regulation, and embodied awareness. This workshop welcomes anyone curious about how movement can support healing, presence, and self-awareness. Whether you're exploring new ways to connect with your body, deepening an existing practice, or looking for gentle somatic yoga movements to navigate held muscular tension caused by physical or mental stress, you'll be guided through accessible sequences that prioritize comfort, curiosity, and inner listening.

Location: Community Centre

48494	Sat	Nov 21	10 a.m. – 1 p.m.







Fitness Memberships and Drop In Fees

What does my Fitness Membership include?

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	$29	$37	$58	$48
1 Month	$32	$42	$64	$53
3 Month	x	$102	$153	$127
1 Year	x	$280	$420	$350

Fitness Classes (Age 12+)	**Badminton, Soft Tennis, Table Tennis (Age 16+)**
Weight Room (Age 12+)**	**Pickleball (Age 16+)**
Squash, Racquetball, Wallyball (Age 6+) (Children under 12 must be accompanied by a parent or guardian in the courts)	**Youth Drop In Basketball (Age 8+), Adult Basketball (Age 16+), Family Badminton (Age 6+)**

Please Note: Each activity counts as one visit. Multiple activites attended on the same day will result in multiple visit deductions from 10 - Visit passes, or require multiple drop in fees to be paid.

***Student memberships require valid post-secondary identification | **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 | 5:45 a.m. – 9 p.m.

Sat/Sun | 7:45 a.m. – 4 p.m.

Supervised Weight Room Hours

Mon – Fri | 5:45 – 7:45 a.m.

Sat/Sun | 7:45 - 11 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

Number of Sessions	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	Paul

What can I expect from personal training?

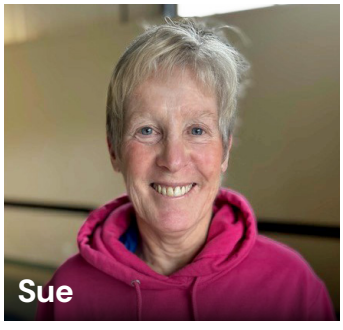
Personal training sessions include a series of exercises that first help evaluate and then elevate your overall health and physical status. Your trainer will develop a customized training plan to help you meet your goals.

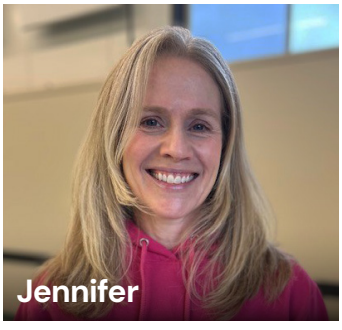
To get started with personal training, please fill out a personal training package at the Sportsplex or online at www.campbellriver.ca

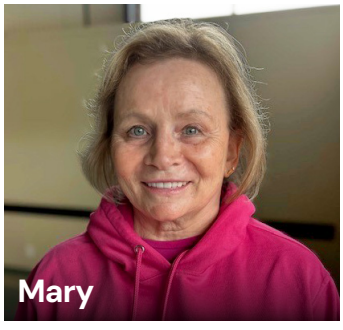
Please Note: 24 hours notice is required to cancel or reschedule a personal training session.

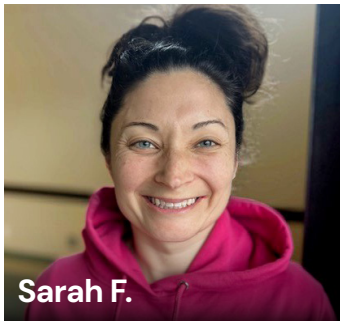
Meet Your Fitness Instructors

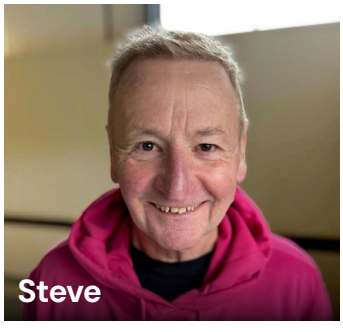


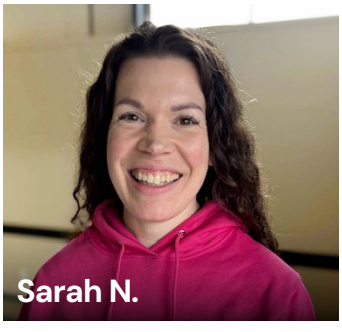


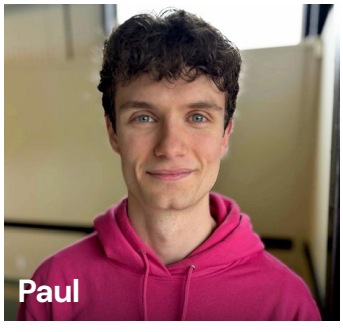


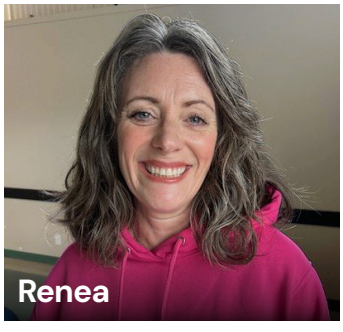


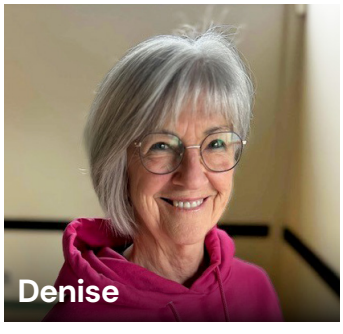


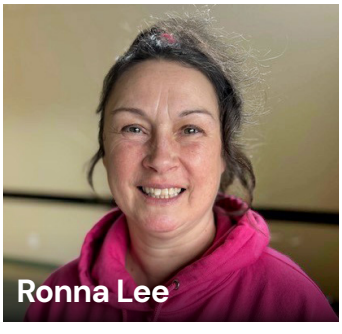












City of Campbell River

Ready to Book Online?

Scan QR code or visit:
campbellriver.ca/registration

Fitness Program Descriptions

Fitness Classes

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

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

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

Boot Camp | Intensity Level: 2-3

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

Chair Yoga | Intensity Level: 1-2

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 & Social | Intensity Level: 1-2

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

Forever Fit Circuit | Intensity Level: 1-2

Boost your 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!

Gentle Yoga | Intensity Level: 1-2

Take a mindful break in the middle of your day with this calming and refreshing gentle yoga class. Designed to release tension, improve posture, and restore energy, this session offers soothing stretches and mindful breathing to help you reset and recharge for the rest of your day. With an emphasis on relaxation and ease, Gentle Lunchtime Yoga is suitable for all levels.

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! Kettlebell class is a high-intensity-ballistic workout that can help meet your toughest fitness goals. It combines functional, compound exercises such as 'the swing', 'the clean' and 'the press' that will work multiple muscle groups.

Let's Go Circuit! | Intensity Level: 1-3

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

Power Hour | Intensity Level: 2-3

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

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 fabulous and motivating environment!

Slow Flow Yoga | Intensity Level: 1

Move with mindfulness in this gentle, flowing yoga class designed to help you connect breath with movement. Slow Flow Yoga blends the fluid sequences of vinyasa with a more grounded, intentional pace — allowing time to explore alignment, build strength, and cultivate inner calm. Each class encourages balance, flexibility, and relaxation, making it suitable for all levels, including beginners.

Spin 45 | Intensity Level: 2-3

Spin 45 is a 45 minute challenging, high-intensity, stationary bike class focused on endurance, strength, and recovery intervals. You'll improve your fitness while protecting and strengthening your joints. This can be a great place to start when recovering from an injury.

Spin and Core | Intensity Level: 1-3

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

Spin and Mobility | Intensity Level: 1-2

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

Fitness Program Descriptions

New Program

Spin and Release | Intensity Level: 2

Sweat hard, then restore your body in this ultimate two-in-one workout. This class blends high-intensity cardio with targeted recovery to leave you feeling both accomplished and re-energized. 40 Minutes of High-Intensity Spinning: Crush intervals, climbs, and sprints to maximize your cardiovascular endurance and torch calories. 20 Minutes of Dynamic movements and Stretching: open up tight hips, release your lower back, and lengthen sore muscles. Perfect for all fitness levels looking for the ideal balance of sweat and recovery.

Sportfit | Intensity Level: 1-2

Get ready to lace up your sneakers, test your agility, and hit the ground running in our Sportfit class! Whether you're a seasoned marathoner or a beginner looking to improve your endurance, this class combines sharp footwork drills with speed intervals to elevate your performance. Runners of all levels and abilities welcome.

Step 'N' Sculpt | Intensity Level: 2

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

Tabata | Intensity Level: 2

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

Zumba | Intensity Level: 1-2

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

Zumba and Pump! | Intensity Level: 1-2

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 8 – Oct 27 (4 – 5 p.m.) | Nov 3 – Dec 15 (3:30 - 4:30 p.m.)

Thursday's:
Sept 10 – Oct 29 (4 – 5 p.m.) | Nov 5 – Dec 17 (3:30 - 4:30 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. You will be notified if the walk has to be cancelled.

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 17, 2026.

Cancellation Policy

- **Drop In:**
  - Once you book a program or class within the 25-hour booking window, cancellations are not permitted. If you were unable to attend due to illness, please contact us.
  - No-Show Policy: Participants using 10-Visit passes or LIFE memberships will have one visit deducted. Participants with monthly or annual memberships will have a no-show fee applied to their account.
- **Registered Programs:**
  - When 72 hours' cancellation notice is given for registered programs, a refund will be granted and no withdrawal fee will be charged.
  - When less than 72 hours' notice is given for registered programs, there will be no refund granted.
  - You can self-withdraw from a registered program online, or in the Recreation in Campbell River App.
- If the cancellation occurs due to a medical condition or illness, please contact us directly for more information.
- For assistance with cancelling your reservation, please email **recandculture@campbellriver.ca** or call **250-923-7911** or **250-286-1161.**

Drop In Classes and Programs – Plan Today, Recreate Tomorrow

- Fitness, sports, and some drop-in programs (i.e., After School Programs) are now available to book 25 hours in advance of the program start time. For our most popular programs, book early to guarantee your spot in class, or take a chance and drop-in.
- Book online or through the Recreation in Campbell River app.

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 Drop In Calendar

Plan Today, Recreate Tomorrow
New this fall — registration opens 25 hours in advance.

August 31 – December 31, 2026

Program will be held in the Sportsplex | Program will be held in the Community Centre | New Class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bootcamp 6 – 7 a.m. Sarah N.	**Spin 45** 6 – 7 a.m. Jen	**Bootcamp** 6 – 7 a.m. Paul	**Spin 45** 6 – 7 a.m. Mary	**Bootcamp** 6 – 7 a.m. Mary	
	Let's Go Circuit! 8:30 – 9:30 a.m. Sue	**Tabata** 8:30 – 9:30 a.m. Sarah N.	**Step 'n' Sculpt** 8:30 – 9:30 a.m. Sarah N.	**Heart Smart ♥** 8:30 – 9:30 a.m. Paul	**Pump It Up!** 8:30 – 9:30 a.m. Ronna Lee	**Spin and Core** 8 – 9 a.m. Sarah F.
Balance, Core and Stretch 9 – 10 a.m. Sarah F.	**Spin and Mobility** 9:45 – 10:45 a.m. Jen				**Spin and Mobility** 9:45 – 10:45 a.m. Paul	
	Balance, Core and Stretch 10 – 11 a.m. Sarah N.	**Chair Yoga** 10 – 11 a.m. Laurel	**Balance, Core and Stretch** 10 – 11 a.m. Denise	**Chair Yoga** 10 – 11 a.m. Lena		
		Zumba and Pump 10:15 – 11:15 a.m. Ronna Lee	**Forever Fit Circuit** 10 – 11 a.m. Mary	**Zumba** 10:15 – 11:15 a.m. Ronna Lee	**Weight Room Hours** Mon – Fri | 5:45 a.m. – 9 p.m. Sat/Sun | 7:45 a.m. – 4 p.m.	
		Gentle Yoga 11:45 a.m. – 12:45 p.m. Laurel		**Gentle Yoga** 11:45 a.m. – 12:45 p.m. Lena	**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.* ***Instructors for classes may change from to time due to availability.***	
	Fit and Social Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Mary			**Fit and Social** Class: 1:30 – 2:30 p.m. Social: 2:30 – 3 p.m. Ronna Lee		
	SportFit 5:30 – 6:30 p.m. Steve	**Power Hour** 5:30 – 6:30 p.m. Sarah F.	**Kettle and Core** 5:30 – 6:30 p.m. Sarah N.	**SportFit** 5:30 – 6:30 p.m. Steve		
			Slow Flow Yoga 6 – 7 p.m. Laurel/Lena	**Spin and Release** 6 – 7 p.m. Sarah F.	**New Classes!**	

Need to catch up on your fitness? Register for Busy Bees, drop off the kids and get fit at one of our classes at the Sportsplex! See page 12 for more details.

Plan Today, Recreate Tomorrow

Want to guarantee your spot in tomorrow's class? All drop-in programs now open for sign-up the day before the session starts (25 hours in advance). While pre-registration online or in the Recreation in Campebell River App is recommended for high-demand programs like pickleball and spin, it is not required. If space is available, you are always welcome to drop in and join us on the day of the activity.


Panama Canal
Celebrity Cruises

Squash, Racquetball and Wallyball

Plan Today, Recreate Tomorrow
New this fall — registration opens 25 hours in advance.

Fitness Memberships and Drop In Fees (All prices include GST.)

	Child (6–12)	Youth (13–18)	Adult (19–59)	Senior/Student (60+ or 19–24*)
Drop in	$3	$5	$7	$5
10 Visit	$29	$37	$58	$48
1 Month	$32	$42	$64	$53
3 Month	x	$102	$153	$127
1 Year	x	$280	$420	$350

Fitness Classes (Age 12+)	**Badminton, Soft Tennis, Table Tennis (Age 16+)**
Weight Room (Age 12+)**	**Pickleball (Age 16+)**
Squash, Racquetball, Wallyball (Age 6+) (Children under 12 must be accompanied by a parent or guardian in the courts)	**Youth Drop In Basketball (Age 8+), Adult basketball (Age 16+), Family Badminton (Age 6+)**

Please Note: Each activity counts as one visit. Multiple activites attended on the same day will result in multiple visit deductions from 10 - Visit passes, or require multiple drop in fees to be paid.
***Student memberships require valid post-secondary identification | **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 Loans

Racquets, balls, wallyball net and goggles are available to borrow — NOW FREE!

Goggles are required for youth age 18 and under.

How to Book:
Online: www.campbellriver.ca/registration
Phone: Sportsplex at 250-923-7911
Email: recandculture@campbellriver.ca
Location: Sportsplex - 1800 South Alder Street

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 25 Hours in advance
- No-Show fees apply if you do not attend your reservation
- 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

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?
Once you book a program or class within the 25-hour booking window, cancellations are not permitted and no-show fees will apply if you do not attend. If you are unable to attend due to illness, please contact us.

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

4 Ways to Register:

Online

campbellriver.ca/registration

On the Recreation App

(see page 9 for details)

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

Registration for September to December programs is available online or in-person beginning at 10 a.m., Monday, August 17, 2026.






SCENT FREE


ROTARY
COMMUNITY
FIELDHOUSE
CAMPBELL RIVER
YOUTH SOCCER
ASSOCIATION

Parks and Fields

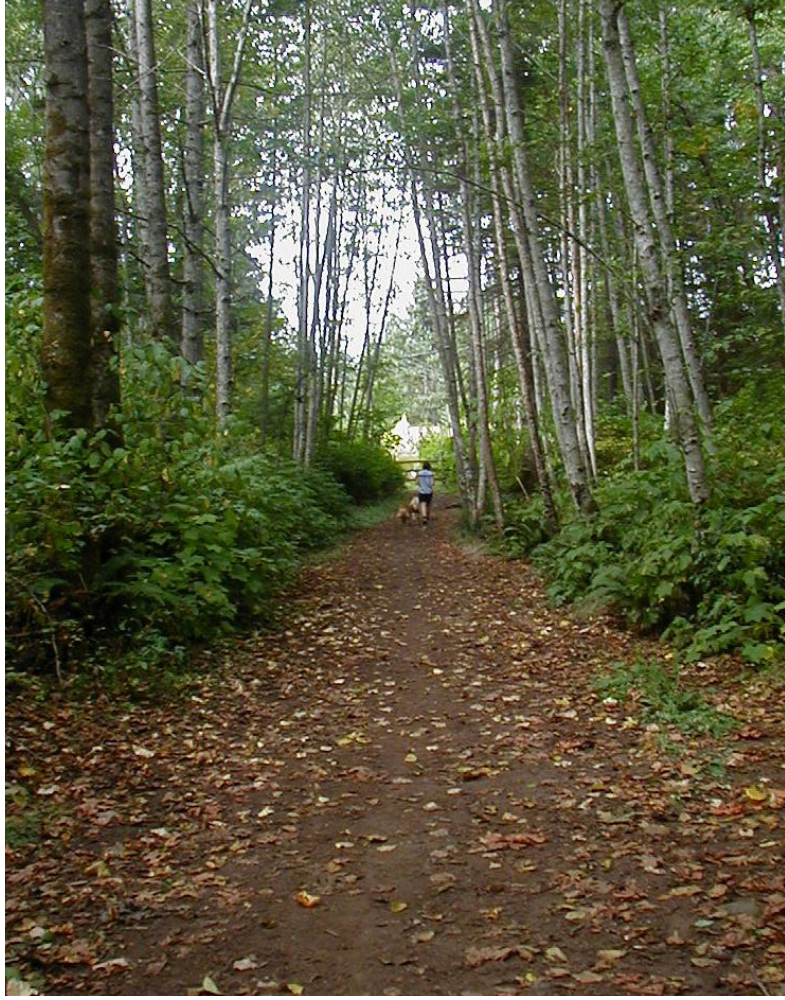
Book a Park or Field

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.				•								•		•										
McIvor Lake	McIvor Lake Rd.				•	•				•														•	•
Nunns Creek Park	1465 16th Ave.	•												•			•						•		
Penfield West Park	2090 College Dr.								•				•		•							•			
Pinecrest Park	360 Birch St.	•																		•					
Raven Trail	2131 Island Hwy.																					•			
River Village Park	1985 19th Ave													•	•										
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
crbadminton.ca
250-287-9827
campbellriverbad@outlook.com

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

Basketball
CR Youth Basketball Association
250-203-8563
Dime Valley Basketball
www.dimevalleybasketball.ca

Bocce
CR Italian Cultural Society
778-418-4000

Bowling
CR Bowling
250-286-1177
crbowlingcentre@gmail.com

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

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

Cadets - Sea
250-287-8689
54sea@cadets.gc.ca

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
info@crseawolvesfootball.com

Cricket
CR Cricket Club
aaronoshannessy@hotmail.com

Curling
CR Curling Club
250-287-4200

Cycling
River City Cycling Club
rivercitycycle.ca

Dance
CR DanceXtreme
www.crdancextreme.com
250-286-3376
Dance Temple Campbell River
campbellriverdancetemple@gmail.com
Studio North Dance Academy
250-914-2202
studionorthdance@gmail.com
Tara School of Irish Dancing
treblejoy@taraschoolofirishdancing.ca
Urban Dance Connections
urbandanceconnection@gmail.com
Kathy Mascia School of Dance
250-287-9342
kathymascia65@gmail.com

Disc Golf
campbellriverdiscgolf.com

Dragon Boat
RiverSpirit Dragon Boat Team
riverspirit.ca

Elderdog Canada Inc
elderdogcanadastore.ca
1-855-336-4226

Fitness
Sportsplex
www.campbellriver.ca
250-923-7911
Community Centre
www.campbellriver.ca
250-286-1161
Discovery Strength
www.discoverystrength.com
Primal Athletics/Elevate
www.primalathletics.net
778-418-1008
Jazzercise
www.jazzercise.ca
250-504-2604
Club Fitness
www.clubfitness.com
778-420-2288
Session
www.sessioncr.com
250-914-2240

Girl Guides of Canada
girlguides.ca
1-877-564-6288

Golf
CR Golf and Country Club
naturallypacific.ca
1-866-910-4567
Storey Creek Golf
www.storeycreek.ca
250-923-3673

Gymnastics
CR Gymnastics Association
250-286-3547
crgymnastics@gmail.com

Hockey
CR Men's Hockey League
carhahockey.ca

CR Minor Hockey League
250-850-005
CR Oldtimers
250-923-3446
CR Women's Hockey
crwomenshockey@gmail.com
Next Level Training
nextlevelbc@gmail.com
Strathcona Gardens Recreation
www.strathconagardens.com
250-830-6777
Sunday Floor Hockey
250-202-5299

Martial Arts

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
Disciple-Brazilian Jiu-Jitsu
www.disciplebjj.ca
Heart & Soul Muay Thai
heartandsoulmuaythai.com
250-830-1710
Pure Martial Arts Fitness
250-286-6998
CR Shito-Ryu Karate & Kobudo
www.shito-ryu.ca
250-203-0134

Kayaking

CR Paddlers Association
crpaddlers.com

Lacrosse

CR Lacrosse
campbellriverlacrosse.ca

Performing Arts

Raincoast Creative Performing Arts
raincoastsmt.com
250-287-4536
Rivercity Players
rivercityplayers.ca
250-914-0419
info@rivercityplayers.ca
Shoreline Musical Theatre Society
shorelinemusicaltheatre.ca
shorelinemt@gmail.com

Pickleball

CR Pickleball Association
CR-Pickleball@outlook.com

Racquetball

CR Racquetball Association
crracquetball@gmail.com

Horseback Riding

Bear Creek Ranch
250-337-5524

Rugby

CR Athletic Association
campbellriverrugby@gmail.com

Sailing Club - Comox Bay

comoxbaysailingassociation.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
250-202-7256
crslopitch@hotmail.com

Soccer

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

Softball

CR Minor Softball Association
250-923-4380

Space and Field Bookings

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

Special Olympics

250-286-6453
campbellriver@specialolympics.bc.ca

Squash

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

Swimming

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

Tennis

CR Tennis Club
crtennisclub.ca

Volleyball

Crush Volleyball
crushvb.ca
CR Adult Volleyball
www.crvolleyball.ca
Adult Co-ed League
info@crvolleyball.ca

Waterskiing / Wakeboarding

CR Eagles Waterski Club
250-203-2512
h20waterski@telus.net

Wrestling

Mike Munsie
mike.munsie@sd72.bc.ca

Youth Track & Field

The Comets
campbellrivercomets.ca
campbellrivercomets@gmail.com

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.

Breakfast With Santa

Saturday, December 12 | 9 – 11 a.m.
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!

